

Dowsers Society of NSW Inc.

Newsletter

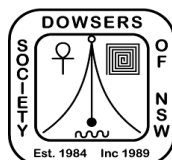
December 2019

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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 December 8th, 2019

Rachelle Terry

- Medical Intuitive -

Rachelle is a medical intuitive. This means that she has the ability to see and heal the energies in people.

Since a very early age these energies have appeared to her as auras - colourful fields existing within, through, and around all living beings.

We all have subconscious patterns and obstacles which can keep us stuck. By shifting these patterns properly we can make room for more joy, wellbeing, and peace. You have a blueprint for perfect health. When distortions occur in your energy field due to shock, stress or upheaval, your system will create something other than this.

Your energy field (aura) suggests that every health issue has an underlying, energetic pattern and emotional component. You would not be alone if you have noticed this mind/body correlation.

A medical intuitive can intuitively read the energy of the body and identify the underlying emotional/thought pattern which gave rise to a health issue.

Once you see why or how a pattern formed you can gain a new perspective on the situation and begin to feel whole again.

Rachelle's website: www.rachelleterry.com



From the Editor

Wishing you all a very Merry Christmas and may the New Year bring about peace, serenity and prosperity to all. The Christmas card image below, complete with L-rods, is by Maria Long.

Until next time,

François



Christmas Party



We will be having a special day on December 8th. Remember that the meeting is on the **Second Sunday of December**.

After the speaker's presentation we will share drinks and plates of food. We should all bring something to share, and we can enjoy each other's company.



Colour and Light Therapy

*Thanks to Bev Ellison for providing this article,
with details extracted from stated sources.*

Reprinted from the Dowsing Society of Victoria Inc.

Who is not interested in colours? I have always loved bright colours especially when I was young. So how is it as we get older we stop wearing brighter colours and end up wearing dull or dark colours? I feel that women who choose to wear black do so because it is convenient and perhaps they don't want to draw attention to themselves. Men generally don't follow suit.

I have recently been reading different books about colour and the amazing benefits we can get from wearing it. Being on a farm I live in jeans and dark colours, especially throughout the colder months. I recently looked at my wardrobe and saw how dismal it is and decided I need to put more colour into my life.

So this is something I will be working on in the next few months. I truly believe that people who do not have a lot of energy could do with help from colour therapy.

You've no doubt heard about SAD (Seasonal Affective Disorder) and may have experienced it first hand. It seems to start at the beginning of winter and disappear in spring. It is caused by deprivation of sunlight.



In 1980, Dr Alfred Lewry and Dr Thomas Wehr discovered that bright light could suppress normal night time secretions of melatonin. As a result of this discovery, people with SAD were treated with bright full-spectrum light, by way of the eyes, at certain times during the day. This was found to have a beneficial effect on more than 80 percent of those

treated. These days there are special lights to treat SAD at home.

Back in the 1970s, Alexander Schauss announced that a particularly vivid shade of pink, when painted on the walls of holding cells in prisons and mental institutions, would calm the inmates dramatically. It was tried in a number of places, and it worked, although nobody was really prepared to say why. (Australian Wellbeing Annual 1991)

In another study, factory workers complained that they were straining their backs when lifting black metal boxes. Compensation claims were arising and a boycott was in the air. Over one weekend, an enterprising foreman painted all the boxes pale green, and on the following Monday, several workers were heard to remark about the ease of lifting the new 'light weight boxes'. (Australian Wellbeing Annual 1991)

It is believed that eating from a blue plate can help you lose weight – while plates in red, orange and yellow tend to stimulate the appetite. Another study found that participants eating from a white plate, as opposed to darker ones, reported the same food to taste 7% sweeter, 9% more enjoyable and 13% more flavour-some. The speculation is that the white background makes the food more visible, or triggers sweet food memories. (Extract from the Best Life Deal)

What about colour therapy for animals? For barking dogs, introducing a blanket that has one side blue and the other side orange can apparently help reduce the incidence of barking.

There are many ways to select colours. One is to pick a colour, wear it for a day, eat foods of the same hue and notice how it makes you feel.



Then the next day, experiment with a different colour. It is wise to keep a journal and jot down how the colours and matching foods affect you.



Eating lots of different coloured fruits and vegetables can make eating more pleasurable and interesting.

Jacob Liberman wrote about the importance of light to the eyes. In his books '*Light, Medicine of the Future*', he discusses the therapeutic use of light and colour in the treatment of various cancers, depression, stress, visual problems, premenstrual syndrome, the human immune system and learning difficulties. Liberman believes that sunlight is vital to our wellbeing.

I highly recommend his book, as well as '*Health and Light*' by John N. Ott. Sunlight. It is recommended that we spend a portion of each day (at least an hour) outdoors, regardless of the weather. Even being in the shade or on a screened porch is fine. Apparently, anything that can be accomplished outdoors is preferable to doing it indoors. Taking a walk is an easy way of spending more time outdoors and it allows time to breathe in nature and its beauty.

It seems that full spectrum light is best for school children. New evidence suggests that academic achievement and physical development may both be dramatically affected by the type of lighting used in schoolrooms.

