

Dowsers Society of NSW Inc.

Newsletter

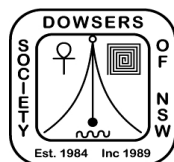
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Views expressed in articles are the opinion of the individual writer only, not necessarily the collective view of the Society.



Speaker for July 15th, 2012

Are you Living in a Labyrinth or a Maze?

- Emily Simpson -

Emily Simpson is an Australian entrepreneur who founded Bodywise, an underwear business in 1995. It promoted a philosophy of dynamic self-acceptance, celebrating women of all shapes and sizes. She won several awards for her innovative marketing approach and sold the business in 2006.



She is a Veriditas certified Labyrinth Facilitator and, with a canvas labyrinth, holds candlelit walks at the Mosman Art Gallery every month. She is also a board member of Veriditas, which is a non-profit teaching organization, based in the U.S. (Veriditas gathering, training and inspiring people on the path www.veriditas.org)

Frustrated by the absence of labyrinths to walk in Sydney, she submitted a proposal to the Board of Trustees of Centennial Park. They recently approved it and she is now raising the funds to build Sydney's first public sandstone labyrinth.

www.sydneylabyrinth.org

She will describe her journey with the labyrinth, provide some historical context for both the labyrinth and the maze, and explain them as metaphors for ways of being in the world.

From the Editor

This month we have three articles from local contributors. This is quite exciting and I encourage our members to continue contributing. Not only does it allow you to share the experience you have gained while dowsing, it also provides material for other societies, as this newsletter is sent worldwide to other Dowzers Societies, so you are guaranteed a wide audience.

I recently watched a presentation by John Perkins, bestselling author of ‘*Confessions of an Economic Hit Man*’ and founder of ‘*Dream Change*’ and The ‘*Pachamama Alliance*’. His latest book, ‘*Hoodwinked*’ is a blueprint for a new form of global economics. He presented the idea that ‘*the world is as you dream it*’. Basically we have to change our consciousness, change our dream. Currently our civilisation is a failure, our lifestyle is not sustainable, and a world which is not sustainable will surely die.

The question really is “*what will it take to create a world that my grandchildren will be able to enjoy and love?*”. What do we support now? Do we read the newspapers about the sex life of Hollywood stars and support it by reading about it, or do we shun that and focus on sustainability, on change, on improving ourselves?

We have created an unsustainable and unjust world, and now we are responsible for changing it. “*What does this have to do with dowsing?*” you may ask.

Hasn't dowsing shown you that we are all part of a unified field? Where do you think the answers to your dowsing questions come from? So we all need to take some part in changing our world. At the moment we are like little kids playing in a sand pit, and throwing the sand out. There is only so much sand in the pit, we need to stop before it runs out.

How can you help? If you do not know, find out, work out what resource you are comfortable making available, maybe you can just type, well then, write to someone, do something you feel comfortable doing, change

your consumer habits, change your consciousness.

How do you do that? Maybe you can give up one hour of watching TV, and replace it with one hour of meditation. If you cannot meditate, then learn; there is plenty of information available on the internet that does not cost anything. If you do not want to do that, then use that hour to stand still and watch the sunset, or watch the rain fall on the trees, these options will open a chance for a brush with stillness.

Stillness already resides inside each of us, it is a feature of human beings. We do make a lot of effort to distract ourselves from it, and for many, unfortunately, the end comes before they have a chance to uncover the stillness within themselves. These practices will change and expand your consciousness. This we have to learn.

Use dowsing to ask for help. Unseen help is available, but you need to ask for it. Ask for help in finding your place in the new consciousness, do not miss out.

Change is coming, like it or not, and it is coming soon. Mitch Battros on his website at www.earthchangesmedia.com talking about earth changes says: *“I have begun to note it is not just the “external” (earth changes) which are shifting, but humans as well. Remember: we too have magnetic fields which surround each of us. I think it is not unrealistic to conjecture what is happening “externally” is also happening “internally”. I believe current science will acknowledge this notion, showing the Sun’s ‘charged particles’ and its influence on Earth’s magnetic field is the impetus of change. This same causal effect occurs with human magnetic fields ushering in a change.”*

It is time to prepare, to work on your ‘tool-box of consciousness’. The time now is precious, it will not come back and it is running short. Ask for help in finding your place in the new consciousness, do not miss out.

Until next time,

François

June Meeting Speaker Report

By Robyn Lee

Our nominated speaker for Sunday June 15th, Sonobird Rose Truth, withdrew several days before the meeting. Guenther Frick, a friend of our Society and great speaker, offered to step in and present one of his excellent lectures. The topic he presented was about Dolores Cannon, a hypnotherapist, speaker, writer, presenter and past-life healer.

Guenther began with an introduction to fractals. First discovered by Mandelbrot in 1975, fractals are mathematical equations which create recurring visual patterns going to infinity. In other words they look the same seen from near or far. Software is now available to display them on computer screens. They are truly mind boggling, but are widely used in nature's creations. Many natural processes exhibit fractal features like snow flakes, crystals, blood vessels, clouds.

Guenther then presented the work of Dolores Cannon. Her work as a hypnotherapist led her to expand her research into healing and teaching. She has published 17 books so far, translated into 19 languages and continuously travels all over the world, presenting her findings and giving healing workshops. She says of herself: "*I call myself the reporter, the investigator and the researcher of lost knowledge.*" She is a truly fascinating woman.

