

Dowsers Society of NSW Inc.

Newsletter

April 2023

Vol 35 Issue 4

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Views expressed in articles herein and by the monthly speakers, are the opinion of the individual author only, not necessarily the collective view of the Society.

Speaker for April 16th, 2023

- Connecting with Higher Dimensions -

- Carel Fillmer -

From a young age, Carel's father introduced her to books on channelling and spiritual healing. Carel has explored many aspects of the mind body connection through various teachers which include Kriya Yoga practices, (Sankhya Yoga Association) meditation practices, (Siddha Yoga) psychic awareness (The Melchizedek Method) and the Higher Self Connection Course.



Carel now runs workshops, presents talks, and specialises in teaching meditation practices in how to connect with the higher dimensions, to raise our spiritual vibration in preparation for the Ascension.

Carel's presentation at the Dowzers Society on April 16th, 2023 will focus on spiritual awareness and the Ascension, and will cover the following topics:

- What is the 5th dimension
- The intersection of the 3rd and 5th dimensions
- How do we prepare ourselves for the Ascension
- What is our purpose on the planet
- The soul's journey
- And much more

Carel will be leading the audience through guided meditations to demonstrate how we can connect with the Arcturians, spiritual guides, ascended masters and archangels to help heal ourselves, and send healing light to create balance and harmony on our planet.

From the Editor

Our March AGM was hosted by Returning Officer Maria Catania. Our newly elected President is Elizabeth Backler, and our previous President/Treasurer, Jane Ruehmkorff, will now continue in the role of Treasurer, while the rest of the roles remain unchanged.

I would like to take this occasion, on behalf of the Society, to thank Jane, and the entire committee for their efforts and achievements during the past year, and to welcome Elizabeth and the returning committee members into their positions. I hope that we can all help and support them in their roles.

From time to time I look at the news, and some days are particularly bad and depressing, but I came across someone called Veronica (from Inner Whisper) with some worthwhile advice that I would like to share here:

“Giving chaos too much focus can indeed create more. It evolves into a vicious circle rendering healing a distant goal. It is wise to maintain a solid relationship with your inner core. A soulful union is always the best choice.

Choose to not engage the chaos. Choose the inner sanctum of your own energy. This will lead you out of all the noise into a peaceful tone comfort zone.

There will always be chaotic energy in the linear. It will rise and fall as each of you evolve. Choose to be aware and observe, but choose the solid positivity of your inner core. Decide to feel the peace. Allow it to restructure your belief in yourself.”

Last month’s speaker’s presentation was particularly good, Ruth made 2 cardboard pyramids for each attendee, so we could dowse their qualities. This reminded me how precious our ‘in-person’ meetings are, and how much is learned that way. Zoom meetings are good too, as they allow out of town members to join. Actually, the May meeting will be on Zoom (see page 26).

Until next time,

François

Dowsing as Energy Testing

By Dr. Barbara Mallory

Reprinted from The New Zealand Society of Dowsing & Radionics Inc.

The Polarity Principle in Dowsing: Unless the dowser's body is functionally polarized so that s/he is plugged into the energetic resources of Earth and the rest of the Universe, the information s/he obtains by dowsing may be reversed, unclear or otherwise invalid. Here's why, polarity-wise. The body is like a giant battery pack in which every cell is a miniature battery. In Energy Psychology, the functional positive pole for the length of the body is at the top of the head, with the negative pole at the bottom of the feet.

When the body is correctly polarized, we are electro-magnetically plugged into the earth's energy field and the vast energy-informational resources of the Universe. However, our overall energy state and our thoughts (both conscious and subconscious) dramatically influence the polarity of our body's energy field.

When we're depressed, tired or hungry, we may be so energy-depleted that it's as if we're de-polarized. When we tell a lie or think a fearful thought, our body polarity can instantly reverse or 'switch.' When that happens, it's like our batteries are in backwards, and our muscles weaken due to energy loss. At the same time, our sweat glands release moisture via the Galvanic Skin Response (GSR).

When we're extremely excited, tense, traumatized/injured, or exposed to toxicity, our body's energy field may become disorganized. In these non-functional polarity states we're not likely to obtain accurate information from dowsing.

Here's an excellent exercise to correct reversed polarity and disorganized energy.

Polarity Correction and Lock-In

- Rub collarbone points and navel, 20 seconds.
- Rub navel and tailbone area, 20 seconds.
- Pull up on navel and 3rd eye point (between eyebrows and 1/2 in. up) for 20 seconds.
- Repeat many times daily if your body polarity is often reversed or your energy disorganized.

Dowsing As Energy Testing

There are four common methods used to dowse for energy-based information about physical and psychological health: muscle tests, ideomotor tests, sticky/smooth (GSR) tests, and pendulum dowsing. All are useful to test self and other.

1. Muscle Testing.

These techniques test energy flow through a particular muscle or muscle group and are an application of Kinesiology. Research shows that the body reacts to states of congruence and incongruence.