A Canadian study, involving 327 school children aged 10 to 12, has confirmed earlier research showing that the use of full spectrum lights in schoolrooms, produces faster learning and stronger growth than the common cool-white fluorescent lights. The energy efficient yellow sodium

vapour lamps apparently had quite negative effects. If the full-spectrum lamps include ultraviolet light, a significant reduction in dental cavities has been found. Previous studies had shown that the full-spectrum lamps reduced sick days by one third and helped to calm hyperactive students. Brain Mind Bulletin, September (1993).

How can we use colour therapy with dowsing? Here are a couple of exercises.

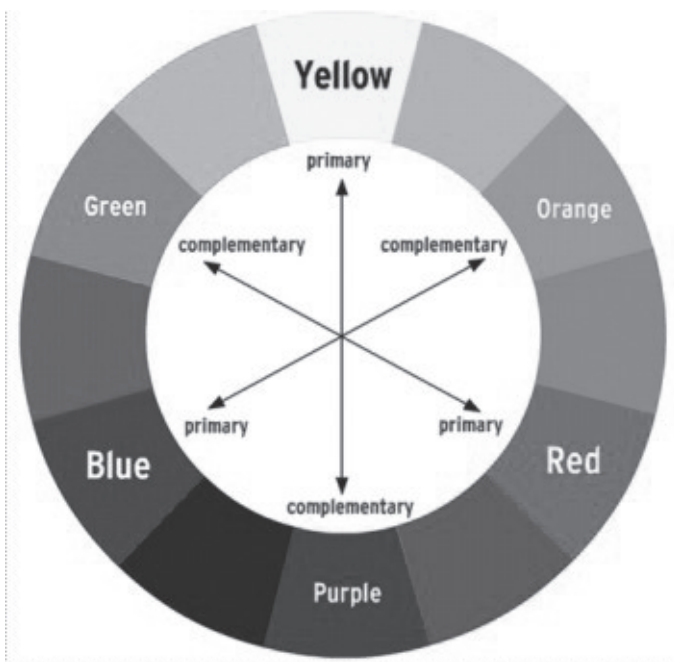
Exercise 1 –

Place a small piece of different coloured papers or fabrics under a group of white mugs or cups. Then shuffle them so that you don't know which colour is under which mug or cup. You can use your pendulum, to discover which colour is where. If you only get one or two right, don't be disheartened, practice makes perfect.

Exercise 2 –

Dowsing for overall colour. To do this you will need to make yourself a small disc - see figure on right. Place the disc on someone's hand.

Then dowse to indicate the overall colour most needed by the person. As an example, your pendulum will swing diagonally across two colours, blue and orange.



Check whether blue is the overall colour. If 'Yes' is indicated, orange will be the complementary colour. If 'No' is indicated, it will be reversed, with orange as the overall colour and blue as complementary. All that's needed is a disc prepared in appropriate colours. (From the 'Colour Healing Manual' by Pauline Wills.)

Energy Clearing

By Christine Nightingale

Ozark Research Institute newsletter, Spring 2019

My brother in Maine has a lovely home he built himself (as a successful contractor) and a second, even nicer home right next to it, which has stood empty and unfinished for 18 years.

His son, who was the dearest thing in his life, was killed in a car accident at the age of 19. Ernie had built the second home for his son, who was already engaged to be married, and was planning to work with his father in the contracting business, which Ernie had been building up for many years. John's death marked the devastating end to all those plans. Ernie has found himself unable to move forward with doing anything about the second building.

The native people of Canada used to use sage for clearing spaces, especially when they had been holding a peace-pipe smoking session with former enemies. Tobacco was ritually smoked with the long peace pipes, as the smoke would rise up to Heaven where the great Manitou would duly note the agreement to live in peace.

Then the area would be cleared of any remaining negativity by the lighting and carrying of a torch made of rolled-up sage or sweet grass.

I was looking for sage to clear my brother's space in Earthworks (Brampton) and by one of those meaningful synchronicities I '*happened to meet*' Sandra Dion, who does energy clearing work and Tarot, and who recognized me from a Chapters talk.

At this workshop I had regressed an audience volunteer to two previous lives. (It was a particularly powerful session as the lady wanted to know why she had never been able to relate lovingly to her son, now 15 and living away from her. In the regression it emerged that he had, in a previ-

ous life, killed her. During the regression the client tearfully forgave her son's soul for that, and this was the beginning of a new relationship possibility for the two of them. Past life regression is often a very powerful form of energy clearing.)

Sandra directed me to the sage, and also made two other suggestions. She said that Apache Tears (a small black rock) are useful for grieving, as is green apple Bach flower remedy. I bought four Apache Tears for a dollar at Earthworks, and was directed to The Health Food Store (Brampton) to find the Bach flower remedies. Sandra advised putting 8 drops on the tongue as part of a grieving aid, but I told my brother to use 3 or 4.

The actual ceremony for clearing my brother's space was very freeform. My brother, husband and I entered the huge, empty building at night, me with the torch, and the four Apache Tears in my brother's pocket.