Guenther encouraged us all to follow her research on the web. You will find some links to explore for yourself below:

<http://dolorescannon.com/>

<http://www.miraclesandinspiration.com/dolorescannon.html>

<http://www.ozarkmt.com!/authorBios.php?ag=40>

We thank Guenther for a fascinating talk on a challenging subject.

Robyn

Our Flight With Nature

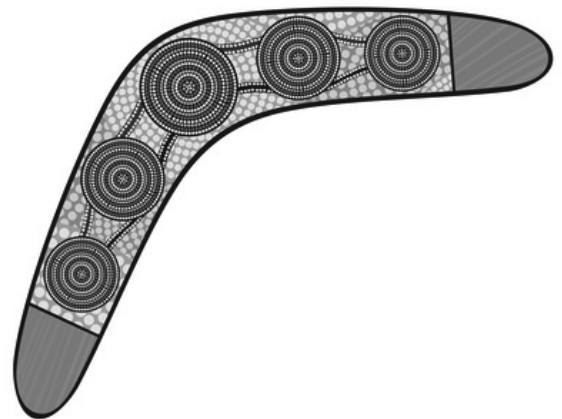
By John Richardson

I was thinking about the different paths each of us pursues in our dowsing. The list is endless - water diviners, locators of lost belongings, healers, spiritualists, etc. etc.!

Some people use dowsing to feel, to understand, and then develop it into some practical form or object. To the multitude they are then only considered as '*skilled*', and the dowsing part in the development is overlooked or ignored! I am reminded of people engaged in continual irrelevant conversation whilst walking through an art exhibition, oblivious to the works exhibited. What a pity!

To grow within myself I have found it necessary to be more aware and conscious of other levels of life and spirit. I now reach out mentally and experience the emotions, movement, fragrances and feelings new to me when I am 'in the moment' in that dimension. Walk with me as a country kid, '*just wandering about*' our home town:

An indigenous man was making a boomerang underneath the railway bridge spanning the creek, which was but a string of waterholes at that time of year. He had cut a crook from a tree branch and had trimmed it roughly to size and shape with a tomahawk. On my arrival he was finishing its shape with a wood rasp. On the ground a small fire was burning and nearby was a piece of window pane glass and a piece of fencing wire additional to the tools already mentioned.



He had some small object under the wood so it was held off the ground. One of his feet clamped one end of the wood as he took the window pane glass in his hands and used the edge to shave the surface of the

shaped wood smooth. The same result as when you use a spokeshave.

To achieve this he held each end of the glass between his fingers at the front of the glass and both thumbs parallel with and just above the bottom edge, supporting the back of the glass. As he moved his hands forward he leaned the glass further forward at the top than the bottom. The forward edge of the glass shaved the wood to a smooth finish. From time to time he held the boomerang in and over the fire flames and burnished the surfaces of the timber with his hands.

He paused from his work from time to time and indicated with a finger something of significance, but did not speak. I nodded in understanding.

When he was finally satisfied with his work, he took fencing wire he had heated to 'red hot' in the fire and burnt a design on the surface of the boomerang.

After careful examination, he stood and threw it! Out over the railway fence it spun heading further out, curved, banked and spun in its return flight exactly back to where he stood to be caught between the two palms of his extended hands clamping each side of the boomerang. He never moved from the time he threw until the moment of his catch on the return!



Did I say he did not speak? I am mistaken! His actions, for me, spoke with unsurpassed eloquence of an 'understanding and feel for nature' and 'respect for spirit,' I would dearly love to attain. I will always remember him, on 'our flight with nature.'

Enjoy.

John

John Richardson can be contacted on (02) 6643 3813.

All of a Ferment!

By Barbara Johnson

In his recent talk to our Society, Mr. Rob Gourlay spoke about the important role of good gut bacteria in the health of our digestion, and the need for probiotics to assist this function. This was a timely reminder for me, for although I had long been an enthusiastic consumer of probiotics, lately I had neglected to top up supplies.

So I set about addressing the matter - first of all, from the chemist, a recommended powdered probiotic; then I embarked on stocking up on a few of those wonderful fermented foods that we can keep in the fridge for daily use. When you come to think of it, many earlier societies knew the health value of fermented foods, and each had a traditional method



of preparation. The nomads of Asia and Northern Africa carried in their saddle bags milk (from goats, yaks, camels) which fermented to form yoghurt.

Germans have their sauerkraut, Koreans have their 'Kimchi' - which can be made from any vegetable, but, like sauerkraut, more generally from cabbage. So essential is Kimchi to the Korean meal, that a couple of years ago, when the supply of cabbage ran low, there was a national crisis. The Russians also make a fermented dish of cabbage and carrots called Kapusta which is a must at the Easter table (no doubt meant to deal with all that rich food!)

Then back to my old favourite, the Japanese 'Miso' - fermented rice, barley, or other grain; this is a paste that can easily be added to so many savoury dishes. I am now a little wary of Japanese imported foods, following the recent disastrous radiation leak in that country - however, I trust that dowsing to restore the food to its natural value, will overcome the problem. Miso is also believed to help cleanse the system from the effects of radiation, and is a rich source of B vitamins.

