

Dowsers Society of NSW Inc.

Newsletter

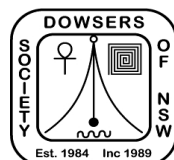
April 2020

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



Due to the Covid-19 virus situation,
our dowsers meetings are postponed
until further notice.

As soon as the crisis is over, we will schedule our monthly meetings again.

The committee had plans for a Dowsing seminar in June, but it has also been put on hold, until further notice.

We will keep you posted when the situation improves and we can schedule meetings again.

In the meantime, remember that dowsing empowers you to find the safest way through these difficult times. It will help you to find what is beneficial for you, and what is not. Use it as much as you can, stay level headed, and do not give in to fear.

We are aiming to keep you updated on how any changes and directives impact the Society and subsequent measures to be implemented as a result.

We can get through this together. Stay safe, stay well and stay at home!

From the Editor

These are surely challenging times. I hope that all our members, readers, family and friends can stay healthy and safe.

The idea is *'do not get the virus, and do not give it'*.

For a lot of us there is more than just staying healthy. Areas like income, finding supplies, staying sane, and finding our way through all the misinformation, brings larger than life challenges for a lot of us.

This is when staying centred is very important. There is a centre inside of us where external storms cannot reach. It is very important to remember that. Against all odds, you still have the greatest gift one can have. A gift so expensive that no one can buy one more when they run out. I am talking about life, about breath.

When you get stressed, take a moment to stop the mental noise and focus on your breath, be grateful for it. When it will no longer be given, you will not be able to buy a single new one, regardless of your wealth.

I have experienced this once, long ago, when breath was withheld from me, for what seemed to be hours. There was no more breath in me at all. When breath was given again, one at a time, I did realise that it is a gift of tremendous value. Believe me, when it is taken away you understand. For most people it is too late, they cannot do anything about it, because the end has come. I was lucky to get a second chance.

Can you imagine someone coming to you at that time to tell you that Ford has come out with a new SUV model? Would you care? No, you would focus on that last breath.

So find that centre, away from the madness, gratitude will follow and you will always be safe, just try it.

Last month we held our Water Dowsing Morning Seminar, with Robert Gourlay, which was very interesting and inspiring. Robert has kindly supplied an article to present the subject to our readers who could not attend. There is also a link to a YouTube video which I highly recom-

mend.

The seminar was followed but our AGM.

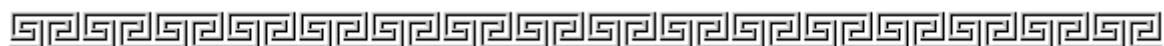
Our President, Martine Negro, continues as President as does our Vice-President, Olga Kosterin. Congratulations to both. Most of the committee stay as per last year with the addition of Colleen Jones and Bobbie Stanton. We are very grateful for the amazing work that our committee does behind the scenes during the year.

Last year was the setting for our first International Dowsing Down Under Conference which was a great success. It was a 3 day event supported by several overseas speakers.

After the AGM, Robert Gourlay was presented by our president, Martine Negro, with Honorary Life Membership of the Society, and with the Dowser of the Year 2020 award. Robert's credentials include finding many water wells, as well as doing extensive research into the states of water and how to structure water for better absorption in our body. See article on page 8.

Until next time,

François



Message from the President

Dear fellow dowsing members, we certainly live in interesting times!

In the light of the current Covid 19 situation, we need to be responsible and isolate ourselves as much as possible. The committee members have dowsed questions regarding our monthly meetings. They have concurred on cancelling the next two meetings (April and May 2020) as the most appropriate measure in those circumstances. We will let you know in May as the situation progresses what will be happening in regards to the next meeting.

I, like you, will miss our social gatherings, seeing everyone and catching

up as well as learning new things with the presenters who graciously accept our invitation!

Rest reassured that we will reschedule and reorganize the presentations throughout the year.

This is a good time to use our dowsing skills as a tool of discernment to find out what is true and free ourselves from the un-beneficial media frenzy and the fear it generates. It is a time to reconnect with our inner power, trust and support our body as well as stay deeply connected to our spirit. Use dowsing to assess everything you see and hear in the media.... We have the tool to do it!

I strongly suggest you follow Raymon Grace's protocol as well as adding any other personal aspects that you feel are important for you. As you do that clearing every day consistently, it will help you stay calm and trust your resilience. Scramble all limiting beliefs and doubts or fear and enhance protective healing energies around yourself, loved ones and all health care workers out there!

Raymon Grace's presentation is available here:

youtube.com/watch?v=9J1AWDUmiW8&feature=youtu.be

We will keep in touch through group email, Facebook and of course our website. We are here to help and support each other. Please share your findings on our Facebook page!

I wish you all the best! Keep safe and strong and we will reconnect physically as soon as we can!