The first thing we all noticed was the thick, cloying energy, like walking through molasses. My husband sees people's auras; my brother professes not to believe in life after death or anything spiritual, but we all noticed the unmistakable feeling of stuck energy. Not haunting, no, more like the tangible sense of broken dreams and not letting go.

I called on the spirit of John, my nephew, and got a very clear (clairaudient) message back of "*I love you, Dad.*" I asked John's spirit to help us with the clearing.

Then I walked through every door and into every corner with my smudging torch, saying, "*Go to the light. All the energy that is here must go to the light. Nothing negative may remain here. All must go to the light.*"

The two men were asked their input. They could feel the space lightening. After about 15 minutes the whole building felt clean and clear. Hopefully the Apache Tears and green apple Bach flower remedy will now help my brother clear his emotional space.

As an aromatherapist I know that essential oils are also very useful in

clearing emotion. For example, Rose oil is wonderful for grieving. One of the reasons flowers are traditionally used at funerals is that the essential oils in many flowers, when inhaled, are helpful in dealing with emotional crises and restoring balance. It is not coincidence that men like to give flowers to their sweethearts, which usually evokes a positive response.

When doing a Reiki treatment, it is often possible to feel the stuck energy in a particular chakra (energy centre) and to help free that energy so that it can flow again. This helps the client achieve their own healing and balance in their lives.

Before beginning a past life regression session, I always ask the clients to participate in a grounding, protection and clearing exercise with me. This exercise can be used by anyone prior to venturing out into the world in the morning.

Stand and feel your connection to Mother Earth, Gaia, a warm and loving mother to us all, whose centre is a warm, beating heart. Feel the connection as a line extending from one leg to the centre of the earth, up through your root chakra at the base of your spine, and down through the other leg, like a giant horseshoe. When you really feel this connection your feet will feel heavier, grounded, rooted.

Now feel your connection to Father Sky, symbolized by the light and warmth of the sun, the source of energy which gives life to all living things.

Feel the light from the sun filling you up from the crown chakra at the top of your head, and imagine the warm white light spilling all around you like a golden waterfall of light.



Finally, imagine mirrors all around you facing out. Now only good energy will approach you, as it likes what it sees in the mirror and comes

closer. Negative entities or people will not like what they see (metaphorically of course) and will back off.

I have found this exercise very useful in dealing with negative, energy-taking people. Somehow they become aware of the protective energy around you and are not able to approach and '*bring you down.*'

No introduction to energy clearing would be complete without a mention of Feng Shui. This Eastern practice consists of encouraging the free flow of energy within dwellings, gardens etc. by being aware of traffic patterns, minimizing clutter, and surrounding one's self with natural objects of a beautiful simplicity.

Contrast the light, airy spaces in an Ikea store, where everything is clean and the lines are simple, with the clutter of a pawn shop (the scent of desperation), thrift shop (other people's energy all packed together) or large discount store, (narrow aisles and little aesthetic sense) and you get a visceral idea of good and bad Feng Shui.

The basic principles are simple - what is called '*curb appeal*' in the real estate business (make a good first impression), cleanliness, order, and an eye for beauty. Anything in your home or work place which has not been used in a year or two should find a new home. (And while we are on the topic, relationships which have become toxic rather than nurturing should also be '*cleaned up*' or disposed of.)

I hope these guidelines about energy clearing are helpful in helping the energy flow more freely in your own life.

Christine Nightingale has been an Alternative therapist for over 20 years. She holds a BA in Psychology, is a Reiki Master, Certified Hypnotist, and Aromatherapist. She also taught Holistic Nutrition and Introduction to Alternative Therapy at George Brown College.

www.NightingaleNaturalHealing.com

Good-bye to ‘Me First’

*From an email received from Heather Wilks
from the Victorian Society of Dowzers.*

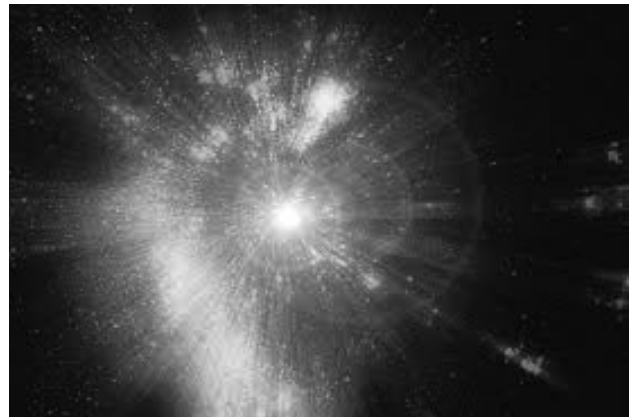
The Grandmothers said. “You will live through many ‘*natural disasters*’ now. There is a build up of negativity both on and in the Earth that must be discharged, so you can expect them to occur.

The disasters that keep occurring are not ‘*natural*’ at all but are born from this accumulation of negativity. For eons humans have lived out of balance with one another, with God and with nature, and this lack of balance has reached crisis proportions. The monstrous fires, hurricanes, floods, droughts and other calamities today are all coming from the same source - man’s lack of harmony. And, what man has caused, only man can rectify.”

