

# Dowsers Society of NSW Inc.

## Newsletter

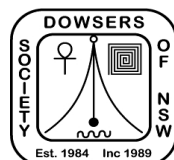
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Views expressed in articles are the opinion of the individual writer only, not necessarily the collective view of the Society.



# Speaker for July 21st, 2019

Jo Rushton presenting on behalf of Ishtar

## - Journey to the Red Rock -

Ishtar is an international spiritual teacher and counsellor. She is an embodied Ascended Master Channel who has worked with the Masters for the past 16 years, regularly channelling high frequency wisdom teachings for groups and individuals.



Due to the sudden un-availability of Ishtar, Jo Rushton will be presenting this subject on behalf of Ishtar.

Ishtar's work is completely guided in service to the mission of the Ascended Masters to assist and support humanity to evolve its consciousness on the Earth. Ishtar was directly taught to open her pillar of light initially by Saint Germain, then Serapis Bey, and Lord Kuthumi for six years. Presently, she is working directly with Maitreya.

Through her work with the Ascended Masters, Ishtar has written and channelled 4 in-depth study schools with more than 10 books. She teaches a course for healers to work directly with the Ascended Masters, which is called Universal Rays Healing.

Today Ishtar lives in the Ashram of the One Heart, which is her home as well as a sacred space for others to come and commune with the Masters. The Ashram is devoted to the work of the Ascended Masters. <https://www.ishtarmasterchannel.com/ishtar>

# From the Editor

**D**estiny is a funny thing. One moment I was healthy and walking 25km every day for 15 days, the next moment I was powerless lying on a hospital bed with tubes and wires coming out of everywhere.

This is what unexpectedly happened to me '*out of the blue*' when I got back to Australia from walking part of the Spanish Camino. That was certainly a very humbling experience for me. I am now fine and back home and I am very grateful for all the healing our members have sent, and for all the good wishes. It made me feel very cared for and looked after. My thanks also for all those who have made suggestions, in most cases I have taken them on board, and as a result my health is improving.

A good lesson: on long flights wear a mask to avoid catching other people's bugs.

This month we have a morning seminar with our tutor Maggie Lowe. This is free to members, but this seminar is **now fully booked**. These little seminars are real gems, since you come to the meeting anyway, but you have to book early if you want to get in.

Preparations for our international conference are going well. This is a first for our Society, so we expect the full support of all our members. Invite your friends too, this would be a wonderful introduction to dowsing for them.

This is how I personally really made the connection with dowsing. I attended an American Society of Dowzers convention in Vermont, and there was no return for me. So do not underestimate the power of a conference like this.

Our planned July speaker will not be able to attend, but fortunately Jo Rushton, a friend of Ishtar's who is very familiar with the subject matter will be presenting. This should be an interesting talk.

Until next time,

*François*

# Introduction to Ishtar's Presentation

The Universal Rays are the creation principles that govern all sentient beings with free will in this Universe. They are the principles that govern the manifestation of the divine plan in physical matter.

These rays of conscious intention originate in the heart of Source, and the Elohim are the dispersers of these rays throughout the Universe. There are 12 Ascended Masters who have been chosen to serve as the gateway keepers or guardians of these principles for humanity on Earth.

For the first time, these 12 Ascended Masters have given us a channelled healing therapy that we may use, to assist humanity to connect more deeply with these creation principles, and align with the divine plan. This healing therapy assists us to heal our ancient wounds and step into Self Mastery on Earth.

Universal Rays Healing is a powerful and transformational healing process that is channelled through direct contact with the Ascended Masters of Light. This healing therapy supports you to transform your consciousness on all levels, physical, emotional, mental and spiritual. When you shift your consciousness, true healing may occur on all levels of your being.

The Masters say that when we shift our consciousness we change our actions and behaviour, and this in turn affects the energy we use to manifest our reality on Earth. Until our consciousness is changed there can be no true healing on all levels of our being.

Jo Rushton will speak about the meaning of these rays, and how we have been guided to use dowsing during the healing process.

*The open heart embraces all and forgives easily with grace and love.  
The open heart is always ready and willing to accept and honour the gifts  
that another brings to us to teach us to open to new potentials.*

# International Dowsing Conference Update

The registration is open at <http://dowsingdownunder.com>. Places are limited so make sure to register early in order not to miss out.

Every month until the conference opens, I will introduce one of the speakers. Today we look at Alanna Moore:

Alanna Moore was born in Sydney in 1957. She discovered dowsing in the late 1970's when living in London, joined the British Society of Dowsers and has been dowsing professionally since the early 1980s.



She specialises in geomantic assessments of land for subtle energies and nature spirits; energetic building-biology surveys for healthy homes; permaculture gardening applications; and also teaching these subjects. In 1984 she was one of the founders of the Dowsing Society of NSW Inc.