When presented with cognitively incongruent stimuli - e.g., I say my name is 'Ralph' when in reality it is 'Barbara' - my muscle strength is compromised and the muscle being tested 'gives-way' to an outside force. When I say my true name, my normal muscle strength is maintained and is better able to resist the same outside force.

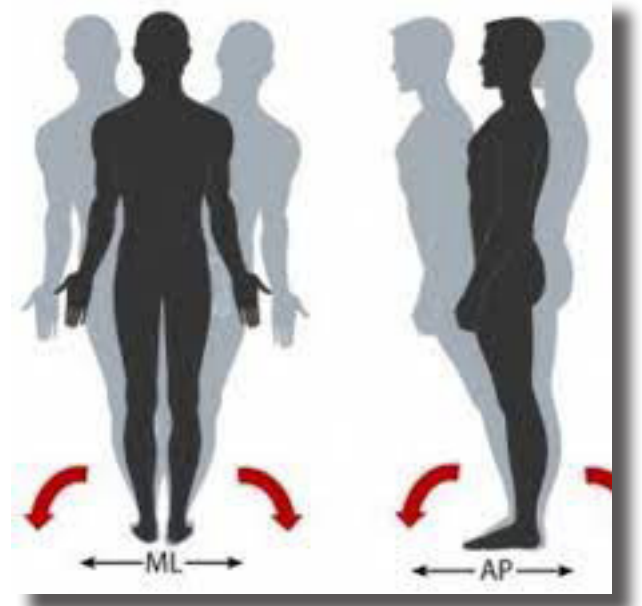
Many influences can put a person in an incongruent state: thinking a bleak thought; experience or recall of negative emotion; exposure to toxins; allergens or un-healthy situations; stating what is consciously believed true when deeply-held subconscious belief is contradictory. Remember, we're not really testing strength in the arm-wrestling sense.

We're dowsing energy flow through muscle tissue. We can use finger, hand, arm or leg muscles as indicators. Energy testing using an arm is done with a partner applying the test pressure. The O-Ring Test, or one of its many variations, is a handy way to self or surrogate test.

2. Body Dowsing / Ideomotor Testing.

In an '*ideomotor*' test, an idea or thought produces a natural motor response, even if the thought is subconscious rather than conscious.

As a tree leans towards sun, our bodies incline naturally toward what is healthy or true for us. A spontaneous ideomotor test is the '*Sway Test*' using your whole standing body. The Sway Test is a great guide for healthy supermarket shopping!



Think “*Yes*”, with a strong positive feeling. Wait. Notice your body’s natural response to “*Yes*”. It may sway slightly forward. Repeat this a few times for practice. Now think “*No*”, with a yucky negative feeling. Notice your body’s response to “*No*”. It will lean slightly back or to the side, doing so readily and reliably with practice. That’s the ideomotor response, and that’s how the Sway Test works.

A discreet Sway Test variation is a '*Head Nod*'. Relax, breathe, invite your head to indicate “*Yes*”. Notice your head’s natural response to “*Yes*”. It may tip slightly forward or down/up as though starting a nod, “*Yes*.” Repeat for practice. Relax, breathe, invite your head to indicate “*No*”. Notice your head’s natural response to “*No*”. It may turn slightly to the side as though for a head-shake, “*No*”, or draw back/away a bit.

3. Sticky-Smooth (GSR) Testing.

Place the palms of your hands together and rub gently a few times. Ask

your body to use a smooth feeling to mean “*Yes*”. Just be in ‘*allow*’ mode. Let your body relax and respond.

Now, rub your hands together gently and notice how they feel for “*Yes*”. Take your time. Practice a few times until “*Yes*” and smooth are reliably connected.

Next, ask your body to use a sticky feeling to mean “*No*”. Rub your hands together gently and notice how they feel for ‘*No*’. Take your time, and practice a few times until “*No*” and sticky are reliably connected. Now that your body has the idea, try it with “*Yum!*” and “*Yuck!*” Your body will know to respond with smooth for “*Yum*” and sticky, for “*Yuck*”.

A handy one-hand sticky-smooth variation is a finger test. Rub the pads of your index finger and thumb lightly together to get the feel. Then, ask your body to use a smooth feeling to mean “*Yes*” or “*Agree*” or “*That’s healthy /okay for me.*” Let your body respond. Rub your finger and thumb together gently and notice how they feel for “*Yes*”. Take your time, and practice a few times until ‘*Yes*’ or “*Agree*” or “*Okay for me*” are reliably connected to smooth.

Then, ask your body to use a sticky feeling to mean “*No*” or “*Disagree*” or “*That’s not okay for me*”. Proceed as before. Practice a few times until “*No*” or “*Disagree*” or “*Not okay*” is reliably connected to sticky. Then try it with “*Yum!*” and “*Yuck!*” Your fingers will respond with smooth for “*Yum*” and sticky for “*Yuck*”.