“For life on earth to return to balance, mankind must give up selfishness,” the Grandmothers said. “That means that each of you must give up your attachment to ‘*Me First!*’” they smiled ruefully. ‘*Me First*’ separates you from God, from one another, and from the spirits of nature whose job it is to maintain harmony on earth. For too long you have isolated yourself from the flow of life,” they said, shaking their heads sadly. “You’ve denied the presence of the Divine - in the world and in yourself. Often, you’ve behaved as if your small, separate self was the centre of the universe, but instead of this life view making you happy, it has made you miserable.”

“It’s time to drop these old attitudes of selfishness and ‘*Me First!*’ Time to hold all life in reverence,” they said, putting a special emphasis on ‘*all*.’” Time to reconnect with the spirits of nature, to reconnect also with the ancestors and with the Source that binds all beings together in this experience you call ‘*Life*.’ It’s time to appreciate your connection with the trees, with animals, with strangers, and with your so-called enemies. Earth is home to all of you.

“We have given you the Net of Light,” the Grandmothers said, “to feel your link with one another. And we ask you to take time to cast and work with the Net every day - many times each day!” they laughed.



“We ask you to bless the spirits of fire, wind, rain, and storms and ask them in turn to bless the Earth and all Her beings. These spirits are not, as you have been taught, a ‘fiction’ or ‘fairy tale.’ They are real! Part of the family of life. You’ve been told to deny the spirits of nature but your ancestors honoured them. Isn’t it time that you did the same?”

“Although you’ve been taught to hold yourself separate from nature, at this point, living cut off from the life force on your planet is causing you great pain.” The Grandmothers shook their heads, then said, “Stop this! Instead, take another step into your power! Claim your brotherhood and sisterhood with the spirits of nature.

Claim your divine identity. You are one with the Source, one with the powers of nature, you are one with one another. You are not an isolated self. No! You are The Divine Self. You are one with all that is. Believe it,” the Grandmothers said, “and start behaving as the great one that you are.”

Note from the Net of Light team: The Grandmothers’ Light Weavers team is at work today on the fires in Australia and will work on all requests they receive for help. You may contact this team at netoflightweavers@gmail.com. Please join the Light Weavers in holding the Net steady in and for Australia now. Thank you for your love and care.

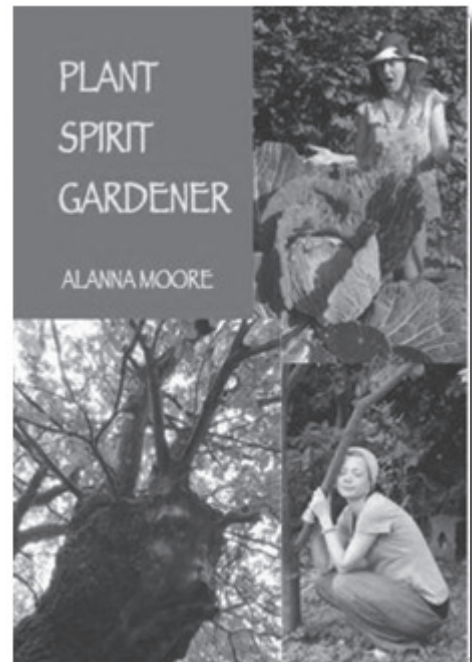
To learn more about the Grandmothers and how to work with the Net of Light, go to netoflight.org.

Workshop Report

By Alex Hawthorne

I attended a Workshop with Alanna Moore called 'Water, Eco-sensitivity and Earth harmony'. There was a lot of cutting-edge material and interesting experiences in this workshop, we had as a group, and I thought I would share it with others.

My desire was to hone my dowsing skills, and I am sure everyone in the group was keen to connect with the entities from the devic realm. This is a subject rarely taught, but one that Alanna has had a lot of experience with.



The weekend was held in Moruya, which is a quiet, rural coastal town, four and a half hours drive south of Sydney. It kicked off with two films about water on the Friday night. The first one was a practical documentary about tackling soil salinity on farms in Western Australia. The scientist and environmental researcher Rob Gourlay has discovered through extensive mapping with Gamma Ray data, that soil salinity is not caused by rising water tables, as is commonly believed, but by a combination of farming practices which have sacrificed the health of the soil to achieve constantly high crop yields.

These problematic farming practices are:

- The replacement of perennials with annual grasses which have much shorter roots;
- Ploughing the soil which ruins the natural soil structure and accelerates crusting, surface run-off and erosion; and
- The continued use of pesticides and herbicides which have reduced

our ancient, nutrient poor soils. We could learn a lot about long term, sustainable food production from the indigenous first people, whose techniques have been largely ignored and undervalued until recently. There are many suggestions in Bruce Pascoe's book '*Dark Emu*', of preferable, more harmonious methods, if you would like to investigate this further.

The second film, by contrast, showed our universal reverence for the life-giving qualities of water; the nature spirits which inhabit it and sacred water sources throughout the world such as the Chalice well in Glastonbury, England and the Lourdes Grotto in France, to name just a couple.