Alanna continues to share her knowledge and enthusiasm for dowsing and related subjects in 8 books, over 70 online Geomantica magazines, plus several series of documentary style films that she has produced.

She now lives in Ireland and teaches mostly across Europe. She will be in Sydney to present at this conference, and this will be one of her now-rare visits to Sydney.

We are very much looking forward to her presentation and sharing her new insight on dowsing. Alanna has such a broad range of skills and interests that there will be a lot for us to learn.

Certainly not a seminar to miss!

## **A Morning Seminar to take you forward in your dowsing journey.**

This practical, hands on seminar will take you forward in your dowsing journey and introduce you to the concept that:

### **“Every Aspect of Your Life and Existence is Vibration”**

- Expand and refine your dowsing skills to achieve accuracy and reliability.
- Discover how your physical and subtle energy bodies interact and affect all aspects of your lives and how to use them to enhance your life.
- Learn by dowsing, how, when and where negative emotional responses arise and....
- How to change them to positive outcomes for better relationships with family members, neighbours, employers, work/business colleagues and community contacts, selling and buying property and much more.
- Explore the power of the ‘*Spirit of Water*’ and the ‘*Spirit of Words*’, expanding on the work of Dr Masaru Emoto, author of bestseller ‘*The Hidden Messages from Water*’.
- Learn how to use this communication to make your own personalised essences for people, pets, plants and planet. See \*below

This seminar assumes a basic knowledge and grasp of pendulum dowsing.

**What to bring:** A notebook, pen, pendulum, any other dowsing equipment you use and NB. \*a small bottle of water for the essence exercise, in addition to your preferred personal drinking water.

**When:** **Sunday 21st July, 2019, 9.15 for 9:30am** start, till 1 pm. Followed by monthly meeting.

**Where:** Community Hall, 44 Gladesville Rd, Hunters Hill. Same place as monthly meetings.

**Cost:** Free for financial members, but you still need to register, \$70 for non-members and non-financial members.

See registration form on website and at the end of this newsletter.

# Bill Northern is the Mane Man

Reprinted from Rense.com

For Communicating With Animals...Bill Northern Is The Mane Man

By Liz Janes-Brown

Maui News Staff Writer, 30-3-2001

**B**ill Northern was talking to a horse. Well, actually, it was more like he was silently communicating with Phoenix, a sleek chestnut gelding with a white blaze.



A tiny pendulum swinging from his right hand, his left hand open and his eyes closed much of the time, Bill began with a diagnosis of Phoenix's physical condition.

*"He's low on minerals, on calcium and selenium. Too much magnesium in relation to the calcium,"* Bill said. *"He has an allergy problem in his nostril. There's a little bit of congestion in the lung. It's not bad."*

OK, maybe communicating isn't even the right word although Bill is officially called an animal communicator. After all, how does a horse know it needs more selenium? How does a horse even know what selenium is? I don't know what selenium is. What Bill was doing seemed more like intuitive messaging, if there is such a thing, something far removed from speech as most people experience it.

We were at Kula Ridge Stables near the top of Omaopio Road last Monday afternoon, with a chilly wind dancing through misty rain. The stable dogs were hanging out under cover while the work of caring for horses went on as usual. A hot cup of coffee was welcome.

Bill stood in front of Phoenix's, who, now and again, would reach over

and nuzzle the man's face.

*"You're very naughty,"* Bill would chuckle. A cheerful man with twinkling blue eyes, a neatly trimmed white beard and a kind manner, Bill is a cross between Santa Claus and Dr. Dolittle. He lives in Warsaw, Va., but was on Maui to work with animals and to give a seminar on the basics of dowsing, and how to apply this knowledge to animal communication. He also did a number of private consultations with individual animals, as he was doing with Phoenix.

*"There's a hernia there. It's not real big, but it's a small hernia there,"* Bill said as stable manager and equine chiropractor Jacquie Becker ran her hands over the horse.

*"He has trouble coordinating his front leg. It doesn't want to go in sequence with his hind leg. ... He thinks he'd be more comfortable on that leg if the hoof is trimmed,"* Bill continued, explaining the hoof should be cut higher on the inside.

After about 15 minutes of physical diagnosis, it was time to ask the horse direct questions.

*"Is jumping hurting you?"* was the first.

*"He likes to jump. Little jumps. On the higher jumps the rider leans too much to the right. What he would really like to do is cross country,"* Bill translated.

Of course, Phoenix is no Mr. Ed so he wasn't really talking or making any noises at all, other than once in a while chewing on his tether or pawing the ground.

*"Does he really hate me that much?"* came a voice from inside the stable.

*"He thinks you always want your way. He says you're spoiled. He doesn't dislike you,"* Bill told the worker. Everyone laughed.



After Phoenix had been led back to his stall, it was Bill's turn to answer some questions, like how does this work?