In Love and LIGHT,

-Martine Negro (President)

If you have not been receiving our email information, please send your email address to Maureen Flowers, Membership Co-ordinator, at : membersdowerssociety@gmail.com

Water Dowsing Seminar in Braidwood

By Olga Kosterin (Vice President)

We certainly had an amazing year in 2019 with a Water Dowsing Seminar in Braidwood as well as our first ever International Dowsing Conference in Australia.

The water dowsing seminar came about with the dowsing working committee deciding that we needed more training. We were receiving so many requests from the public for a dowser's help. People in Australia were experiencing the effects of a bad drought. The worst drought in recorded history, as it turned out to be. The horrendous bush fires started in July 2019 and continued till the end of February 2020.

Lots of people had written to the society for help to locate a natural spring on their site, or a dowser to find a permanent drinking water supply for domestic and stock needs and dowse a position for a bore on their land. A lot of these requests were forwarded on to Robert Gourlay, for his attention.

Our training was with Robert Gourlay, a long time Dowser, Scientist and Inventor. He has had experience with many water projects overseas as well as in our dry, drought prone continent of Australia. The Seminar was held on Robert's property 'Phi'on' on the 13th and 14th of April 2019. A small group of dowsers attended. The air was clear and crisp. There was such a wonderful relaxed atmosphere there. On arrival attendees congregated on the deck adjoining the teaching space and we drank a lot of special 'structured' water which was most welcome after the long drive.

The seminar material presented indoors was very interesting. The slides were great but the talking and teaching around the slides is when I learnt the most. Then we did field work. This was my favourite part. Robert showed us how he did the dowsing practically and where his bore is. He

told us how indigenous people worked with energy. He also taught us what he did for his far away overseas projects. For big commissions he makes a smaller version of the site on his land and orientates it the same way. Then he steps into the 'model' site and dowses for water and locates the best option. Once he is at the overseas destination he asks his client to take him to the designated spot immediately as he has already done his exploratory work. He already knows where the water is. This saves a lot of flying around and false starts.

There is so much to see on his property. Robert has built a labyrinth in his grounds as well as a ceremonial area. There are laboratories, hot houses, plants and his many inventions. There are large stones with wise words carved in by a stone mason. These



stones float on stands in the landscape like huge sculptures. At the end of the first day we tasted his special wine modified using one of his Apollo MEA water devices, just one of his inventions. Robert is generously mentoring two American girls who now live nearby and are learning from him. One of them joined us on the second day. She could not say enough good things about his generosity to share his vast experience. Before leaving we were treated to a lunch with gluten free food and the eggs were from his chickens.

We left Braidwood so invigorated and enriched having reconnected with nature and having studied with such a Master of Dowsing. It was a wonderful and amazing experience. Robert Gourlay is a man that thinks outside the box. He is inventive, wise, intelligent, capable, professional, generous, warm and charismatic.

We are privileged to have him in our Dowsers Society. He really deserves to be elected this year as Dowser of the year and Life member of our society.

~ *Olga Kosterin*

Elements of Life

By Robert Gourlay

Robert has kindly shared a lot of information he presented at the Morning Dowsing Seminar presented on the 15th March, 2020. It is reproduced here for you. Ed.

The COVID-19 (Coronavirus) has upended our lives and our routines in a manner that can be likened to the Economic Depression of the 1930s.

I would like to offer my opinion on our current global situation and also some advice that you may find helpful as you navigate the changes over the coming months.



I would like to start by posing this question - how did humanity get itself into this situation whereby humans are increasingly suffering from degraded health, social and economic wellbeing?

Electromagnetic Fields or EMFs (eg. microwaves, mobile phones/towers) have a strong impact on people's cell health and immune system. This impact significantly lowers the immune response to resist viruses. The Spanish flu pandemic (1918) and specifically, the current Coronavirus, as well as cancer and diabetes, are all arguably associated with electromagnetic pollution exposure to cells. This exposure has been accelerating from radio (early 20th Century), electricity, microwave ovens (1970s), 1G (1980s) and then the roll out of 5G (2018).

Other positive (+) charged factors that degrade cell charge or health:

- Drinking positive (+) charge water (all urban water) with fluoridation and chlorination chemicals that lower cell iodine levels and send cells into flat battery

- Constant use of pharmaceutical medications
- Poor food selection (fast, processed and nutrient dense foods) and poor cooking options (eg. microwave and cooking meat in high heat, eg. BBQ, pan fried, grilled and baked). Is it any wonder that cholesterol, heartburn and arthritic drugs are the top selling drugs and this drains billions of dollars in taxpayer subsidies to wealthy Pharmaceutical companies?
- Lack of sunlight and exercise
- Lack of grounding in nature (walking, exercising and relaxing within the negative ions and life force energy of nature)
- Lack of love, joy and hope in your life and too much of grief, resentment and anger.