Barbara

Introducing Earth Energies

*By Grahame Gardner,
reprinted from Dowsing Today June 2008*

Up to now in this series we have barely mentioned dowsing for intangible targets such as earth energies. Perhaps it's appropriate that we have left this for the later articles, as it is only in recent years that this form of dowsing has matured.

Our understanding of the whole 'earth mysteries' scene has similarly developed since the early days of 'New Age' thinking, with its talk of ley lines, UFO flight paths, spirit roads, 'earthlights' and so on. Researchers like John Michell, Paul Devereux, Tom Graves and many others too numerous to mention, have all helped shape our conceptual model to the point where in more recent years, it has become perfectly acceptable to talk about such topics in respectable circles.

As our understanding of earth mysteries has grown, so has the area of earth energy dowsing, which became the most rapidly expanding area of research in the BSD (*British Society of Dowsers ed*), leading to the formation of the Earth Energies Group (EEG) in 1995 - the oldest of the Society's Special Interest Groups. And this gives us an insight into what is perhaps the main problem with earth energy dowsing - the fact that our consciousness, influenced by our individual worldviews and prior learned experiences, plays such a large part in interpreting what we find. So it is no surprise to find that people can construe things differently when it comes to earth energies.(1)

It is vital therefore, that dowsers working in this field compare findings and work together whenever possible to build up a common vocabulary, and this was (and still is) one of the main purposes of the EEG.

Over the early years of the EEG, a large body of knowledge was accumulated and disseminated in the EEG newsletter, '*Earth Energy Matters*'. Founding Chair, Billy Gawn, later collated the 'EEG Encyclopaedia of

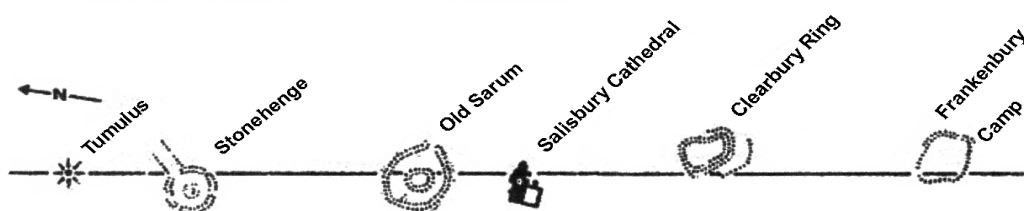
Dowsing Terms’, which aimed to provide a common frame of reference for earth energy dowsing. Both of these are invaluable resources to novice and veteran dowsers alike.(2)

Another problem is that dowsing earth energies can be a very interactive process - just as they can have an effect on your consciousness, so your consciousness can have an effect on the energies, changing what you (and others) find. The brain is like a computer - it’s just that some of us are Macs and some are running Windows. We each have to learn how to program our individual biocomputers, and advancing in our dowsing provides us with the tools to take control of our own operating systems. Dowsing has tremendous potential as a tool for personal and spiritual growth, and this is an area where I expect to see a lot more development in the future.

We’ll look at these aspects in more depth later, but for now just bear in mind that, although I will try to give a general picture of earth energy dowsing in this article, what follows is largely my own ‘*map of the territory*’. Nonetheless, it helps to have a baseline from which to start and hopefully you will find it useful in that regard.

Definitions and terms

So what exactly do we mean by earth energies? It’s such a wide-ranging term and has been subject to much misinterpretation over the years. But basically, any energy that can be dowsed for on planet Earth can be classed under the heading, even though those energies may not originate from the Earth. Thus, it includes etheric fields from animate and inanimate objects, human auras, thought forms, planetary influences and so forth. We really should just be talking about Energy dowsing, but in many



ways that term sounds even woollier.

The term '*Ley line*' is another misnomer that has now become enshrined in common usage. '*Ley*' is an archaic English term meaning a cleared straight strip of land, and was first used to describe an alignment of ancient sites, old churches, moats, crossroads and so on by Alfred Watkins in the 1920's, because he found so many place names containing the term along the routes of his alignments.

Since ley already means '*straight*', semantically it is a tautology to add '*line*' to this. Watkins himself never used '*ley line*', and even tried to stop using the term '*ley*', coming to prefer '*archaic track*' instead. Actually, Watkins wasn't the first to postulate long distance alignments of ancient sites; according to Wikipedia, in 1870 a gentleman named William Henry Black gave a talk to the British Archaeological Association in Hereford, in which he stated that "*Monuments exist marking grand geometrical lines which cover the whole of Western Europe*". Later, pioneering archaeo-astronomer, Sir Norman Lockyer, discovered the Stonehenge-Old Sarum-Salisbury Cathedral ley shown on the left.

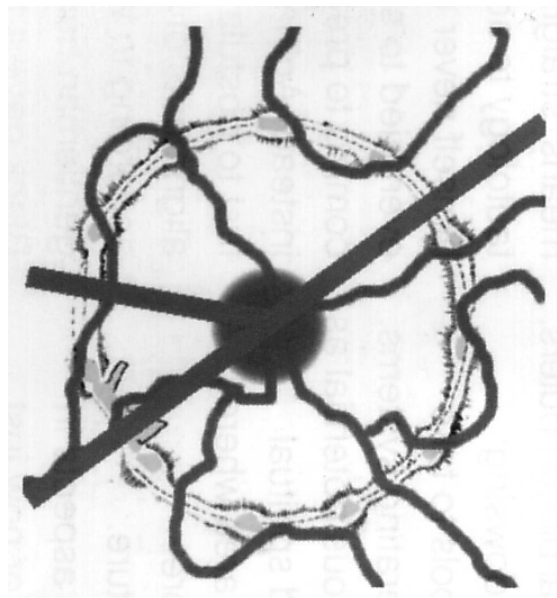
For dowsers the term '*ley*' is doubly confusing, as not all leys are the same some of them seem to be purely visual alignments. Whilst these can be dowsed, the lines are very narrow and contain little or no energy, indicating that they may be purely conceptual in nature.