*"I don't know anything,"* he said. *"I ask my angels, my spirit guides. I listen. I don't use my brain. If you get my brain involved, you have all kinds of trouble."*

Bill is a dowser. Dowsing has been used for centuries as a way to find underground water. Water 'witching' it was called. Some people developed the uncanny ability to find water and were much in demand when wells needed to be dug.

Now there are thousands of people involved in the practice; there are schools and even conventions.

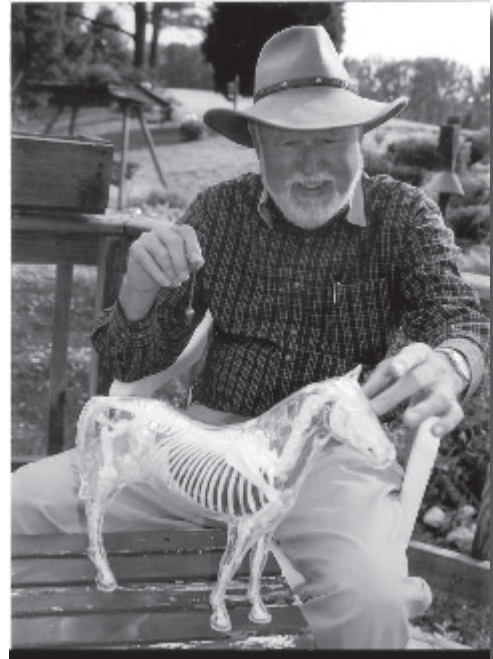
Dowsing these days has broader applications than finding water or electrical lines. The pendulum Bill had dangling from his hand was the tool that connected him to the information he was seeking.

While this all may sound a little 'airy fairy', Bill is quite matter-of-fact about what he does.

*"There are no limits to where you can go,"* he said, going on to explain that he taught those at his seminar to protect themselves from harmful, negative thoughts sent by others, by returning those thoughts back to their source with love. *"It's the most important thing that we do,"* he said.

Although horses are his main 'clients,' Bill has dowsed dogs, cats, a mongoose, elephants and even fish. He has problems with cats.

*"Cats fib to me,"* he said. *"Cats will tell you anything to get rid of you. But if they're sick, they'll be honest. If they need help, they'll work with you."*



He told the story of a cat whose owners thought it was afraid of them. It turned out the cat didn't want to go into certain parts of the house because it was afraid of another, bigger cat.



Then there was the rottweiler that was chewing up the furniture all the time. *"They'd be watching TV,"* he said of the owners, *"and he'd be in the bedroom tearing up the bed. The dog wasn't being mean,"* he explained, *"it just thought of the furniture as a toy."*

*"Dogs and cats have no sense of value. They don't understand money,"* he said noting that to an animal, your priceless antique is the same as an old broken chair you're ready to take to the dump.

Bill said he was able to convince the rottweiler to change his behaviour.

*"Horses and dogs generally keep bargains,"* he said, adding that sometimes behaviour modification has to go both ways. *"If a horse is doing something wrong, they'll change if you'll change."*

But once in a while, even horses withhold information. *"Horses don't like shots,"* Bill explained. *"So they won't tell you something because they know if they do, they'll get a shot."*

Sometimes it takes someone who can talk to animals to pinpoint the cause of a problem. *"Take those elephants. They weren't getting along and zookeepers thought one of the elephants didn't like people."* According to Bill, the grumpy elephant wasn't getting his share of watermelon, a food he was fond of. When the keepers made sure he got his fair share, the elephant became much happier.

*"With animals, problems are often food-related,"* he said.

For example, a woman had five fish in an outdoor pond and one seemed ‘*out of sorts*’. The fish let Bill know it wanted to be fed in a different spot from the others, because it didn’t want to have to fight for the food. Problem solved.

While visiting Maui, Bill even tried his hand at communicating with whales. On a whale watch, he continually asked the whales to come closer so he could see them. The whale watch was very successful with a large number of whales coming very close to the craft.

*“I don’t know if I had anything to do with it,”* he said. *“I’d have to go out a number of times to see. They (the whales) kept showing me a red thing, a small red thing like an apple. I don’t know what it was, but it was something they wanted.”*

Most of Bill’s work is done long distance from his rural home in Virginia where he has beavers, foxes, hawks, eagles, rabbits, squirrels, ducks, groundhogs and all manner of wildlife on the property. He says the beavers will come up and eat out of his hand.

*“We have an agreement about the trees,”* he added, saying that, for the most part, the beavers don’t gnaw down the trees on his property nor build dams that block his waterways.

He says he can work from a picture or just a description, and the location of the animal.

*“It doesn’t always work perfectly,”* Bill said of his practice. *“It’s basically learning to listen. I’m not always right. I learn new things every day. Animals will wake me up in the middle of the night and say they meant something another way.”*

Dowsers get together and talk about things like that. Bill has high praise for that community of folks who can tap into all kinds of energy fields.