Apart from eliminating the above destroyers of cell charge, the diet and lifestyle practices or choices that increase your cell charge to a high negative (eg. -50mV) are:

- Growing and eating fresh organic, and diverse range of foods
- Drinking structured water that has a permanent negative charge (the natural state of water) Hydration is essential for everything and the most hydrating water is charged living water! - Visit www.meawater.com.
- Dealing with stress and anxiety before it escalates through daily contact with nature for exercise and adequate exposure to sunlight
- Drinking bone broth from slow cooked meat (bone, bone marrow and bone muscle) to consume an adequate amount of collagen each day
- Drink adequate amounts of water and add at least 2 grams (teaspoon) of salt to your diet every day
- Increase oxygen intake (try the Phi'on oxygen spray- Icon)
- Take a daily, liquid, fermented probiotic (www.phion.com.au) About 50% of Coronavirus victims may have digestive issues
- Increase iodine, zinc, boron, magnesium and selenium intake (www).

phion.com.au)

- Increase antioxidant food and supplements, eg. Vitamins A, C and E, Lipoic acid, Zinc and Selenium



- Water can heal cell imbalance in many ways.

Water is the life force energy within and surrounding your cells. Cell water is in a gel form (H_3O_2) and carries a negative charge (-50mV) in a healthy state.

This explains why you bleed blood (liquid) and not cell water (gel), albeit that you have about 10 times more cell water than cell blood. This water is the source of your life force energy. The ingestion of structured, negative charge water is the fastest way to sustain cell health in this gel water form. Check out the Phi'on MEA water device.

It is my view that all global crises since the Spanish flu pandemic, including the depression, Global Financial Crisis (GFC) and now the Coronavirus pandemic have common instigators (eg. global organisations) and intent (economic and social dislocation).

Every time there is a crisis, we lose some of our independence, rights of free speech, wellbeing, freedom of movement, stake in governance, privacy and personal freedom. Every crisis is an opportunity to tighten their grip around the throats of people, and to control more of the globe's assets and resources.

Stay safe and healthy.

Ed.: Read an extended version of this newsletter with Rob's further advice and opinions, visit <https://www.phion.com.au/robs-desk-april-2020/>

Watch a great short video: Krista Elliott interviews ROB GOURLAY on Structured water:

<https://www.youtube.com/watch?v=9Mv9vovcXKY>

Holy Healing Code

By Shinya Taninaka, our audiovisual manager

Shinya would like to share the following information about protecting yourself against coronavirus, as he thought you may find it useful.

Holly Healing Code for Coronavirus COVID-19

498 648 954 874 8978

The spaces between the numbers are important.

Write down the code on one line on a blank paper using a pen (black/blue is recommended but any colours should do). Leave a space between the numbers as this is functionally important.

Keep the paper on your body with the code facing outward. Do not fold the paper. You can tape it to your underwear or put it in your pocket.

Also with your finger, write the code on your aura by imagination. Do this a few times a day. You do not need to replace the paper every time. Trace the code with a pen until the paper gets unusable (crumpled or torn).

- Do not kiss, hug or handshake anyone outside your home.
- Do not touch your eye, nose, mouth or face without washing your hands.
- Keep a distance (more than 50cm) when interacting with people.
- Avoid crowds. Keep away from enclosed room with lots of people as much as possible.
- Ventilation is important. Open the windows and let some fresh air in.
- Avoid touching door knobs and handrails in public places.

-Shinya

Protect Yourself with Thieves Oil

Reprinted in part from <https://www.sott.net/article/428782>

In the early 1990s, Gary Young studied essential oils and recreated a blend he had been researching. According to Gary, there are different versions of the ‘*Story of Thieves*’ and each contains different amounts of different oils. This intrigued Gary to research essential oils and make the perfect Thieves Oil blend for everyday use.



His research led him to the spice traders and merchants called the ‘*Thieves*’ who lived in the 15th century and traded the likes of cinnamon and cloves from India across Europe. When the Bubonic plague struck, international shipping and trade stopped. These spice traders therefore needed to find a new way of supporting themselves.

A Dark Time

With dead bodies everywhere, the ‘*Thieves*’ decided to loot the plague-ridden bodies for clothes, boots, jewellery, pots, pans - really anything they could get their hands on to trade for food and money. Using their vast knowledge of the medicinal properties of many spices, they believed they wouldn’t get sick from the dead bodies by mixing a unique blend of spices, vinegars, and oils.

Lucky for them, they were right! Because their repossession process was lucrative, the King naturally found out. He wanted to know their secret - why were they not getting sick? Four of the Thieves were caught and brought before the King. He gave them a choice: share their death-defying secret, or be burned at the stake.

A Kingly Proposition

With an offer from the King that they couldn't refuse, they shared the oil blend secret and the rest is history. The King spread word around town and spread the '*medicine*' as well. A few recipes have stuck around, so you can try your hand at making your own Thieves Oil blend, or buy a pre-mixed blend wherever you buy your essential oils.