For dowsing purposes, we are interested in another sort of line, which sometimes corresponds with a visual ley, but can also be found independently. These dowse as wide straight bands of energy flowing on, or just above the ground surface. Veteran earth mysteries researcher John Michell suggested that we use the term '*energy ley*' to describe these straight energy lines, and I try hard to adhere to that distinction.

Dowsing the leys

In addition to leys (both energy and visual), there are a bewildering variety of other energies that we can dowse for - you can find sinuous lines

of energy, spirals, vortices, auras, toroids, several varieties of grids, and even geometric shapes! We'll look at some of these later on, but for now let's keep it simple and concentrate on energy leys, as these are relatively easy for the beginner to find.



Energy leys seem to originate and terminate at blind springs, and so are frequently found at sacred sites such as stone circles and in older (generally pre-Reformation) churches, which were often built on much older sacred sites (3). In a church, you will typically find a blind spring under the altar, and very often an energy ley running down the axis of the building. A site such as this is the best place to start when dowsing for energy

leys although, since not all church users are keen on dowsing, a stone ring is probably a safer choice to begin your explorations.

In a typical stone ring, you will be able to dowse a blind spring inside it, although not necessarily in the exact centre. When you've found it, dowse the extent of the 'dome', then walk around the perimeter, and dowse the number of water veins exiting the dome. You should also find at least one stream entering the dome, which will be the feeder stream for the system.

Now that you know where the water is, try to find any energy leys. Walk around outside the perimeter of the water dome once more, telling your rods that you want them to indicate any energy leys. Visualise these as straight lines of glowing white energy flowing across the ground. You can dowse for them in the same way as a water line, find the centre of the line first, then step back a few paces and ask for the nearside edge, then the far edge. You should find that the width of the energy ley is approximately 2.5m, although they can sometimes be much wider.

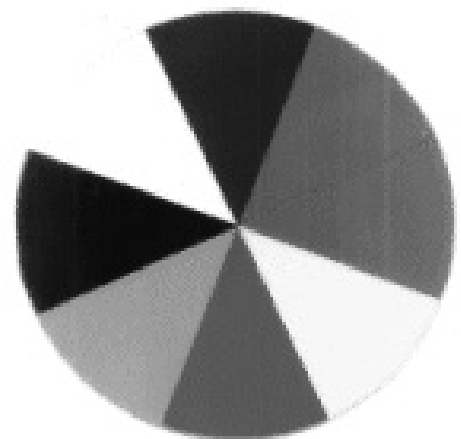
Although energetically an energy ley feels 'yang', to the 'yin' of a water

line, the ley energy is much subtler, so don't expect to get as strong a reaction as you would from a water line. Initially it may take you a couple of passes to be sure that you have found one. I find that for leys, L rods will swing outwards instead of crossing as they do with water, and you can of course mentally program your rods to do the same for you. This technique is very useful as it allows you to dowse both water veins and energy leys in a single pass.

Pay attention to bodily signals too – I find that my feet will become warm or even itchy when I'm standing on an energy ley, whereas with water, I feel it more in the pit of my stomach. You can also try crouching down and placing your hand into the energy ley, about a foot above the ground surface, the air should feel noticeably warmer.

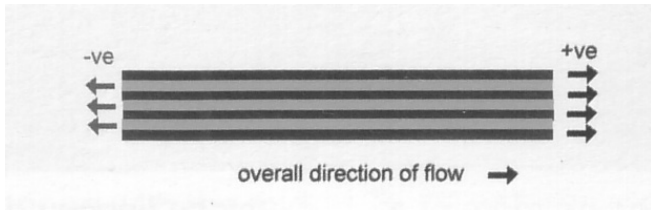
Having completed your circuit of the site, you should have found at least one ley, and usually not more than 3 or 4, unless you are at a major power centre. If you find an odd number, it means that one of the leys is originating or terminating at this power centre. You can determine which by dowsing for the direction of flow, just as you did with the water.

Usually an even number of leys will indicate a crossing point (although of course they have to be directly opposite each other across the dome for this to be true). The picture depicts a hypothetical example of water flows and two energy leys at a stone circle. Note that it's easy for novice dowsers to confuse water reactions and energy leys. If you find more than five energy leys running through a site, you've probably become muddled somewhere. This is why it's good to have a more experienced dowser on hand to confirm (or refute) your findings.



Character of energy leys

Just as we did with water, you can use colours to classify the energy of a



ley using the Mager Rosette. The colour attributes may be different for you with leys, so you will have to learn from experience what each

colour means. Some commonly used attributes are purple for 'holy lines' in churches, white for 'normal', black for unhealthy lines and so forth. It can also be useful to apply a wider range of colours as the Mager disk is a bit limiting in this regard - you may want to try using metallic colours such as gold, silver, copper or bronze. However, it may take several years of experience before you are confident and consistent with your personal colour system, so initially I would suggest that you use colour solely as a means of differentiating one line from another, without assigning any meaning to it.