4. Pendulum Dowsing Test.

You need a small weight on the end of a 5 or 6 inch cord or string - a pendant on a chain, a lifesaver on a piece of thread, a ring on a piece of dental floss.

Hold the string quietly between thumb and index finger - in neutral. Think “*Yes*”, with a strong positive feeling, and watch your pendulum. It will begin to swing forward-and-back or in a circle or side-to-side. That

particular movement means “*Yes*” for your pendulum and you. Practice a few times.

Do the same with a strong “*No*” thought and feeling, and watch your pendulum. It’s likely to make the opposite movement.

If it swung forward-and-back for “*Yes*”, it may swing side-to-side for “*No*”. If it circled clockwise for “*Yes*”, it may swing counter-clockwise for “*No*”. If your response is unclear, choose one of those patterns and practice the pendulum movements while thinking/feeling “*Yes*” and “*No*”. Once your pendulum is programmed, it will always use the same indicators unless you program it differently.

Dowsing Practice using an Energy Self-Test

- Choose an energy test to use for practice - muscle (0-ring), Ideomotor (sway /head-nod), sticky smooth, or pendulum.
- Dowse for water/Test your hydration. Touch a few strands of your hair. Intend to test your hair for hydration.
- Use your energy self-test to ask: Hydrated? “*Yes*” / “*No*”.
- If “*Yes*”, you’re ready to dowse. If “*No*”, drink water and test again.
- Check your body polarity by testing your true name (which should test “*Yes*”) and a false name (which should test “*No*”).

(1) Think/say: “My name is __true name__, and test. “*Yes*” / “*No*”

(2) Think/say: “My name is __Walt Woods_ ,” and test. “*Yes*” / “*No*”

If you get a “*Yes*” for your real name and “*No*” for Walt Woods, (unless you really are Walt Woods), you’re correctly polarized. If you test “*No*” for your true name and “*Yes*” for Walt Woods (but you’re not Walt Woods), your body polarity is reversed and you need help!

Do the Polarity Correction and Lock-in, and test again. If you test “*Yes*” for both your true and the false name, you’re over-energized. RELAX, breathe to centre / ground yourself, and test again. If you test “*No*” for

both your true name and Walt Woods (no matter who you are), you're too energy-depleted to dowse right now. Self-care is needed - thump your thymus; take a break; have water, snack, rest or nap. You know what you need. After self-care, test again. Unless your body is correctly polarized, your dowsing isn't reliable.

Think of something joyful, and test. "*Yes / No*"

Think of something disgusting or upsetting, and test. "*Yes / No*"

Test: "*I want to be happy Yes / No*", versus "*I want to be miserable Yes / No*"

Test: "*I love and respect myself completely. Yes / No*"

Test: "*I'm afraid to walk on burning coals. Yes / No*"

Two-Person Arm-Muscle Test

The tester stands a bit to the side, either in front of or behind the person's outstretched arm.

The tester places one hand just above the wrist on the extended arm and applies gentle, even pressure. The subject resists just enough to meet the pressure.



Best to avoid eye contact. To balance his/herself, the tester may rest the other hand lightly on shoulder. Arms remain strong for "*Yes/True/Healthy*" and goes weak or mushy for "*No/Untrue/Not Healthy*".

O-Ring Self-Test Using Two Hands

- Make a circle with the thumb and index finger of each hand, making two O's.
- Interlock the two O's securely. To calibrate, test the force needed to pull the O's apart. (I like to keep this delicate, using the least amount of force possible)
- When self-testing, both O-Rings hold strong for "Yes". To indicate

“No”, one of the O-Rings will weaken and break.

- ‘O-Ring and Separator’ – Pry apart, to test integrity of O-ring.

Subconscious Blocks to Change - ‘Psychological Reversals’

Many emotional problems resist release, because the subconscious mind holds deeply-rooted, limiting thoughts and beliefs about what we can and should do, be and have. That’s what’s happening when we are ‘stuck in our stuff’. Negative subconscious programming is maintaining the energy disturbance that underlies our distress.

In Energy Psychology, self-defeating thoughts and beliefs are called ‘*psychological reversals*’. Practically speaking, psychological reversals are just outdated defensive programs, i.e., defence and survival mechanisms that we’ve over-learned in the course of early experience (especially from birth to about age 20). These programs served a purpose in the past, helping us survive hard times. If they interfere with our growth and change in the present, they’re due for an upgrade.

If emotional distress is not letting go despite your best efforts, consider subconscious blocks to change, or fail-safes, like those identified by clinical psychologist, Dr. Larry Nims. Use the list below to identify any reversals or resistance to resolving your particular emotional distress. You may think of other blocks that apply to you related to your specific emotional issue. But how would you eliminate each block you identify?

Dr. Nims and his clients use his clinical treatment approach, ‘*Be Set Free Fast*’ (BSFF). You could dowse to correct the reversal.