How To Make Thieves Oil Blend

- 40 drops of Clove Essential Oil
- 35 drops of Lemon Essential Oil
- 20 drops of Cinnamon Essential Oil
- 15 drops of Eucalyptus Essential Oil
- 10 drops of Rosemary Essential Oil

Diffusing Thieves Oil

This purifies the air in your home, eliminates odours, acts aromatically to support your lungs and sinuses. Diffuse 15-20 drops of Thieves Oil for 15 minutes three or four times a day in an essential oil diffuser. As you breathe the oil you will strengthen your lungs, sinuses, and entire respiratory system.

Thieves Oil All-Purpose Spray

Make an easy all-purpose spray out of Thieves Oil and water in a spray bottle to clean and disinfect just about everything. Take odour out of pet beds, clean microbial bacteria off surfaces, and keep baby's room '*spic and span*' with Thieves Oil.

Topical Thieves Oil

1 drop of Thieves Oil to 4 drops carrier oil. (Grapeseed, Jojoba, Coconut, Avocado - any healthy oil will act as a carrier)

This lets you use Thieves Oil topically. Some folks can use Thieves Oil without a carrier, but some peoples' skin will get irritated.

Journey into the Past

By Melinda Iverson Inn

Reprinted from the Ozark Research Institute - Spring 2020

On a recent trip through Turkey, my husband Martin and I visited many ancient sites and experienced the wonderful hospitality of village folks who welcomed us into their homes where we sat on beautiful heirloom hand-woven carpets, and were offered simple and delicious meals of fresh baked bread and meze; a collection of small dishes served as appetizers, and freshly wrapped grape leaf dolmas. Their hospitality and smiling faces spoke of a culture that welcomes strangers with open arms.

That beautiful experience carried through to each ancient site we visited, adding to our feelings of awe and wonder at the magnificence of the past.

Heading southwest towards the well-known city of Bodrum, in western Anatolia, enjoying the rolling hills, we encountered more greenery, and less of a desert feeling. On our way, we came to a little-visited place called Aphrodisias, an ancient Hellenistic city dedicated to Aphrodite, the Goddess of Love.

This special place also flourished under Roman and Byzantine rule, and excavations in the theatre hill have revealed layers of settlement going back to the Bronze Age (c. 2800-2200 BC).

We pretty much had the entire site to ourselves until the local mayor and a party of dignitaries began arriving for a special late-afternoon celebration. What a sight to see people emerging, in impeccable evening attire, from black shiny SUVs and polished sedans, against the ancient ruins of columns and animated wall friezes. Before their arrival, however, we got to quietly enjoy the atmosphere and spaciousness of Aphrodisias.

There has been an ongoing attempt by archeological students to reestab-

lish the fallen ruins to their rightful glory. Perhaps that had something to do with what happened next.

As we walked through a grassy pasture towards the city temple entrance, I suddenly found myself transforming – I began automatically taking off all of my jewellery, including my rings and earrings - I only realized what I was doing as I was removing the last of it.

As I approached the temple arch and passed through, now seemingly as a man, I had the urge to ‘*take a knee*’ and bring my right fist to my chest. LOL. No kidding.



Then, heading further into the complex and schools (gymnasia), I came to the realization that I had a son in school there. He was in training for the pre-Olympic Games to be held later on in the year. (Aphrodisias has the largest athletic stadium, known as a colosseum, in the world, with the exception of those in Rome and Verona).

I had literally stepped into a time where I had enjoyed great prosperity under Roman rule. I was happy and felt immense pride along with great joy and gratitude for my station in life, and that of my son. Aphrodisias also had a wonderful school of sculpture, with student works of friezes and wall reliefs displayed one on top of another creating a large wall at the entrance of the gymnasium, that still stands today.

As myself in that Roman time, I sensed a feeling of gratitude that others had discovered this once magnificent city, and I felt pride at how some of the columns were found still standing after all those centuries.

What a wonderful life I had there then, as I have now!

Looking back on this experience as my present-time self, I feel gratitude

at being able to recall this lifetime, and quite relieved that it was not one of great suffering, as I have experienced in other past lives.

I now have happy memories to mingle in with those of pain and suffering. It's a wonderful thing to be able to have those moments of inspiration that reveal who we were - prosperous, not-so-prosperous, happy, not-so-happy, tyrant, slave, citizen, healer, etc.

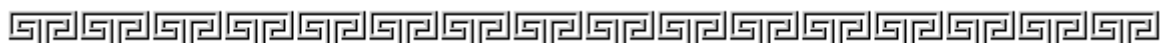
I'm pretty sure these glimpses of past lifetimes show us all the facets that have come together to form us and can give us a better understanding of who we are today. They are meant as reference points, not as places in which to dwell or get lost in their drama, but to show gratitude, forgiveness, and compassion for the human condition.