On Saturday we began with the introduction to dowsing and the use of the pendulum. Armed with a pot plant each, we used the pendulum to measure the energetic field of the plant; the best place to plant it in a given area and then chose a preferred orientation to the sun. We finished by measuring how much the energetic field around the plant had grown after our sympathetic interaction with it, which it invariably did. The beauty of this exercise was that it was simple to do, it gave us confidence in using the pendulum, and every one of us, whether we had access to a small courtyard or a large garden, could make use of this exercise in the future.

We then had an introduction to map dowsing using a mud map, to locate underground waterlines in the garden where the workshop was held, and then we went outside to test these with our pendulums. We found there were two lines which intersected at one point. Alanna then changed the charge from a negative to a positive and then we re-tested them with the pendulum.

On the Sunday we had our introduction to the devic beings in the garden. Alanna had previously located a couple, one in the garden outside the house and another over the dam in the adjoining paddock. We discussed that there were many ways to connect with these subtle beings - once you quieten your mind and tune your vibration, you may sense

one, see one with your eyes, hear words or a name, or just be open to the experience and see what happens - everybody is different. We then went outside quietly and used our pendulums to locate those subtle entities and most people found that they could sense where they were.

We practiced map dowsing by drawing a mud map of the house or apartment in which we lived, and then cleverly swapped this with another person to dowse. This gave us more objectivity and allowed us to discuss the results with the owner afterward. This was my favourite part of the weekend because even though I have had many years of experience as a landscape designer, this was the first time I had analysed a garden purely on intuition. It was very rewarding to find our observations were generally on track, and even though much more experience is needed, it pointed us all in the right direction for continued enquiry.

In the afternoon we discussed electro-magnetic fields, which have increased markedly due to our burgeoning technology and the increased use of WI-FI. Alanna's approach, after much investigation, is to avoid it wherever possible. The consensus in the group was to plug cords of modems and devices directly into the power socket rather than using wi-fi, and to avoid smart meters for water and electricity readings wherever possible.

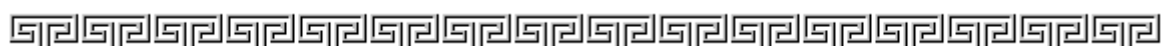
The final exercise was building a power tower. We located it where two underground water lines intersected in the garden and the energy was going downward. We placed a PVC stormwater pipe vertically in the ground, filled it with a para-magnetic rock (that is, rock that weakly attracts a magnet) in this case crushed granite, then placed a terracotta pot upside down on the top to stop it filling with water. The concept is to draw the energy from the atmosphere into the earth to promote plant growth, and improve the lives of the inhabitants, animals and wildlife who live there.

We had a small ceremony, during which the intentions of respect, abundance and health were chosen by the owners, to ensure they were bring-

ing in the energy that they wanted, and then we concluded with chanting to increase the energy field around the tower.

It will be interesting to see how this tower and the energy work we did with the earth and water spirits affects the land, the people and the flora and fauna in the years to come.

More information can be found on Alanna's website : <https://www.geomantica.com>, or her latest book, 'Plant Spirit Gardener', (shown on page 14), is a very comprehensive guide on nurturing your garden and engaging with nature spirit beings in a variety of ways.



Dowsing Down Under Conference

1-3 November, 2019, By Robyn Lee

The decision, made about 20 months ago, to have the first ever dowsing conference in Australia was a bold one. The idea was hatched by Dawn Heller, our seminar and organiser extraordinaire, and Martine Negro, our very savvy President. They were joined by Rai Krumm-Heller to become the '*Dowsing Conference Committee*', our amazing Team.

But what a job! A venue had to be found, dates decided, searching the world for suitable speakers who would be willing to come to Australia, negotiating and paying the considerable costs, advertising, creating and setting up the website for applicants (in itself a huge undertaking for website designer Rio), creating a logo for the event, establishing regulations and so on.

Martine contacted speakers that the Team had decided on and negotiated details for using the venue; Dawn set up lists for attendees, bank details and worked on a thousand details like menus, show bags for attendees, lists of volunteers and answered hundreds of calls and emails about ap-

plications and special requests, and any billeting required for speakers. Rai worked on technology and organising how and where it all would be achieved, and updating his Facebook site '*Dowsing Australia*'.

The Committee joined in and Ron Yabsley made 70 sets of mini rods for show bags, Helen Braico and Peter Fergusson organised excellent signs, and Marie Wood created special certificates for various presentations.

And then Gladys McCoy, one of our keynote speakers, advised Martine that she could no longer attend. Oh no! But Martine contacted Dr Adhi Two Owls (US), dowser, academic and Shaman, and she happily accepted to attend. Very exciting, until she was unable to get her passport renewed by the US government in time and so was also unable to attend. We were so disappointed and of course stressed. However, after a great deal of very considered dowsing to neutralise obstacles and maintain the highest level of energy for all, everything worked out.

The special dinner on Friday night to celebrate our 35th anniversary, and honour with certificates our long-term members, who were still supporting the Society, was abuzz with talk. There were many excited greetings and a wonderful energy built up.