- I want to keep this problem. “Yes / No”
- I want to get over this problem. “Yes / No”
- I am willing to get over this problem. “Yes / No”
- I am willing to get over this problem now, from now on, continually and permanently.
- I give myself permission to get over this problem.

- It'll be okay for me to be completely over this problem.
- I deserve to be permanently over this problem.
- I will be safe if I get completely and permanently over this problem.
- I will do everything necessary to make sure I get over this problem, permanently.
- There is at least one part of me that wants to keep this problem. I'm afraid to let this problem go completely and permanently.
- There is something in me that will make me keep or take back this problem.



A 26 Year Update

By Rebecca Buchanan

Reprinted from the Ozark Research Institute (ORI) – Summer 2022

Tommy was a twenty-six-year-old professional bull rider, right up until the day he was thrown from a bull at a local rodeo and rushed to the hospital.

He was in a coma for nine months and his family did not know if he would come out of that coma or, if he did, what degree of brain damage he might have suffered.

I was just beginning to do hands-on and distant healing work at ORI, learning from Gladys and Harold McCoy and the group. At the time, I was a preschool teacher attending Child Development classes at a local college. Tommy's sister was a guest speaker in the class one evening, and in the presentation, she mentioned her brother's story to us. Afterward, I asked her if I could visit Tommy in the local nursing home he was transferred to following his hospitalisation. I'm sure I did not explain why.

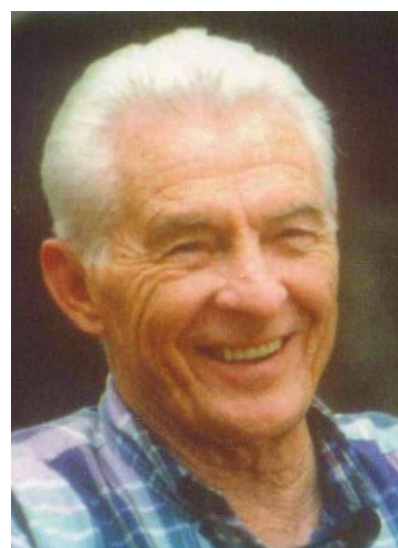
In the 'Bible Belt', most people don't understand much beyond "I'll pray for you." And I had learned quickly to be quiet with the work that I did and just do what I could, when I could, to help others in need.

So, I went to visit the young bull rider.

When I first met Tommy, he could only blink his eyes in response to questions, but as time went on, he began to move parts of his body. Soon he could move his hands and arms, and even point to parts of his body that hurt or needed energy. I visited him numerous times, each time noticing improvements.

I could feel his frustration. He was trapped in a body that no longer worked for him. His future was bleak and he was in a nursing home. Even though I'm sure he wasn't crazy about relaxing for energy work, he went along with it and put up with me and my visits.

On one of those early visits, I asked Harold McCoy to go with me so we could send him energy together. Neither Harold nor I had any ego about the work we did, we just wanted to see folks get better, whatever it took. All I really remember from that day is that it was a good visit.



Harold_McCoy

One day when I arrived to see Tommy, he was gone. His room was empty. I asked the nurse and she said he was transferred to another facility.

I did not know where he had gone, but I was happy that he was able to be moved. I hoped it was a rehabilitation centre, but I didn't know.

After that day, I would sometimes think of Tommy and when I would, I would send him love and light. My way of healing at a distance. That was 1996.

About a month ago Tommy's name popped into my mind again. I admit

I had forgotten it. A day or so later, I opened an old notebook from my book shelf and found notes I had written about him. I began wondering what had happened to Tommy. Had he passed? Was he still in a nursing home somewhere? I went online to do a search of his name and believe it or not I found a story about him written 3 years ago!

Apparently, he had become a beloved figure in a local town. He would sit in his four-wheel scooter, waving and talking to folks passing by, bringing joy to everyone who saw him.

In the article, I read about the area where he often hung out. I wondered if there was a chance he was still there. I tucked that thought away, along with, “*someday I’ll just head out that way and see if he’s there.*”

I had no way of knowing when or how it would all work out, if I did find him. I mean, I knew how I would like it to work out: he would still be on this earth plane and he would remember me, even though when we first met in 1996 all he could do was blink his eyes in response to questions. I reminded myself that I worked on Tommy in 1996 and this is 2022, 26 years later.

Then the strangest thing happened.

One day last week after working in our yard all day I was tired and dirty; the last thing I was thinking about was going in search of the past. Tommy's name popped into my head again. I did not ignore it. I took it seriously. I also took my time before deciding that I would go for a little drive. I cleaned up from the day of gardening and set out in search of a memory.

I've been using the phrase, “*in the realm of grace*” a lot lately in my spiritual work, and the meaning is still evolving for me; but as I drove along, I did not worry over whether I'd see him or not, or if he was still around, I just remember thinking, “*no matter what happens, we are in the realm of grace.*”

When I drove to the location described in the article, there was Tommy in his chair (seemingly) waiting. I could hardly believe it.