I send many blessings to you on your journey of discovery.

And if you feel you need help in recalling, understanding, acknowledging and healing the past, I'm here to assist you on that journey. We can venture into your past lives together.

Melinda Iverson Inn, helps conscious seekers like you to get in time with your own intuitive wisdom to bring forth and create harmony, balance, and clarity, for your health and wellbeing.

To learn more about Melinda please visit www.oursoulconversations.com



Quotes

Remember that the happiest people
are not those getting more,
but those giving more.

-Jackson Brown, Jr.

Shungite

Reprinted from Dowsing Society of Victoria Inc. April 2020

Thanks to DSV Committee member, Bev Ellison, for this welcome contribution. Lots to consider about the ways we can be helped (Ed.)

What is shungite? It is a natural black stone of an unusual composition and structure.

An ancient rock that is about 2 billion years old, it is an organic compound containing 60 carbon atoms shaped like a soccer-ball hollow cage.

Shungite is supposedly one of the few natural sources of Fullerenes on earth. Fullerenes are what make this crystal so special.

Fullerenes, also known as Buckyballs, are carbon molecules that make up many different shapes including tubes, ellipsoids, spheres and icosahedra – which are 20 sided shapes.



These fundamental shapes are what make up these atoms themselves, and everything in our universe. It's not the properties of these shapes, but the actual shapes themselves – tiny structures of geometry that make up the fabric of reality itself.

Perhaps you know of the carbon rock Shungite? If not you may be wondering, what is the big deal about Shungite. Fullerene C₆₀ contains a high amount of carbon and because of its modulation of oxidative stress, anti-angiogenesis, and immunostimulatory activity it contains possible anti-tumour effects. Because of its properties, make up and shape, fullerenes can enter the body and be absorbed by HeLa cells. With the combination of using light radiation and fullerenes, this can create enough

oxygen to damage the DNA, proteins and lipids which make up the structure of cancer cells.

Fullerene C60 also has anti-inflammatory effects which “*shifts immune response from Th2 to Th1 and restores to some extent the function of the skin barrier*”. This approach can be a good alternative to the treatment of allergic and other inflammatory diseases.

Shungite comes from only one place on earth, in the Russian region of Karelia near the small settlement called Shun’ga (hence the name) on the shores of Lake Onega. Some 200 tons are mined every year in Russia. It is widely available and inexpensive and has been incorporated into industrial uses.

Here is some interesting history.

Shungite appeared in 1792 in the works of a Russian scientist-encyclopaedist and natural philosopher, Nikolay Ozereckovskiy.

The legend about healing properties of shungite dates to the XVI century. It was named in 1885 and a follow up paper was written in 1897. Then in the 1990s, three gentlemen, Robert F. Curl, Sir Harold W. Kroto and Richard E. Smalley published a

paper after 10 years of research. They won the Nobel Prize in 1996 in chemistry for their work and information on C60 carbon which is found in shungite. You can read their paper at www.nobleprize.org

Apparently shungite has been used for centuries. Its lore dates back to the reign of Ivan the Terrible. The locals knew about its mysterious ‘*great powers*’ and used it to heal diseases and purify water.

Tsar Peter the Great, had a great interest in Karelia’s riches and natural



phenomena. He made all soldiers in his army carry a piece of shungite during military campaigns, to purify water and to use on their wounds. Shungite's effectiveness apparently helped with dangerous diseases in dirt-ridden camps, boosting both health and morale.

Some scientific researchers are apparently excited about shungite and the reasons it is called the '*stone of life*'. Russian scientists confirm that in addition to being a natural antioxidant, it can improve the immune system function. It also actively interacts with various electromagnetic fields (anthropogenic high-frequency, solar, geopathogenic, biofields) and neutralises their negative impacts.

Russian scientific research also shows that because of shungite's unique structure, it grabs onto many different things including chemicals, volatile organic compounds, drugs, chlorine, fluoride and radioactive particles. It also kills a wide variety of bacteria, viruses, phages and other pathogens.

Following are just some of the numerous benefits of shungite:

- Assists in evolving spiritually
- Restores emotional balance
- A powerful protective stone - shields the wearer from negative energies of all kinds, including psychic protection
- Shields from harmful electromagnetic frequencies (EMFs) from cell phones, computers, Wi-Fi, cell towers, TVs, etc.
- Provides healing on all levels: mental, emotional, physical, and spiritual.
- Cell rejuvenation
- Cleanses and purifies water and adds beneficial minerals
- Raises catalyst for growth and transformation. Its vibration increases personal power
- Grounds energies to the earth
- Clears and balances aura and chakras

- Enhances metaphysical abilities
- Boosts energy
- Normalises sleep

Grades of Shungite

Not all shungite is created equal. It comes in different grades or classes, based on its carbon content. The more carbon it has, the stronger its healing qualities. Regina Martino, a French Bioenergetics researcher who has been conducting experiments on shungite since 2006, puts it into 3 categories:

Type I Shungite (Elite or Noble Shungite):

The purest form of Shungite with carbon content at least 98 percent. Shiny, silvery black semi metallic cluster. Does not lend itself to cutting and shaping. Accounts for only one per cent of all available Shungite.