An additional classification that you can apply is to dowse whether the energy is positive, negative or neutral; thus you might hear some dowsers talk of '*negative green*' energy (generally thought to have a preservative effect). You have to be careful when using terminology like this, as many people perceive '*negative*' in a pejorative way. Think of it like electricity; that can be positive, negative or neutral too, yet we don't think of negative as '*bad*' in an electrical context. More useful terms to apply to energy leys might be 'healthy/traumatised', 'stressed/balanced', or 'beneficial / detrimental mental'.

Energy leys are built up from smaller, thinner lines of energy, and you can dowse these by making a slow pass over the ley, resetting your rods to the search position after each band. There always seems to be an odd number of bands that flow in opposite directions and are of opposing polarities. The majority of the bands will determine the overall polarity and flow direction of the ley, as shown.

In certain circumstances, these bands can 'delaminate' for a short distance, before coming together again. I have noticed this in some church leys, where one or more of the outer bands left the main flow temporarily, to detour through the font or some other feature.

You can also find what appear to be individual bands in isolation, unconnected with energy leys or sacred sites. These narrow 'energy lines' can be found meandering through the landscape, perhaps connecting with natural features, forming spirals and other more intricate patterns as they interact with themselves and their surroundings.

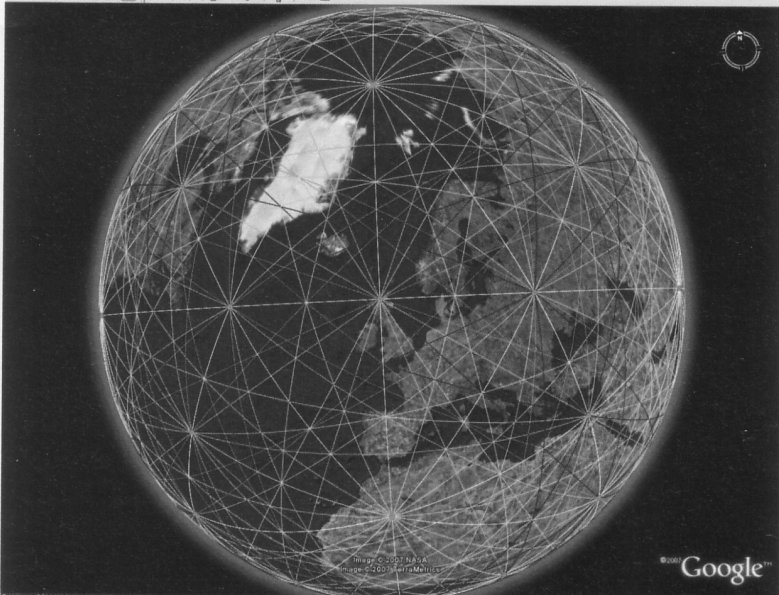
I consider these to be earth energy in its most 'wild' or 'untamed' form; unlike the more formalised energy leys where several energy lines seem to have been wrought or channelled together to work as a whole - although whether this is a natural phenomenon, or indicative of human intervention is still a matter for debate.

The bigger picture

The concept of a global energy grid has been around since the early 1970's, when a group of Russian scientists proposed a global energetic grid, based on the geometric form known as an icosododecahedron. The geometry of the grid was supposed to determine the etheric pattern of the planet, determining the placement of significant geographical features; and there did appear to be some correspondence with the edges of tectonic plates.

In the 1980's, US scientists Bethe Hagens, a Professor of Anthropology at Governor's State University and William Becker, a Professor of Industrial Design at the University of Illinois, Chicago, developed the earlier theory to include the other Platonic solids - tetrahedron, cube, octahedron, and icosahedron; plus a couple of other regular geometric figures with even more exotic names - the rhombic dodecahedron and the tri-contrahedron. They called the finished grid the '*Unified Vector Geometry Earthstar 120 grid*' - usually abbreviated to '*UVG grid*'. Prof. Hagens has recently produced a Google Earth placemark of the grid, which you can see in the illustration (see over).

The work of two other scientists also needs to be taken into consideration here. Back in 1979, scientist James Lovelock advanced the theory that the Earth was a living being in its own right, known to the ancient Greeks



Goggle Earth, placement of grid

the aura to most of us.

These theories have profound implications for our perception of the landscape for if the Earth is indeed a living being, then she too will have a subtle energy body that not only determines the distribution of major geographic features, but also has chakras (energy nodes), meridians and energy flows that mirror those found in the human body and, importantly from our point of view, can be dowsed.

Enter the dragon

If you're familiar with the work of John Michell or Hamish Miller you will know about the Michael line, but you may not know that this corresponds to one of the lines on the UVG grid. The Michael line is a '*geomantic corridor*' of sacred sites across southern England, running from St. Michael's Mount through places including the Cheesewring, Brent Tor, Burrow Mump, Glastonbury Tor, Avebury, Royston and Bury St. Edmunds, many of which have an association with St. Michael.