Saturday morning was a rush, after the Team had been setting up from sun-up, as people arrived early, registered with Dawn, received their name lanyards, show bags and itineraries and checked the speakers' book table, and the beautiful Dowsers shop set up and run by Ruth Sneddon. Coffee machines were busy, and the venue was crowded.

Martine, an experienced MC, ran the events like clockwork, as planned. The day started with Yvonne Weldon, the Chairperson of the Metropolitan Local Aboriginal Land Council and a proud Wiradjuri woman, giving a moving and gracious Welcome to Country. She was followed by Anthony Gribble who related further extraordinary experiences in Central Australia with the Indigenous people who had taught him, befriended him and changed his life. He had some ancient and sacred artefacts for

us to view and dowse.

Then, the wonderful Raymon Grace, who had pre-recorded his talk for us, spoke to us through the large screens in the room.



Over the weekend we had keynote presentations also from Grahame Gardner, dowser and geomancer, resplendent in his kilt,

Ren Kellett, farmer and President of the Dowsing Association of New Zealand and master dowser, and Alanna Moore (Ireland), dowser, healer, geomancer and also a founder of our Society.

We also had eight workshops with Ren, Grahame, Alanna, Owen Chow (HK), who is an international speaker and dowser, and who is able to measure, change and move energy, and Barry Eaton, writer, medium, dowser and multi-media personality who writes and lectures on past lives and spirit in our lives.

Topics included temple creation, making Atlantean Power rods, nature spirits, building biology, radiation harm and prevention, past lives and much more. We all had trouble deciding which workshops to attend.

After the dinner and two very full days, with so much interaction and information, we were all energetically on a high. Visitors from Melbourne, Perth, Darwin, ACT, and many parts of NSW joined the members who attended. It had been a triumph!

The Committee will try to share with you as much as possible of the presentations during the coming months.

-Robyn Lee

Joy

By Gloria Rohlf

Reprinted from the OZARK Research Institute, Fall 2019

We all want to feel joy but are stymied with how to do so.

Some of us find joy in our family and friends or travel or work, and these can contribute to joy.

Some of us try to find joy in drinking or drugs or sex. And sometimes we can - for a while. But then the thrill wears off.

Some of us seek joy in owning possessions and from buying things. But then we're depressed when the bills arrive.

In the long run, many people don't seem very joyful. They're overwhelmed by worrying about the future and complaining about the past and present. But we can learn to increase our joy in life and overcome habits that get in the way. Joy is attainable!

One big block to joy is hate and anger. I know someone who still hates his former girlfriend, five years after she broke up with him. He can't feel joy because he's focused on anger and hate and is stuck in the role of victim. If someone's hurt you, deal with these feelings and move on. Sometimes we need professional help to work through the pain - but it's worth doing to enjoy life.

Letting go of hate and anger and choosing to forgive will free your heart from the past so you can move forward and make room for joy and love.

It does not mean that what the person did was OK or that you would allow it



to happen again. When you let go of the hateful emotions, you are no longer the victim and you are no longer emotionally connected to that person. You can then learn from the experience and make room for joy.

The second and very popular way that we torture ourselves and block joy is focusing on fear and worry. Over 95% of the things we worry about never happen. But many of us spend an inordinate amount of time worrying - "*What if this happens? What if that happens?*" This is exhausting and it blocks joy.

One form of fear and worry is '*catastrophizing*' - assuming the worst. A woman I know received one verbal warning at work. Although her evaluation had been excellent, she catastrophized her situation, and it grew in her mind from a verbal warning, to her being terminated, to her never finding another job and then being homeless. All from a verbal warning! None of those things happened but she made herself miserable for a while.

Sometimes we cause what we fear by overreacting. If that woman had become really distracted by her worries and fears, her work performance would have suffered. Or someone who worries about their partner leaving them might destroy the relationship with their obsessive worry and jealousy. Focusing on fear and worry draws what we fear to us and gets in the way of feeling joy.

Worry and fear will not protect us. They are bad habits that make us unhappy. However, we can change how we deal with worry and fear.

Examine your worries and fears. Write out a contingency plan with how you will handle what you're worrying about if it should happen. Then if you're tempted to worry about it, remind yourself, "*I don't have to worry - I have a plan.*"

You also have the ability to change how you think. Take deep breaths and push worries and fearful thoughts away if there is nothing you can do

about them right now. Remind yourself that most of what you've worried about has never happened.

Replace worries and fears with reassuring messages and focus on your strengths and successes. Tell yourself, "*Whatever happens, I can figure out a way to deal with it.*"



Another BIG joy-buster is complaining and blaming and focusing on what's wrong. Commercials on TV manipulate us into feeling dissatisfied with our lives, focusing on what we do not have.

Many people think they'd be happy 'if only' they had a new car or a better body or the right clothes - and complain about not having them.

You've probably worked with people who complain about their job all the time. They don't seem very happy, do they? They're acting like victims and are not doing anything to change the situation.