Type II Shungite (Black Shungite):

This is 50-70 per cent carbon. Because it's easily shaped and polished, this is the type typically used for sculptures and jewellery. It is black in colour with a semi-dull lustre (unless polished).

Type III Shungite (Gray Shungite or Shungite rock):

This is 30-50 per cent carbon grey in colour, with a dull or matte lustre.

Fullerenes are not abundant in all grades. They are found in their highest concentration in Elite Shungite and to a lesser degree in Black Shungite. Elite Shungite is the most scarce form – it accounts for only 1 per cent of all shungite found, making it the most rare and most expensive.

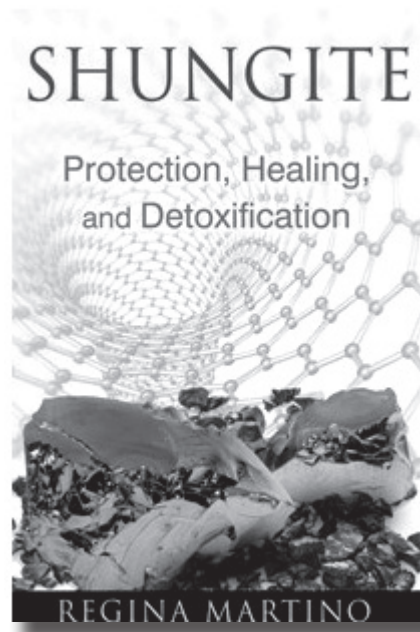
So armed with those details, how can we incorporate it into our everyday life?

Water cleaning and charging

For centuries this mineral has been used to purify and energise drinking and bathing water.

On March 20, 1719, Peter the Great opened Marcial Waters Resort in Karelia. In his own words: “...*Because these waters cure various cruel illnesses, in particular: scurvy, morbid depression, gall, stomach weakness, vomiting, diarrhoea, stones, kidneys; and have the great power against other illnesses...*”

This is actually one of the oldest-recorded historical evidences of Shungite’s amazing healing properties. Scientists now know, that the healing effect of the Marcial water is created by it passing through shungite deposits, being enriched by fullerenes as a result.



Drinking Shungite water apparently can help the body to function at its best. It is proven now that Shungite can neutralise a significant number of toxins because it holds a massive quantity of hydrogen, making it very effective for water purification.

Beneficial qualities of Shungite-infused water are well-documented in Russia. They are derived from its unique chemical composition and physical characteristics – carbon’s naturally porous structure, that results in an extremely high filtering capacity.

Here is a quote from a respected scientific source, Science Direct: “*Shungite is an effective sorbent for removal of organic and inorganic substances, pathogenic bacteria and heavy metals from contaminated water.*” Basically, it kills pathogenic bacteria, and purifies water.

Numerous studies confirm that adding shungite to water fills it with oxygen, calcium, magnesium and other essential mineral components, while killing bacteria, and removing pesticides, chlorine and heavy metals. Bad taste and odours disappear too! Another good reason to drink shungite water is because it contains natural antioxidants that neutralise

free radicals, which makes it beneficial to our cells and tissues. It is totally safe to put shungite directly in your glass or carry in your water bottle.

However, do make sure your stone is real and of the higher grade. You can simply dowse before purchasing to confirm it is real. Many energy practitioners believe that shungite not only purifies water, but also charges it with healing energy, helping to keep the body healthy and balanced. If you decide to drink shungite water, use the most powerful-grade Shungite.

How to make Shungite water:

100g shungite for 1 litre of water. Using a ceramic or glass jug put the stone in the jug and fill with water. It does not have to be special water because the shungite will clean up waste water, removing any impurities.



Leave it for 2-3 days. You can put a filter over the jug and pour the water into another jug. Refill the jug with the stone to start the process again.

It's great for your pets and plants too. Shungite greatly increases or concentrates the vital field in the first chakra, or '*root chakra*.' Aiding each chakra individually and as a system, Shungite seems to affect most powerfully the first, second and third chakras. It is believed to support physical and emotional balance and increase mental clarity, dissipating destructive thoughts and spiritual imbalances.

Powerful grounding, countering and protective energies make Shungite one of the best choices for balancing the lower energy centres of the body.

Interesting Facts about Shungite

1. The size of the fullerene molecule included in shungite is 1nm. This is

three times smaller than DNA and hundred times smaller than a virus. Fullerene molecules passes into the cell without damaging the membrane. This could explain the healing properties of shungite.

2. The impact of shungite on rendering the e-coli and some other health damaging bacteria harmless is well known. At the same time shungite is not affecting so-called good bacteria.