I parked nearby and, taking a deep breath, got out of my car. As I walked up the sidewalk about 150 feet from where he sat, he started to go in the opposite direction!

I called his name and he turned his head toward me. When I was beside him, I thought I recognized him. I was a little embarrassed when I said, *“I'm sure you won't remember me, but I'm Rebecca Buchanan - I visited you in the nursing home after your accident 26 years ago.”*

He looked at me and said, *“I remember you. God sent you to heal me.”*, I was very taken aback.

He took my hands and said, *“You see these hands? They healed me.”* He went on to say, *“God told me to relax when you came to see me the first time and for me to let you work on me. I thought, really? Are you kidding me God? But I did it.”*

I choked up a little when he recalled that memory. I felt a little like I had slipped through a portal, going back 26 years and forward 26 years, simultaneously. Tears came to our eyes.

He looked at me, straight in the face, and said: *“God sent you here today, so I could tell you, thank you”* and then he said it again, *“Thank you.”* I thanked him as well and told him I was so happy to see him after all these years! So you tell me, was that a miracle? A manifestation? Or a 26-year ORI update.

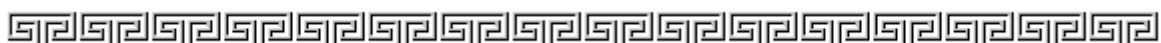
Tommy pointed down to the watch he had strapped to his scooter handle and said, *“You don't know how many times I've been up and down this sidewalk looking for you. God told me you would be here by 3:15.”* It was 3:07.

I told him, *“I'm usually late Tommy. So God gave me an extra 8 minutes*

today.” We hugged for a long time. He pointed to a sticker on his chair that read: *'Expect the Unexpected'*.

Early? Late? In the realm of grace, I now believe, we are all right on time.

Rebecca is a licensed minister, a healer, and a Spiritualist who brings messages from the other side. Rebecca connects with those who have passed, as well as Spirit Guides and Angels who answer questions and offer guidance to those who seek assistance. She refers to these messages as Transmigratory Readings. She offers readings by phone, photograph and occasionally in person. For more information: www.transmigratoryreadings.com



Alice's Story

Reprinted from Raymon Grace Newsletter, March 2023

Dear Raymon, you always mention that fear and worry do not help, do something and improve our life.

1- When baby Zayleen was about 8 months, doctor said baby's head should be moving down preparing to be born, doctor tried to move the head downward without success thus needing to operate for the baby to be born.



Raymond_Grace

I talked to the baby, welcomed to the family, visualized daughter in front of me and used my hand slowly moving the baby head downward. I did it few times. That night, I was sending an e-mail to you (Raymon) wishing you a happy birthday then continue talking and joking to the baby, *“Hi! would you like to have same birthday with my teacher Raymon”* (energy follow thought).

Baby due date was on 15 January but immediately after 12 midnight on

29th my daughter started labour pain, the pain became stronger. She was admitted to hospital around 2am, Zayleen was born naturally and healthy about 5am on 29th December, interesting.

I cleaned up the hospital energy and raised up the energy of the staff and doctors involved (you taught us in class).

2- When Zayleen was about 8 months (in womb), doctor advised daughter have to eat less and move more, otherwise baby will have difficulty to come out if too big. Zayleen was 4kg when she was born. The nurse said that this was a super baby. If for other patient, usually doctor will operate if the baby was big but Zayleen was born naturally and healthy.

You taught us that the mind sensing picture rather than words, I imagined putting some oil on the head of baby and visualized her born quickly and healthy.

3- I went for an event and I saw a beautiful purple rock in the meeting room, not for sale only for lucky draw after the event finished.

I bought 5 tickets at \$2 per ticket. Many people bought as many tickets as they could, hopefully to get the rock.



I imagined a magnet on all my tickets, and put a magnet too on the hand of the person who was picking up the ticket, and I won the rock, interesting.

4- A man working for wild life protecting company was lost in the forest when doing research. My daughter told me this and he has wife and 2 very young kids at home.

I said to myself I wanted to help, my feeling was he was in another di-

mension and still alive. I talked to the nature spirits there and the king of the forest. I sent love and gratitude to them, requested them to release the man because the young kids need father to take care of them.

I also put a light on his head, so it's easy to let the rescue team to see him. The rescue team met him after 8 days and he was sitting at the river side and not going any where, but the rescue team passing by here many times and not seeing him. He didn't know that he has lost contact already 8 days, to him was just a while and he didn't eat anything.

THANK YOU SO MUCH I have the knowledge to accomplish things, I like to learn from you, you are the person I like to follow.

4- Son-in-law, Joel was cutting a tree in the back yard, very near to the house. The tree was stricken by thunder and lightning and it dried off quite some time ago.

He said the tree may fall and hit the house. He was alone using the chain saw to cut it and the tree was about 50 to 60 feet tall, was thinking how can I help him.