*“Dowsers don’t try to take advantage of others,”* he said. *“They’re always will-*

*ing to help you. And if you go to a dowsers' conference, it's better than any church. Everyone is there to learn from each other."*

"Do you want to try dowsing?" he asked. As a reporter whose job is to be skeptical, I couldn't say no. Bill equipped me with two angle rods, copper wires bent into an 'L' shape with the short end as handles. He instructed me to hold them loosely, one in each hand, pointing forward.

He told me to walk slowly and ask my '*angels*' to let me know where there was an underground stream. I walked forward, concentrating on running water, and, after a few yards, the rods spun in my hands. Now whether or not there was an underground stream there, I wouldn't know without digging a big hole, but I do know those metal rods moved without any help from me.

Bill then asked me to come back asking for the location of a place filled with positive energy. In a different location, the rods again spun and pointed to a place Bill told me the people in his seminar had '*cleared of negative energy*', the day before.

That night I tried talking to our cat, Sister Mary Hubert. She's standoffish, probably because she wishes she had a name like '*Queen of the World*' instead of Hubert. The only time she'll sit on my lap is when I'm on the telephone, but I mentally invited her to come while I was on the couch watching television.

She actually jumped up. She didn't say anything; she just lay there and purred. Of course, being a cat, she could have been fibbing so I wasn't sure if she was really happy or not. Bill might have been able to tell.

Many people swear Bill has a true gift especially with horses. Some people reading this may think he's just one of those people who has a talent for getting along with animals. Who's to say?

Maybe Phoenix is the one to ask.

# 11 of the Most Effective Natural Painkillers

It shouldn't be surprising that nature also provides natural pain relievers: It has already given us many powerful medicinal plants that can treat anything from a fever, wounds, and even cancer.



Here are just some of the most effective natural painkillers. The best part? Most of them could already be found in your kitchen or garden.

1. **Aloe vera:** Aloe vera was not called by the ancient Egyptians as the '*plant of immortality*' for nothing. The gel from the aloe vera plant has potent anti-inflammatory and antioxidant properties. It can be used to relieve burns, cuts, scrapes, and cold sores. The juice of the aloe vera plant can also boost digestive function.
2. **Basil:** Basil is commonly used in cooking to add flavour and aroma to food, especially in Mediterranean cuisine. But do you know that it can also be used to treat colds and flu? Drinking basil tea can help relieve congestion due to colds and flu. It can also help soothe muscles and enhance blood circulation.
3. **Cloves:** The analgesic and antibacterial properties of cloves make them a great natural remedy for relieving toothaches and gum pain.
4. **Dill:** Dill is used to flavour deviled eggs and vegetable dishes, but it can also be used for medicinal purposes. It can be used as a natural diuretic and has properties that can help relieve anxiety, insomnia, hiccups,

menstrual cramps, and digestive disorders.

5. **Garlic:** Garlic is one of the most widely used superfoods. Eating raw garlic will strengthen your immune system. Garlic also contains antioxidant and anti-inflammatory properties that can be used to relieve arthritis and back pain.

6. **Ginger:** Ginger root contains anti-inflammatory properties that make it great for easing headaches, muscle pain, and overall body soreness. It can also be used as a remedy for nausea.

7. **Lavender:** Lavender, which has a sweet aroma, can be used as an antiseptic, a diuretic, and a relaxant. Its buds are dried and made into tea. Drinking lavender tea can help soothe muscle soreness and muscle spasms. It can also help ward off harmful bacteria and relieve stomach irritation.

8. **Mint:** Mint, which is commonly used to brew tea, can help relieve congestion caused by colds and flu. It can also be used to relieve headaches, arthritis pain, and indigestion. Moreover, it contains antiseptic and antibacterial properties that make it an excellent natural treatment for cuts and burns. Drinking mint tea can freshen your breath and reduce stomach bloating and indigestion.

9. **Parsley:** Parsley is commonly used as a garnish to dishes, but you can also use it to make tea. It is rich in nutrients, such as vitamin C, vitamin A, iron, iodine, and calcium. It also contributes to a fresh breath. Parsley can help decrease fluid retention and accelerate the elimination of toxins from the digestive tract.

10. **Rosemary:** Rosemary is used to add flavour to food, make tea, and as an essential oil. Rosemary can help relieve toothaches, eczema, and joint or muscle pain when applied topically. It can also soothe indigestion and headaches. In addition, smelling the aroma of rosemary can improve your brain's cognitive function, such as memory and concentration.

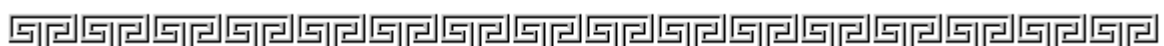
11. **Thyme:** You can add dried thyme leaves to boiling water to make tea. Thyme offers antiseptic, antibacterial, and antioxidant benefits. Thyme tea can be used as an expectorant, removing congestion caused by colds and flu. Drinking thyme tea can also help relieve a sore throat, ease indigestion, reduce the discomfort of menstrual cramps, and other aches and pains.