3. The dabbing of skin with shungite water twice a day can hinder the development of some forms of psoriasis and keeps it in the not-disturbing, almost unnoticeable state.

4. The current experience of using shungite water indicates that the digestion of many people normalized amazingly fast.

5. When using shungite water regularly for rinsing the face in the mornings (dries by itself within one minute), the skin becomes more elastic and small lesions and pimples heal within a couple of days.

6. The rinsing of hair with shungite water which attaches to the hair, thus reducing hair loss considerably after a couple of times (important for those who dye their hair often).

7. Shungite water takes toxins and poisons, and the residue of alcohol abuse, out of an organism. Thanks to its absorbing abilities, shungite cleans strong alcohol of raw spirits oil.

8. In the course of research tests performed in Russia where shungite water was given to silver foxes to drink, the fertility of these female animals increased by one fifth. The thickness and shine of fur of the animals considerably improved. Such water is also beneficial for cats and dogs.

9. During tests carried out in Estonia where shungite water was used in cowsheds, the percentage of fat in the milk of the cows increased by 16% in the same ratio. The death rate of young animals also decreased and healthy twin calves started to be born.

With so many beneficial properties going for it, you can understand why people become so excited about shungite. It carries ancient energies and has been used for centuries, and yet now it is being utilized in the most modern technological applications.

Websites of interest:

- yourwatermatters.com
- modernom.co
- crystalhealingforwomen.com
- shungitenpk.ru

Best supplier

<https://store.shungite.com> (*Ed. I have used this company from the Republic of Karelia for a long time, they are trustworthy, reliable and do not sell fake shungite. Their parcels always arrive on time.*)



Electromagnetic Protection

An extremely potent mineral, shungite is often called the Ultimate Bodyguard, for its ability to provide protection from electro-magnetic frequencies as well as to absorb toxic energies. We are being exposed to electromagnetic radiation constantly at home, at work, travelling or just walking around. Often we can be practically swimming in a sea of electromagnetic waves.

According to scientific research, shungite attenuates electromagnetic emissions providing protection from harmful electromagnetic radiation. Shungite appears to transform harmful man-made EMFs not by eliminating, but by changing the properties of harmful radiations.

This protective characteristic is present whether the shungite is in direct

contact with your body or just nearby. That makes it one of the simplest, most effective and inexpensive personal EMF protection solutions. You can use it as jewellery or carry it in your purse or pocket.

It is a great idea to keep Shungite around the house and in the office, especially in places with lots of electronics. Put it next to your computer, TV, or electrical outlets.

As research shows, this mineral modifies harmful influences of electromagnetic radiation much better than other stones because it doesn't become saturated and doesn't take on a negative charge. While blocking EMFs, Shungite keeps signals intact.

Another big benefit of shungite is that you can use and re-use it for as long as you want, making it an efficient, inexpensive and practical protection solution. Tape shungite to your phone for protection. Put a larger chunk on or near your electrical box and at any place where you have electrical equipment.

Spiritual Connection

Within the spiritual field, Shungite is considered to be a very powerful tool of transformation. It is often called '*a catalyst for positive changes and growth*', for its ability to help heal lower chakras while preparing the body for higher energy work. Regina Martino (see book cover on page 21), who has developed a highly reliable, reproducible way to measure fluctuations of the human energy field, has found that '*Shungite, more than any other rock, is able to realign the chakras and optimise the vital field*'.

In particular when it comes in a raw form (Elite or Noble Shungite) and is not polished or modified in any way. Drinking one or two glasses a day can help to keep your body energised and in balance.

-Bev Ellison



Library News

Library News:

I realise you won't have access to the library for a while, however if you are interested there are many You-tube clips of Don Miguel Ruiz where he talks about his philosophies and practices.

Book review from Amazon reader:

Beyond fear- The teachings of Don Miguel Ruiz by Mary Carroll Nelson.

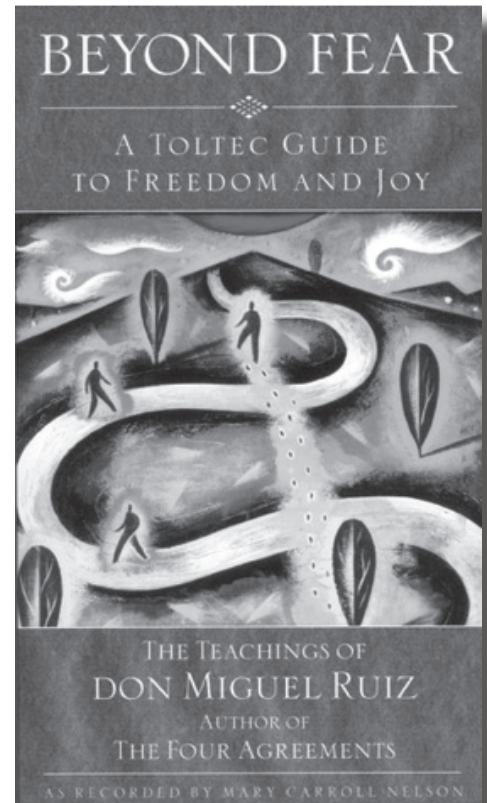
Not for the faint hearted, this material by Don Miguel Ruiz and Mary Carroll Nelson explains just how responsible we all are, for the quality of the '*dream*' we create with our thoughts & emotions daily.