The line is aligned on the direction of the Beltane sunrise, and the fact that there are so many significant natural landscape features along it lends credence to our hypothesis that the world grid determines the geographic placement of such features. Hamish Miller and Paul Broadhurst spent

as Gaia - and that humans and all other life forms on the planet are a part of the same living system. More recently, biologist Dr. Rupert Sheldrake proposed the concept of the morphogenetic field, an energetic blueprint that determines the growth and form of living organisms - perhaps better known as



some time dowsing along this alignment documenting their findings in *'The Sun the Serpent'*. The pair later dowsed another long distance alignment the Apollo line, across Europe, and wrote up their findings in *'The Dance of the Dragon'*.

This line also connects several significant landscape features such as Skellig Michael off the southwest coast of Ireland, St. Michael's Mount, Mont St. Michel in France, Monte Gargano in Italy, Corfu, and the Greek oracle sites of Delphi and Delos. Many of these sites are also dedicated to St. Michael.

Hamish found that these lines had serpentine yin and yang components to them, which wound back and forth across the nominal straight alignment, rather in the manner of snakes coiled about a caduceus. Often they crossed at a sacred site such as a church or well, where they formed a node point.

He found that the masculine, or yang lines tended to go through places

of patriarchal power like churches or high points in the landscape, whereas the feminine, or yin lines had a tendency to favour more goddess-oriented sites - churches dedicated to female saints, holy wells and low points in the landscape. He named the two serpentine currents Michael and Mary in the UK example, and Apollo and Athena in the European example. These 'dragon lines' have long been familiar to Chinese geomancers, where they are known as '*lung mei*' or '*dragon's breath*'.

There is another long distance alignment in the UK that was postulated by Guy Ragland Philips in his book '*Brigantia: a Mysteriography*', and subsequently researched by Gary Biltcliffe and his partner Yana Nilsson. Running from Inverhope in Scotland down through St. Catherine's Hill in Winchester, this is known as the Belinus line and its two component serpent lines are named Bel and Ana.

When we look at these three leys in Google Earth in conjunction with the UVG grid, we immediately see that there is some correspondence, although each ley is displaced from the corresponding UVG line by around 10 degrees clockwise. Perhaps the UVG grid isn't entirely accurate, or maybe it's more of a Platonic ideal of a grid and things have moved somewhat over the years through tectonic plate movement or other causes - but leaving this discrepancy aside, the fact that there is any correspondence with the UVG is possibly the best confirmation I've seen that there is some validity to the world grid theory. Our planet really does seem to have a beautiful crystalline energy body that dictates the placement of sites along significant energy flows.

Summary

Each of these major grid lines has very strong serpentine flows associated with them and node points are found where the lines cross, which usually occurs at a significant sacred site. The dragon currents are of opposing polarities, yet they are complementary and interdependent on each other. A good way to picture these is to think of a vibrating string with nodes and standing waves along it; the polarised lines may just be different aspects of the same standing wave.

With this model, an energy ley at a local level can be seen as just a lower vibration of this same global grid harmonic. You can dowse serpentine currents associated with them, but the lower vibration means that the serpent lines are contained within the energy ley and cannot be detected outside of it.(5)

To continue our earlier electrical analogy, the ley system connecting stone rings and sacred sites is rather like our modern electrical power grid, with local substations stepping down and distributing the power from the high voltage long distance transmission grids. The man-made ley network of ancient stone rings and sacred sites may be doing just that, harnessing and distributing the energy of the global grid to areas where it is needed.

Next time we'll explore some other energy forms that can be dowsed, and have a look at the detrimental effects that we call geopathic stress.

References

(1) Sig Lonegren's hypothesis number 1: *"Even if they were trained by the same teacher, when dowsing for intangible targets (like the Earth Energies), it is quite probable that no two dowsers will ever find exactly the same thing."*

(2) Online versions of both the EEG newsletter archive and the Encyclopaedia of Dowsing Terms are available on the EEG website:

[http://www.britishdowsers.org/EEG si te/home.html](http://www.britishdowsers.org/EEG%20site/home.html)

(3) Hence the reason why energy leys are often found corresponding to a visual ley.

(4) YOU can find the UVG placemark at:

[http://www.vortexmaps.com/hagensgrid google.php](http://www.vortexmaps.com/hagensgrid_google.php). There's also a link on the EEG website.

(5) Thanks to Richard Creightmore for this insight.

Dowsing, a Way to Meet Life's Challenges

From the Quester, Summer 2001 Canadian Society of Dowsers

By Karen Ashley

January 1980: a divorce... sudden single parenthood... recent graduation from college... unemployment ... what to do? Life was overwhelming me, with so many directions and decisions to consider; I felt confused depressed and frozen.

I stopped by a friend's house for some comfort, venting and sharing. What I found instead was a living room full of women focusing with centred intent on small pendulums suspended from their hands. "What is this?", I asked, and my friend answered, "We're learning to dowse, Come, join us".

My space invasion turned out to be a good thing! No commiseration for me! I settled in to this small circle of women, and Christina, the instructor, handed me a crystal pendulum and told me to hold it and let it swing, and then to ask for a "yes" response, and a "no" response. I was so amazed and awed that this small crystal at the end of a string would just swing with no action from me. It moved from "yes" to "no" just by the command of my thought!