### Why it's better to stick to natural painkillers

Natural painkillers give the same relief, or even more, as drug painkillers. Drug painkillers, such as opioids, cause many side effects. One of the most significant health risks of taking drug painkillers is drug abuse.

In the previous decade, the number of deaths from painkillers has spiked to almost 15,000 every year in the U.S. Taking opioids can also cause constipation, hormone imbalance, worsened pain, a weakened immune system, and depression.

Reprinted from Nexus Magazine website  
naturalnews.com; November 24, 2018  
By Michelle Simmons



## Quotes

Much of our frustration in life  
comes from attempting to control what we can't control,  
and neglecting to control what we can.

*-Dr. Richard D. Dobbins*

Life is not about waiting for the storms to pass...  
it's about learning how to dance in the rain.

*-Vivian Greene*

# Healing the Planet's Grid through Pyramids, Obelisks, and Prayer

*Rev. Mary Hardy, Ph.D.*

*Reprinted from the American Society of Dowzers - Spring 2019*

The Holy Grail Vortex meditation is a tool that all dowzers should understand and use. With it, we can change the frequency within the core of the Earth and bring it back to balance.

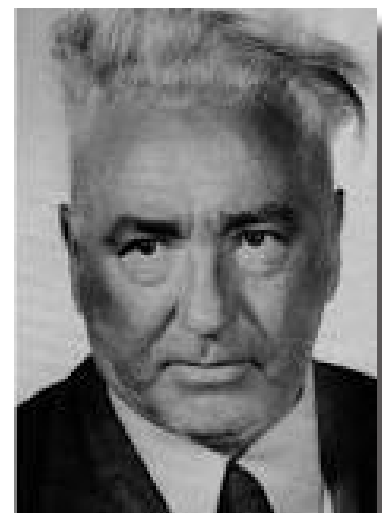
The Earth is a motor. Pyramids, cathedrals, labyrinths, medicine wheels, obelisks, and stained glass windows are all antennas that can be used to balance this motor. If we balance out the motor, we can use the Holy Grail Vortex meditation to lessen hurricanes and stop tornados. Balance brings peace and harmony into an area.

Using these antennas, along with this meditation, we can change the frequency under Yellowstone National Park, and clear the disturbance there to prevent a disaster. As dowzers, we need to ask permission and perform prayer to prevent these disasters.

In 1975, we built a pyramid that was 24 x 24 x 15 feet tall. The designer of our pyramid, Kenneth Killick, put an orgone-generating covering over the pyramid. Orgone energy is what the Earth generates through its spin factor. However, a study of this energy was outlawed in the late 1940s by our federal government.

The discoverer of orgone energy, Wilhelm Reich, was imprisoned and his theories were laughed at. In a crematorium in New York, they burned 18 tons of his motors, books, and healing devices.

Through the years, we have been studying the effects that our orgone pyramid has on the environment. Six months after we built our pyramid,





Navy intelligence visited us from Sawyer Air Force Base in the Upper Peninsula of Michigan. Sawyer Air Force Base was broadcasting extremely low frequency (ELF) signals throughout the oceans to communicate with submerged submarines during the Cold War. They called this project SEAFARER. Kenneth Killick told us that the orgone signal from our pyramid balanced out the ELF that was being broadcast from Sawyer Air Force Base. He indicated that our orgone signal neutralized the stray electricity so the oceans were not being electrocuted by SEAFARER's signal.

He then went on to explain that our pyramid balanced out the abnormalities of the Bermuda Triangle and the Great Lakes Triangle. Our pyramid in Allegan, Michigan, is located directly between the center of the Great Lakes Triangle and the Bermuda Triangle. The orgone frequency neutralized these abnormalities.

Since we built our pyramid in 1975, there has been very little disturbance in these centers. When I told this to a prominent scientist two years ago, he thought about it, looked me in the eyes, and said, "Thank you, Mary."

Dowsing is a technique that you can use to check out this phenomenon for yourself. Please do. If you feel your answer is "yes," then you need to continue using and learning the Holy Grail Vortex meditation, so we can balance the disturbances in the core of the planet.

The Holy Grail Vortex visualizes a series of two counterclockwise vortices and two clockwise vortices. In 1996, a group of etheric Knights Templars (order of Knights during the Crusades known for building cathedrals, keeping the roads safe for travellers, and for founding the first banking system) came to me and said, "*We need your help. You need to open up your frontal lobes through prayer, and balance out major abnormalities on the planet.*" And so the Holy Grail Vortex meditation was created.

Using this meditation, we can influence and reduce hurricanes. We can

stop tornados, and we can heal the caldera (a large volcanic crater) under Yellowstone so it does not explode.