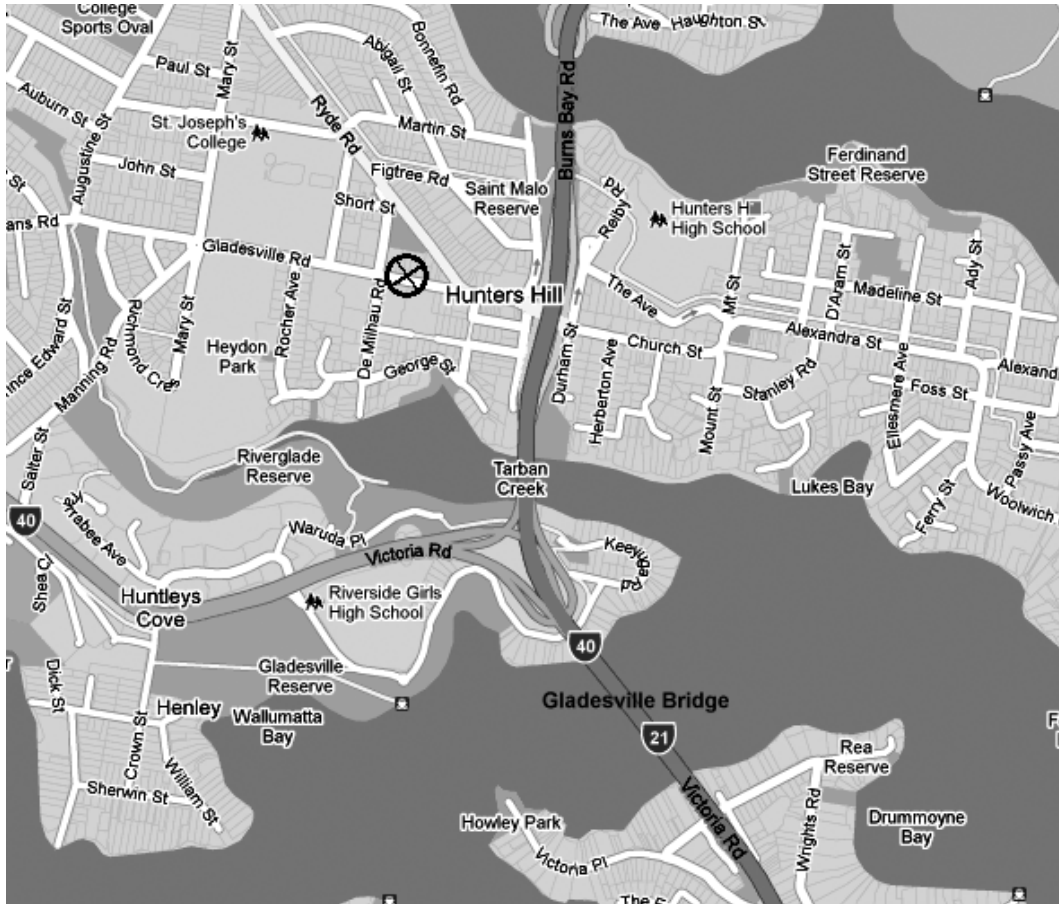
As energy flows between our internal '*Judge*' and '*Victim*' the impact of our domestication into powerlessness opens the door for tremendous fear to control our lives. It's only when we allow our false selves to die that we release our attachments to control and always being right.

'*Beyond Fear*' is packed full of invaluable insights and knowledge about how to address the global nightmare by dreaming our own authentic dream powered by self-love.

Don Miguel Ruiz is well known for his Four Agreements material, and I was concerned '*Beyond Fear*' may simply replicate this, but it doesn't. It provides both new material, and more in-depth discussion of how aspects of the four agreements interconnect to other Toltec knowledge.

~ *Helen*





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

- 1. from City Town Hall, Bus # 506 goes from Town Hall House, Drutt St, Stand L, to Gladesville Rd, cnr of Pitt St, Hunters Hill;*
- 2. from Circular Quay, Bus # 506 to Gladesville, corner of Ryde Road, Hunters Hill;*
- 3. from City Station, Central to Rozelle, Bus # 501, then # 506 to Hunters Hill;*
- 4. from Chatswood, Bus # 536 goes to Hunters Hill .*

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

Website address: www.dowsingaustralia.com