Christina then had us focus on a question and allow the pendulum to respond. In that moment of asking questions and getting a "yes" or "no" swing in reply, I knew I was opening up to a powerful consciousness greater than my own conscious mind, an energy of letting go, and of letting the spirit guide me.

Like a child with a new toy at Christmas, I continued to ask questions.

At home later that night I asked obsessively about my life and what the best directions were for me to take. Christina had told me to trust my answers, and to act on them. Then challenging difficult times would be transformed by positive changes.

For the next several weeks I dowsed many questions about my life. I started to make choices based on the answers I received and my depression and sadness were transformed into much activity. I started graduate school; I found a job, learnt more about myself and found a supportive school for my daughter, just to name a few examples.

This amazing tool and skill has guided me to a deep understanding and clarity. I may turn my nose up at some of the answers I get, but I am always guided to a place that helps me to grow and to know myself better.

Dowsing is the one skill that I have relied upon that has always helped me meet my most challenging situations, when my conscious mind was frozen and stuck. As a dowser I have learnt to trust my insight and intuition, and to build my self confidence. I have also learnt to trust my inner dowser, which does not require a tool; just a little self awareness. I now use dowsing professionally to help others.

Dowsing is defined as a quest for information with the assistance of a device or tool such as a pendulum or forked stick. With just a little intent, focus and practice anyone can be successful at it. Besides finding water, the applications are limitless.

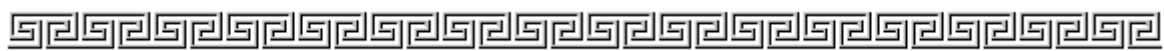
My friend Elizabeth used it to enhance her skills as a massage therapist. Nicolas' dowsing helped him create peace and calm after his mother's death. Provided with confused directions, Chow Chow dowsed and found her way to her destination. Michel found an accountant and an attorney by dowsing the phone book.

Most of all, many dowsers, including myself, have such a passion for the art that we gather once a month at meetings held throughout the San

Francisco Bay area to learn and share. For the last 18 years we have come together in July from all over the world to meet in Santa Cruz to learn, share, and have fun with dowsing.

We welcome children to dowsing with a unique young peoples' Dowsing Mystery School! Dowsing is FUN, is REAL, and is Transformative.

Karen Ashley is a committee member for the ASD West Coast Conference.



Serenity

“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.”

Karl Paul Reinhold Niebuhr wrote what is usually called ‘*The Serenity Prayer*’ for a sermon in the 1930s, although it is sometimes mis-attributed to other writers. The prayer is now quoted widely, and you don’t have to be a Christian or, indeed, have any religious beliefs to see the timeless wisdom in this simple and profound statement.



Serenity to accept the things I cannot change

Some years ago, I attended a seminar given by an excellent motivational speaker. At one point, he handed out pens with the words ‘fact of life’ printed on the side. On stage, he had a large version of the pen, and repeatedly dropped it. The idea was that, like gravity acting on the pen, some things were just ‘facts of life.’ They cannot be changed and you have no power over them. To complain about these things or to seek to change them is, at best, a waste of time and, more often, corrosive and

self-defeating.

When the courtiers of the eleventh century Danish king Cnut(1016-1035) told their sovereign that he could turn back the tides by an act of his will, the wise king had his retinue carry a seat onto the beach. As he commanded the waves to recede, the court looked on and saw that Cnut could do nothing as the water lapped around his feet and got deeper.

This famous (and probably true) story is worth bearing in mind when things don't go our way. Often, we are better to accept the limits of our power to change things.

Courage to change the things I can

While much cannot be changed, there are certainly things which can yield to our influence. Lasting change, however, is rarely brought about by direct action. Any sense of direct control we might have over the world around us is almost all illusion, and we would be better to think of effecting change in terms of influence.

First and foremost, change requires a positive mindset. The world we experience is, essentially, a kind of echo of our inner landscape. We make mental models which enable us to navigate through the world, and we interpret the outside world in terms of this framework.

Keeping a positive mindset, then, tends to draw positive experiences towards us. From this place, we are able to act in ways which will bring about change, often in indirect and surprising ways.

Keeping a positive mindset can be difficult, especially if we are used to playing negative scripts in our head. We need to be courageous. Courage is not aggression, violence or force. It is seeing the world at its best, and it is proper action, executed in the right way and at the right time.

Lao Tzu, reputedly the founder of Taoism, wrote, *'A leader is most effective when people barely know he exists. When his work is done, his aim ful-*

filled, his troops will feel they did it themselves.’ Action is best kept to a minimum and best kept in the background.

By letting it go, it all gets done. The world is won by those who let it go. But when you try and try, the world is beyond winning.’ (Lao Tzu)

Wisdom to know the difference

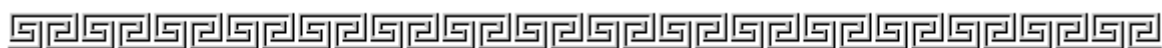
This can be the hardest thing of all. Sometimes, we rush in and act when we should not have done so. At other times, we hold back when, perhaps, we should have acted.

And yet perhaps it is not so difficult, after all. It seems to me that the key is being detached. When we observe in a detached way, we are more likely to make the right calls. Even when taking action, we should not be emotionally blinded by our own involvement.

What matters most is the way you see the world. Anthony de Mello, a great modern mystic, called it ‘being awake.’ He wrote, ‘It’s not your actions, it’s your being that counts. Then you might swing into action. You might or might not. You can’t decide that until you’re awake.’