You have mentioned that if cutting a tree “*imagine where did you want the tree to fall and create the picture*”.

I talked to the nature spirits and land spirit, removed the spirit of danger, created the picture falling to a right place so it damaged nothing.

Ha ! Ha ! It works.

I remembered your words

THANK YOU.

Your Friend

-Alice

Choose to Ride the Joy Waves

Reprinted from Visions of Heaven March 2023, Author unknown

The Angels – There will always be things upon your earth to delight, and there will be things you can't stand.



As we've said many times, you get to choose in this buffet of experience and vibration. Are you going to focus on the rotten or the good, that which disgusts or delights, that which hurts or that which soothes?

It is a choice. If you were taught this as children, it would be easy to choose a focus on what feels better. However, most of you didn't have this behaviour modelled for you. When you were very young, you knew better. If you bumped your elbow or scraped your knee, you went crying for love. If a caring adult picked you up and soothed you, you didn't stay hurt or sad for long. You enjoyed your Band-Aid and went back to play. In your innocence, you knew to reach for what felt better.

Likewise, if someone put food in your mouth that you didn't like, you either vehemently spit it out or opened your mouth and let it dribble onto the table! You might have played with it, but in your innocent wisdom, you knew that you didn't want to swallow anything that tasted bad.

When you were on the playground, and a badly behaved child hit you, you might have become upset, but soon you wanted to walk away and play with the kinder kids. You didn't want to waste your time feeling bad. Something in you intuitively knew that this person wasn't worth your time or attention. In your innocent wisdom, you chose to deprive them of you!

Over time, however, you witnessed those around you. You saw and heard

people focusing on things that felt bad – world problems, family problems, financial problems, ‘*spilled milk*’, the ‘*wrongness*’ of crayon drawings on the wall, etc. You started to synchronize your energy with those who influenced you. You are all empathic. You all can tune into the life around you. Children, especially, try to tune into and anticipate the energies of those around them.

As children, many of you tried to synchronize your energy with those who were important in your life. Others rebelled! In either case, your capacity to feel good was diminished. Synchronizing with or rebelling against a bad feeling both tune you into the bad feeling.

Over time you learned to compensate. You learned to analyze and develop justifications for feeling bad. Society certainly supports this. You will frequently receive compassion, sympathy, and assistance when you feel bad or experience unfortunate circumstances. However, if you’re flying high, only those with a similarly happy vibe (or those who want to be in that space) can celebrate with you. While we always support you in seeking or sharing love and compassion, we also encourage you to reach for better feelings rather than staying stuck in an unpleasant space.

You will inevitably see things and people on your earth that are disturbing. You will see those who are dishonest, greedy, and hurtful. You still have a choice, however. You can see them as your adversaries, or you can see them as we do – wounded little children reaching for love in childish ways. You don’t have to give them so much attention.

You will see systems that serve only themselves. We see people who, in their ignorance, don’t know the magnitude of Divine abundance that is available when you live and work in a flow of giving and receiving. You can turn your attention to systems that operate in greater love and integrity, or you can be part of the change in your own sphere of influence.

You will hurt at times for various reasons. When you lose a loved one, stub your toe, or watch someone you love suffering, it is hard to feel the

flow of Divine love that is always available. Nonetheless, one thought at a time, you can gradually soothe yourself, surrender to love, and allow better feelings.

You may need to comfort yourself, reach for help, or use a helpful healing modality. You may '*turn the other cheek*' and look away from those who can't behave while deciding to focus on those who can. There are so many ways to reach for better feelings. You are never stuck in anything except your own thoughts. Change those, and your vibration will change. Your reality will adjust to match.

We have said this many times, and it is becoming increasingly important as your world offers such a diverse buffet of contrasts – You deserve to feel good. You deserve to focus on and experience the things, people, and situations that uplift, inspire, and offer helpful solutions.

You were not born to learn through suffering, although you certainly can. It does cause you to reach for more and better. It forces you to look for the good out of a sheer desire for emotional survival. It can catalyse you to find great strength within yourself.

However, you can also learn and grow through inspiration and joy. You can see the world's problems and quickly focus on the ideas and people that will create solutions.

You can feel the pain in your body but turn to something enjoyable on your television, read a good book, or laugh with a friend to distract from the pain.



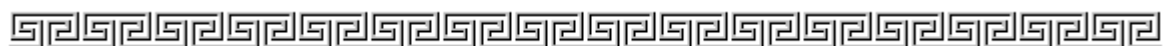
You can relax and allow the body to heal and rebalance, as it was originally intended to do. You can work with kind and loving healers or doc-

tors who soothe you until, often with their assistance, you allow healing to take place. You can grieve over the loss of a loved one's physical presence, even while you reach for the comfort and bliss of the heavenly love they wish to share with you.