Maybe you have friends who complain about their relationship to you and blame their partner for their unhappiness. How is complaining to you going to improve their relationship and make them happy?

Often, we expect our partners to make us happy. There is only one person who can make you happy - and that is you - if you choose to take responsibility for your emotions and your life. That's good news because it gives you control over your life.

Focus on what you have control over. Remember - you always have options:

- You can complain about the job or the relationship and focus on what's wrong, blame others, and choose to be miserable.
- Or you can try to change the conditions that you don't like.

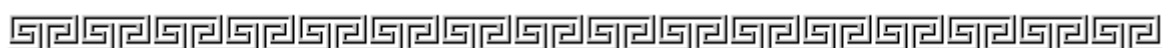
- Talk constructively with your boss. Talk with your partner, do couples counselling.
- Or you can find a different job or end the relationship.
- Or you can change your attitude. Focus on the benefits of the job (security, paycheck). Focus on the benefits of the relationship (security, love, someone to annoy).

You have the power to choose your actions and what you tell yourself - and what you tell yourself influences how you feel. Focus on what's right and be grateful for your life. Stop and smell the flowers, enjoy the sunshine - and even the rain - and honour the wonder of life.

Gratitude opens our hearts to joy. We kill our joy with hate, anger, fear and worry. We drive joy away by complaining and blaming and focusing on what's wrong.

We have the power to change our thoughts and bring joy into our lives. We can choose to forgive. We can focus on our strengths and on what's going right. We can take responsibility for our emotions. We can be grateful for what we have. The path to joy is within us. If we seek joy, we will find it.

Gloria Rohlf, MSW, LSW offers a continuum of services with a holistic approach, including Management Coaching, Business and Career Coaching, Life Coaching, Counseling, Psychotherapy, and Jin Shin Jyutsu energy harmonizing, depending upon your current needs, interests and goals.



Quotation

A smart man only believes half of what he hears,
a wise man knows which half.

~ Jeff Cooper

Rain Making

This Rain-Making intent was read out at the Dowsing Conference.

I would like to acknowledge the traditional people of the land and their Elders. I acknowledge the Spirits of the Land, the Cloud People, the Thunder Nation and the Spirit of the Wind.

(Please confirm with your pendulum, if you may, can and should, be making an intention for rain in the drought-affected Australia).

Let us begin by connecting with the Creative Source. While we have this connection, we can speak the words of truth as we create this reality.

We go back in time, our collective soul knows exactly when, to the event which became the trigger for parts of Australia to be affected by drought. At that place and time, we make a different choice – we do not follow the path of drought and suffering, instead we follow the path of blessing and fulfilment for this great land.

We can ask, for guidance to help us understand this situation of drought as a time of transformation. This drought is not happening in isolation, there is a higher unfolding taking place. While we bless the heart and soul of the country, we bless the support people show to each other and their communities, we offer blessings to everyone impacted by the drought and our personal understanding grows.

We seek the support of the Spirits of the Land, to renew the blessings of growth and abundance on those drought-affected areas. We ask the Spirit of Wind to bring the Cloud People with the gift of rain, the Thunder Nation to withhold the lightning but bring the energy of renewal.

Each one of us can support these intentions by visualising the falling rain, smell the scent of wet soil and wet animals, feel the mud between your toes, regret that you do not have an umbrella. We give thanks that this intention is now granted. As we speak, so it is done.



Library News

Library News:

We now have Nila Chambers new book in the library, which she kindly donated to us at her talk in October, *'The Gift of Intuition - Guidance on a healing journey'*.

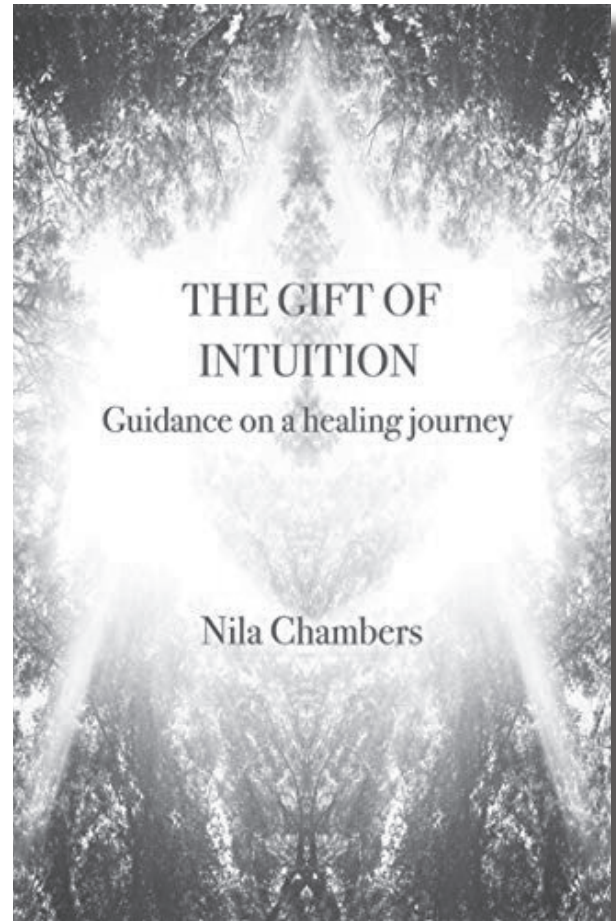
Members enjoyed her talk immensely, so if you missed out or would like more detailed information, maybe this is the book for you.