Being awake – being aware and unattached – can make a huge difference to the way we interact with the world. When we have the ability to know when to act, how to act, and to be sufficiently detached as we act, our influence can be enormous.

Author unknown



“The world is not dangerous because of those who do harm,
but because of those who look at it
without doing anything!

Albert Einstein

Speakers for August 19th, 2012

Practical Dowsing Session

- Members Sharing Their Experience -

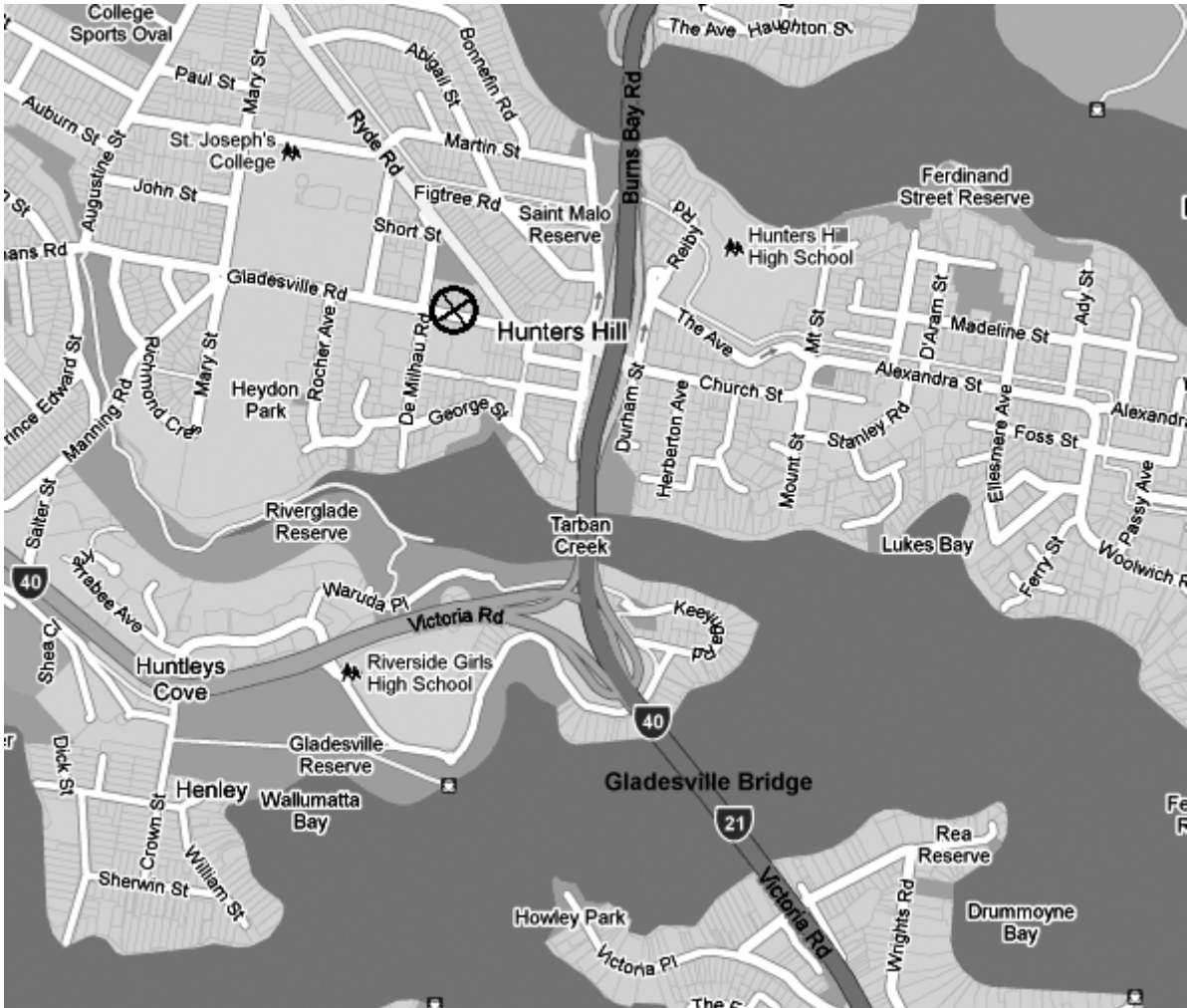
This meeting will be quite informal and allow members to come and renew their dowsing. There will be a chance to practice, to share your experience with other members and to learn new techniques.

We will have a number of short presentations, one of them will be about a recent visit to the Inca site of Machu Picchu, in Peru by one of our members. The presentation will include photos and explanation of the site's energetic lay-out.

We have these special meetings once a year and they are always exciting, as we discover that we are not alone in dowsing.

Members are a rich source of inspiration and support and having a chance to meet everyone in a sharing environment, hearing their stories, sharing yours if you have any, are a great plus to all of us.

Hope to see you then and hear your stories.



Date of Meetings

Third Sunday of every month, except December (2nd Sunday)

Time: 2:00pm to 5:00 pm

Venue for Meetings

Community Hall, 44 Gladesville Road, Hunters Hill

Bus Services:

Transport Enquiries: 131 500

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

From City, Circular Quay : Bus # 506

From Chatswood : Bus # 536

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