Before I give you an example of a unique occasion when I used the Holy Grail Vortex meditation, I need to explain a bit of background about the Medicine Wheel. Sometimes known as the Sacred Hoop, it has been used by generations of various Native American tribes for health and healing. It embodies the Four Directions as well as Father Sky, Mother Earth, and Spirit Tree -all of which symbolize dimensions of health and the cycles of life.

The Medicine Wheel can take many different forms. It can be an artwork such as artifact or painting, or it can be a physical construction on the land. Hundreds or even thousands of Medicine Wheels have been built on Native lands in North America over the last several centuries.

Movement in the Medicine Wheel and in Native American ceremonies is circular, and typically in a clockwise or 'sun wise' direction. This helps to align with the forces of Nature such as gravity and the rising and setting of the Sun.



One day in 2014, I walked out to greet the sun and to perform the Holy Grail Vortex. Sitting Bull (leader of the Lakota's, who died in 1890) was sitting in spirit form in my front yard at the fire pit. I asked him why he was there. He simply said "*I am here to protect the sacred lands of Yellowstone.*"

Around him were hundreds of ghost dancers, dancing in a clockwise pattern. Next to Yellowstone, about 50 miles away, is a huge Medicine Wheel that was designed to pull the excess energy in the caldera out through a

vortex. Medicine Wheels create an upshot vortex. Sitting Bull was sitting in our yard creating another vortex with his ghost dancers, pulling that energy over to our pyramid complex and the Great Lakes. In this way, the energy was being lessened in the caldera under Yellowstone.

As dowsers, we all have the ability to perform simple prayer techniques like the Holy Grail Vortex meditation. Twice when we have had a number of people at our house, we have been threatened by tornados. Doing the Holy Grail Vortex meditation puts a counter vortex up beside the tornado and removes it instantly - an example of the law of '*Like cures like.*'

One night, we had 150 people at our house. The neighbors ran over and told us to take cover. Several of us went out into the yard and did the Holy Grail Vortex meditation. My husband, Dean, was watching a local news program. The weather lady was warning us to take cover. After the commercial break she came back with an expression of shock on her face and said, "*There was a tornado there a minute ago...*" People listening on their car radios came running into the house saying that the police were following the tornado and were shocked because it just disappeared in front of them.

Using the Holy Grail Vortex meditation is a benefit to dowsers because we need to take responsibility for Mother Earth. Those interested in learning about these techniques can visit my YouTube channel and learn to heal the planet through pyramid energy.

*Mary Hardy, is a Master Dowser, an author, and a Crown Diamond with Young Living Essential Oils. She holds a BA degree from Western Michigan University, and a Ph.D. in Homeopathy from the Missouri College of Naturopathic Physicians.*

*Mary is the author of 'The Alchemist's Handbook to Alchemy', 'The Alchemist's Handbook to the Glia Brain and Higher Consciousness', and co-authored 'Pyramid Energy, the Philosophy of God, the Science of Man'.*

# Seven Steps to Sacred Space

*By Grahame Gardner*

What do a circle chalked on your living room carpet, a labyrinth, the ring of stones at Stonehenge, the interior of a Gothic cathedral and the passage cairn of Newgrange have in common? They are all examples of sacred space.

Sacred spaces are where we go to step outside of our normal everyday lives. Places where we can be alone to commune with the Divine or gather together in groups for ceremony and ritual. They are places where our connection with the spiritual is enhanced; places that inspire us or induce a sense of wonder or awe, places that we can use for retreat, self-renewal and spiritual advancement.

Today, with increasing numbers of people taking control of their own spiritual paths, there is often a need for them to have access to a personal sacred space that they can use regularly and exclusively - perhaps a garden labyrinth or temple. But you can also create sacred space indoors for a specific purpose, or just to enhance the energies of your living area.

Constructing your own sacred space is not that difficult, but it helps to know some of the ground rules in advance. There are common characteristics that are encountered in most sacred spaces, and by incorporating these into our own spaces their effectiveness is enhanced.

Here are my Seven Steps to Sacred Space:

## **Location**

By positioning our sacred space over a suitable locus of earth energies, which can be found using dowsing, we naturally enhance the power of our working, and create energetic links that ground the space in Lower World.

## **Design**

By incorporating the principles of sacred geometry in the design, we cre-

ate a subtle '*form resonance*' that enhances the numinous qualities of the space.

### **Alignment**

By including astronomical alignments, such as a solstice sunrise, we draw upon Upper World energy, energetically connecting ourselves in time and space. Any ceremony conducted at the time of these events benefits from a little extra kick.

### **Construction**

By incorporating the cardinal directions during the construction, we create very real energetic links to the surrounding area and anchor ourselves in Middle World. We will call upon these energies and ask to receive their energy in the next step.