You have choice. Most of you didn't learn this, which is why we spend a great deal of time reminding you about what your soul already knows. You have the right and the privilege of managing your own thoughts. At first, your mind will seem like an untrained puppy running all over the place. Just as you might speak to that happy little being when you want them to cooperate, you can talk to your mind, "*Sit. Stay. This is what I want you to focus on.*"

When you focus on things that make you feel better, you give yourself a 'treat' – the best one of all. You plug yourself into the ever-present stream of goodness, grace, guidance, abundance, healing, and above all, love.

God Bless You! We love you so very much.



Request for Prayers

Our friend and Face Book user group moderator Rai Heller is now in palliative care. May I request all our members to join me in prayers for him. We could include praying for the creator to give him the best transition experience, and guide him to the light as smoothly as possible.

Rai is a very active member, helping both the Society in Sydney and the Blue Mountains dowers. He was also a major contributor to the success of the Dowsing conference we had a few years ago.

Rai, may the '*great dowser in the sky*' cradle you in his arms when the time comes. Our thoughts and prayers are with Dawn and the family at this time.

~Francois

The Ten Rules for Being Human

Author Unknown

Reprinted from The New Zealand Society of Dowsing & Radionics Inc.

When you were born, you didn't come with an owner's manual: you have had to learn the rules the hard way. These rules are intended to help make your life easier.

Here they are:

You will receive a body. You may like it or hate it but it is yours for the entire period this time around. You have chosen its shape on a deeper level: you can't change it.

You will learn lessons. You are enrolled in a full-time informal school called '**Life on planet Earth**'. Each day in this school you will have the opportunity to learn lessons. You may like the lessons, or think them irrelevant.

There are no mistakes, only lessons. Growth is a process of experimentation – trial and error. The so-called failed experiments are as much part of the process as the experiment that ultimately '*works*'.

A lesson is repeated until learned. It will be presented to you in various forms until you have learned it. When you've learned it, you can then go on to the next lessons. If you don't learn easy lessons, they become harder. You will know you've learned a lesson when your actions change.

Learning lessons does not end. There is no part of life that does not contain its lessons. Every person, every incident is the universal teacher. If you are alive, there are lessons to be learned.

There is no better '*here*'. Nothing leads to happiness. When your '*there*' has become a '*here*' you will simply obtain another '*there*' that looks better than '*here*'.

Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate in yourself.

What you create of your life is up to you. Life is like a movie: you may feel like a bit player, but you have the power to become screen writer, casting director, producer and director. It's your movie.

You have all the tools and resources you need: what you do with them is up to you.

There are three kinds of people

- Those who make things happen,
- Those who watch what happened,
- And those who wonder what happened.

Notice that you do have the courage to take charge of your life. If you don't, someone else will.

Your answers lie inside you. All you need to do is to look, listen and trust. Then you'll realise that you are the spiritual being you've been seeking.

You will tend to forget all of this.

P.S. There are actually four types of people. There are also those who never noticed anything happening -the biggest group by far!

Note: Found amongst the papers, passed on to the Society by the Estate of Judith Rubie.



Blue Mountains Dowsers News

The next meeting of the Blue Mountains Dowsers is scheduled for Sunday 7th May, 2023, 2:00 pm.

Address: The Lawson Mid Mountains Neighbourhood Centre,
9 New Street, Lawson.

The Druidic Art of Divination Pre-Celtic and Pagan Societies

- With Robyn Simon -

Robyn Simon has a background in natural therapies, agriculture and horticulture.



In this presentation, Robyn will explore the science and spirituality of medicine from the heart of Nature.

Animism is the attribution of a living soul to plants, inanimate objects, rocks and natural phenomena.

Robyn sees it as helpful to reflect, and see all around us as '*alive*' at the quantum level, and to this end she will share her personal experiences of how plants behave in cognisant ways. Attendees will likewise be invited to share their own experiences.

Robyn will also cover dowsing without a pendulum or other tools, by simply using one's body, working on the premise that the whole universe is alive and is listening to us.



Library News

We have a new book in the library that was donated by a member, because she found it very interesting, and even though it was published in 1987, it gets very good reviews and is a topic people often ask me about.

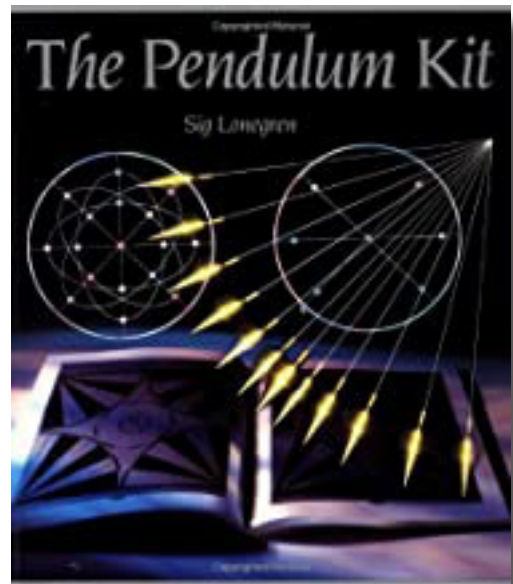
The Pendulum Kit

by Sig Lonegren

This book has quite good reviews and is a good beginners dowsing book.