An inspiring and ground breaking book that clearly illustrates the practical ways in which intuition can guide and protect us.

Nila Chambers has always believed in the power of intuition, but when it saved her life and guided her on a healing journey, she understood in a new way what is possible, when we follow our inner guidance.

In *'The Gift of Intuition'*, she shares the messages, signs, synchronicity, visions, dreams, visitations etc. that led her along a healing path. She then discusses the power and potential of intuition in your life, and explains how you can connect more deeply with your intuitive guidance.

Exercises and practical steps are included to help you discover, connect and develop your intuition into one of the most beneficial tools for life.



- Helen

Speaker for January 19th, 2020

Anne Morjanoff

- Numerology & the 2020 Earth Energy Shift -

Here we are, approaching another decade, one which is likely to bring about many changes, and new developments. The earth has never sustained the numerous populations of so many continents as it does now.

We may even hear her groans of protest as she carries the weight of the masses.

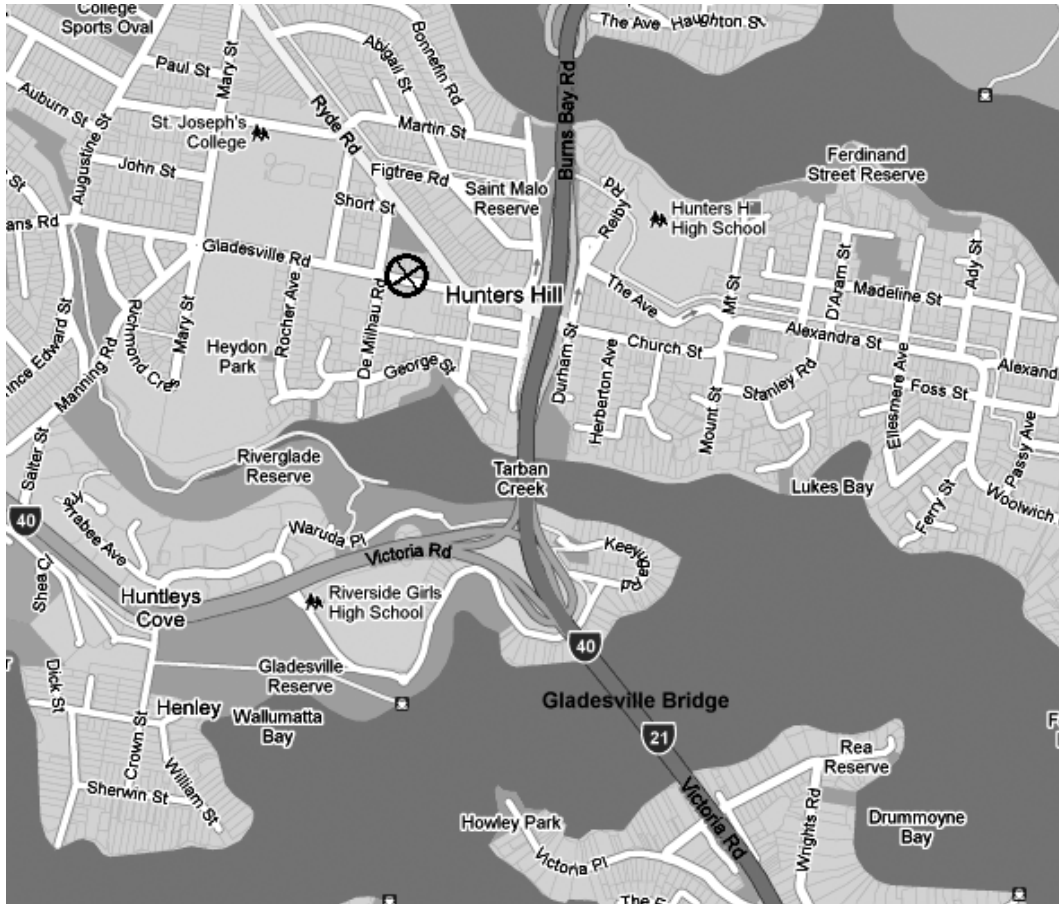


With January's major planetary configuration and the numerology significance of 2020, we have an opportunity to re-set personal and collective agendas and align with the energy currents, rather than feel like we're swimming upstream against the tide. Anne will look at examples that we can all relate to and suggest timings that are more conducive to easing into the upcoming adjustments.

There may be relevant birthdays or personal years amongst those in the audience, which Anne would welcome to illustrate certain points - from those willing to participate.

Anne has been keenly aware of the influence of numbers for decades. Her intuitive understanding and insights from studies of number symbolism, especially synchronicity, have proffered a great level of re-assurance and clarity.

The book '*The Joy of Living*' by Barry Eaton was co-authored by Anne.



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