### **Activation**

The most important part of any sacred space is the intentional activation of the space through invocation and visualisation. This creates the etheric boundary that moves the space '*between the worlds*'. Picture in your imagination the boundary of the space glowing with a bright light as you walk round it directing energy through your pointed finger, a crystal or wooden wand.

Salute the four directions in turn and invite them to send their beneficial energy into the space with a simple invocation like, "*I invite the beneficial energies of the East to protect and energise this space*". Diverse cultures have their own associations for the directions. In the West it is usually Air in the East, Fire in the South, Water in the West, and Earth in the North; but if your culture has different traditions then use whatever associations you feel comfortable with.

### **Ceremony**

Our space is now ready for use in ritual, ceremony, or meditation. Within it we are placed at the centre of the Universe and connected to the Divine Source. You may also invoke, or ask for the assistance of, any other forces that you think may be helpful in your work. Asking to be

connected to the Highest Intelligence of Nature is always a good default if you can't think of anything better.

### **Closure**

In the case of temporary sacred spaces, it is equally important to ground the energies and dismantle the space after use, leaving the area energetically and physically clean and ready to return to mundane use. Give thanks to the Directions and any other forces that you may have asked to help, and picture the energies being drawn down into the earth and absorbed.

You can easily incorporate many of these ideas into your home to bring a little bit of the sacred into your living space. Use objects or pictures to mark the four cardinal directions. Even better if they have an association with that particular direction, for example, you might place a picture of your grandparents in the West as this is the traditional direction for the ancestors. Many people create a type of altar by having collections of family pictures, crystals, and other small items somewhere in the room - make a feature of this and have it marking one of the directions. It can be a subtle thing that visitors will not notice, as long as it has meaning for you.

If your room measurements are not harmonious, you can create a 'virtual' sacred geometry area within using placement of furniture to define parts of the space, such as a circle, square, golden rectangle, or pentagon. You can also use sacred objects such as crystals, statues, stones, pictures etc. to mark the corners or significant alignments as part of this virtual construction. Create the rest of the shape using your visualisation and intent.

Whether your sacred space is permanent or temporary, indoors or outdoors, by following these steps you can maximise your potential for the successful manifestation of your purpose.

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# Morning Dowsing Seminar

- Existence is Vibration

## Registration Form

**I would like to register for the Morning Dowsing Seminar  
on Sunday 21st July 2019 with Tutor Maggie Lowe**

Title: \_\_\_\_\_ First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address line 1: \_\_\_\_\_

Address line 2: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

*Seminar is booked out*

Enclosed is my cheque/money order for \$                    or, I made a direct deposit

Cost: Free for members or \$70 non members

Preferably make a direct deposit to:  
Dowsers Society of NSW Inc. - BSB: 032298, Account #: 173532,

Quote Reference: Your name+21July2019  
and advise Dawn by email of your personal details.  
Forward payment with this completed form, or email to:

Dawn Heller  
6B Ruse Street, North Ryde, 2113  
Tel: 0408-966-742  
Email: dawnheller@outlook.com

Seminar is booked out

Please do not send cash

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

Please detach this form to register

Cut along dotted line





# Library News

Library News:

Book review:

## **Raise Your Vibration** by Kyle Gray

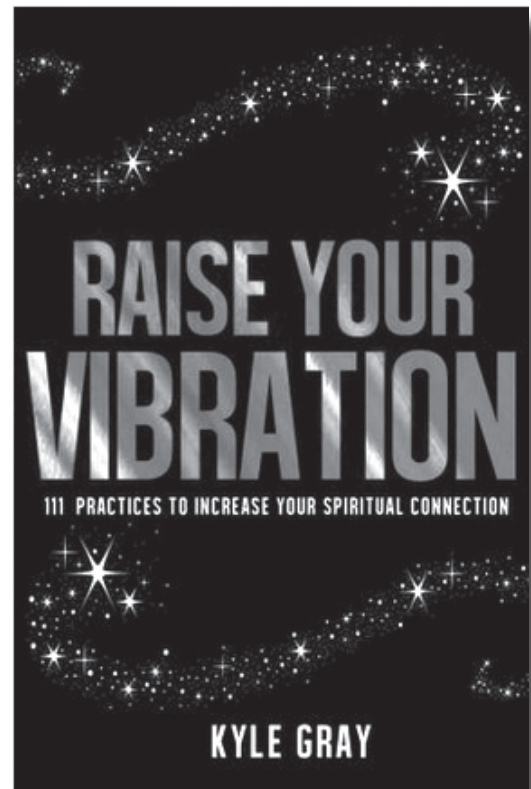
Amazon review:

Kyle Gray's phenomenal psychic gifts have made him one of the UK's most popular experts in the field. Now, in '*Raise Your Vibration*', Kyle teaches readers how they too can develop their psychic abilities and discover the powerful talents within them.

In this book, Kyle outlines the 111 key practices that he himself has been using for over 10 years to build his phenomenal skill. Readers will learn how to: -strengthen their connection to their guides, improve their intuition, integrate forgiveness and love into their daily actions and decisions.