A 128-page instruction book with exercises, dowsing charts, astrology charts, and maps that show you how to:

- Interpret every movement of the pendulum even if it makes none
- Answer questions about your health, love life, career and potential talents
- Use the Sun Sign, Planet and Astrological Houses Charts for divination
- Forecast the weather and temperature
- Predict future scores and events
- Find underground reserves of water or oil
- Locate lost objects
- Discover sacred site energy centres and ley lines
- Determine which foods are most and least healthful for you
- Devise your own flower remedies
- Create and use other dowsing tools like L-rods and Y-rods



Remember, our catalogue is available online for browsing at your convenience at:

<https://cloud.collectorz.com/271940/books>

Speaker for May 21st, 2023

- Zoom Meeting with Nicole Bijlsma -
- Building Biology -

Our homes are making us sick. Systemic failures across multiple industries have created what can only be described as '*the perfect storm*'. Nicole will explore what these factors are that have significantly increased the global population's exposure to toxicants, mould and man-made electromagnetic fields and provide simple tips on how to reduce our exposures.



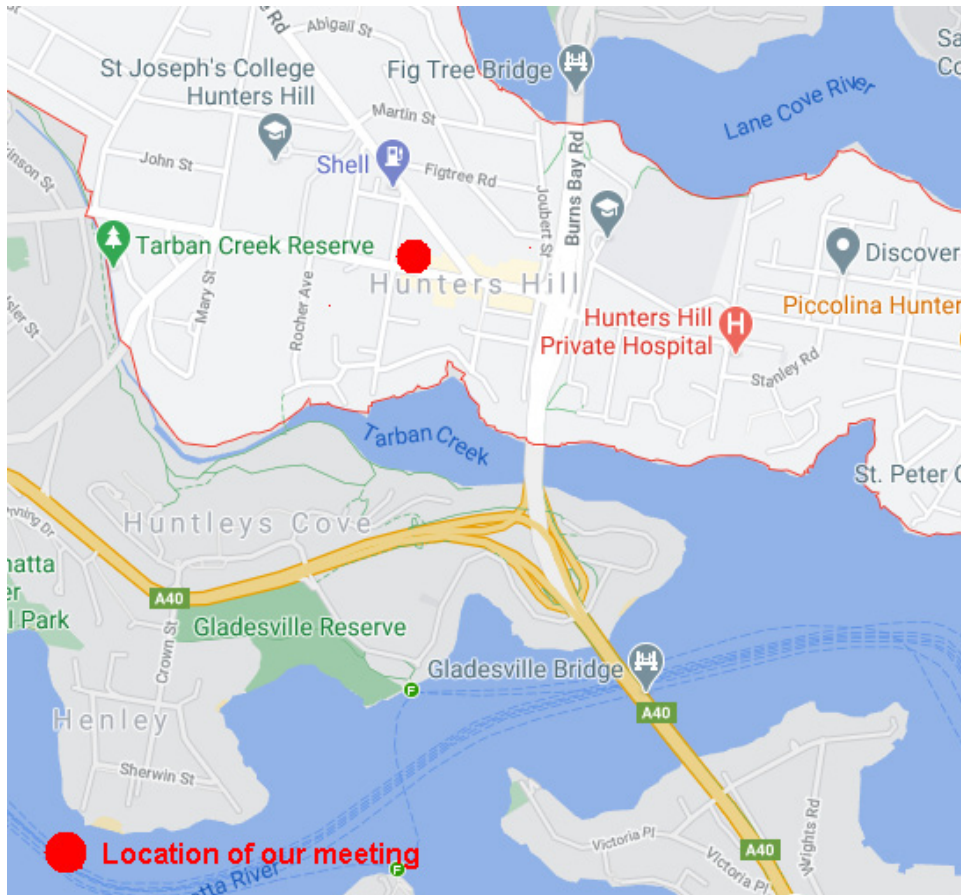
Nicole is a Healthy Home Expert or building biologist, She is a best selling author (Healthy Home Healthy Family) and founder of the Healthy Home (Building Biology) movement in Australia. She established the Australian College of Environmental Studies in 1999 to educate people about the health hazards in the built environment.

Nicole has lectured at tertiary institutions for 30 years, has published in peer reviewed journals and is regularly consulted by the media to discuss the impact of mould, electromagnetic fields and toxic chemicals, and lectures in Australia and abroad about environmental health issues.

Her research explores the impact of environmental exposures to toxicants and electromagnetic fields on human health and their ramifications for clinical practice.

Nicole Bijlsma PhD (pending), ND, BHScAc(HONS), Grad Dip OHS, Dip. Building Biology.

Nicole can be contacted at nicole@aces.edu.au



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, Druitt 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