The format of the book allows readers to either go through all of the practices, 111 days in a row or pick a practice at random. With this book, Kyle aims to guide the reader to access the deepest and most beautiful part of themselves, and start the journey towards becoming a positive force in the world.

This is a must-read for anyone who wishes to develop their psychic abilities or deepen their spiritual practice.



*-Helen*

# Speaker for August 18th, 2019

Dr Vishal Sharma

- Ayurveda -

Dr Vishal Sharma is an Ayurvedic Doctor based in Sydney, Australia. He comes from Himachal Pradesh where all the Ayurvedic herbs come from.

Ayurveda is an ancient wisdom of holistic healing and prevention dating back well over 6000 years. The philosophy is to work on the root cause of the disease and maintain optimal health.



Dr Sharma treats all Chronic Diseases like Arthritis, Fibromyalgia, Huntington Disease, Chronic Fatigue, Digestive disorders such as Crohn's Disease, Irritable Bowel Syndrome, Obesity, Stress, Anxiety, Depression, Insomnia, Musculoskeletal disorders including Chronic Back pain, Sciatica, Migraines, Allergies, Sinus, Hair loss etc. I treat all diseases with herbs, lifestyle adjustments, detoxification/ Panchakarma, yoga and meditation by '*Enhancing the Immunity whilst Rejuvenating the Body*'.

## Topics covered:

What is Ayurveda?

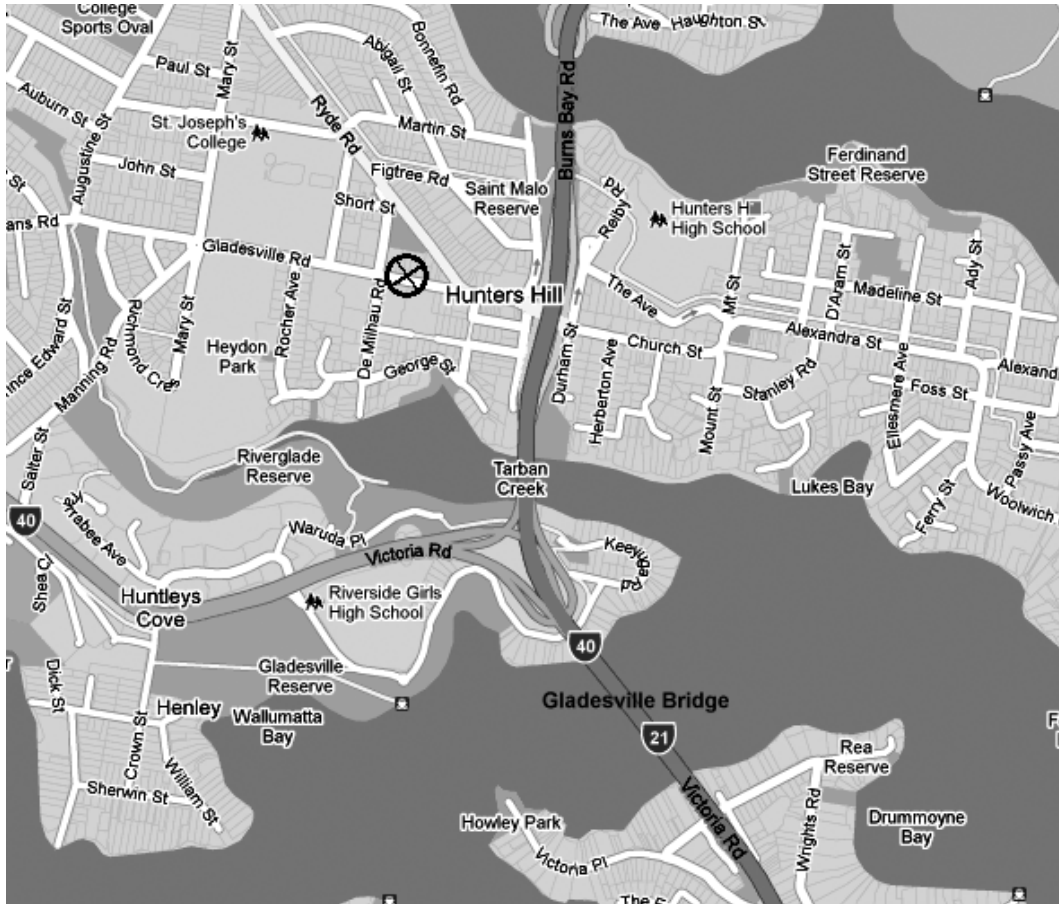
Why Ayurveda is Important?

Importance of Digestive fire/ Metabolic functions

How diseases manifest in the body

Prevention and Therapies outline

Tips to stay healthy



### **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, Druiitt 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](http://www.dowsingaustralia.com)