

Dowsers Society of NSW Inc.

Newsletter

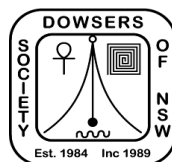
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Views expressed in articles are the opinion of the individual writer only, not necessarily the collective view of the Society.



Speakers for May 18th, 2014

- Marie Chandler & Linda Thackray - Face Reading

Learn how to read your own face and you will discover your hidden treasures. Understand how you face the world.

Reading other peoples' faces will allow you to see that there is more to people than your first impression. It helps in getting a deeper understanding of people, and uncovers how their biography is written all over their face.



The characteristics in the face provide a snapshot of how life is in this moment, right now. As you take the time to bring awareness to your body, so you begin to notice the small differences. Become conscious of where you are in balance or where you are out of alignment.

Minor changes can bring forth rewarding results. When your body is in balance; you will have the energy and motivation to be your best. Blending physiology and psychology to create an opportunity for you to understand how your habits can become behaviours, and how your body is speaking to you all the time, if only you were listening.

Marie Chandler is a holistic health practitioner and trainer in NLP and Psychosomatic Therapy. As a holistic healer she calls upon a number of modalities in order to create change for clients, providing them the space and opportunity to learn and grow.

From the Editor

We have some very informative speakers and seminars planned for the future. Your committee is making an effort to expand the benefits offered by the Society, so it is a great time to join, if you have friends who are interested.

We now have a pamphlet outlining the speakers for the next quarter and more seminars coming. The new seminar format allows our members to maximise the time spent at the monthly meetings and minimise the cost, so we all benefit.

The feedback has been good and I think the new management team has started on a good footing. We are certainly grateful for our past president and committee members for managing the last year so well, and we hope that the new team will continue to improve and elevate the Society.

In this newsletter issue we have a mixture of articles to cover as many interests as possible, from beginners to more advanced, a little bit of inspiring memories, a few health tips and great news about coming seminars. I find the speakers review always interesting, it shows that there is always something to learn by attending the monthly meetings.

I was not able to attend the last meeting myself, as I was travelling and attended a convention in Malaysia. Malaysia is a fascinating country where 4 ethnic groups live in harmony, Malay, Chinese, Indian and English.

Talking to quite a number of people at the convention, it was quite obvious that, regardless of our ethnic background, we all have one thing in common: we want to be happy. If we do not experience peace inside, we will not experience it outside. The outside peace is a reflection of an inner state. With peace come happiness and prosperity.

In these times of great outer turmoil, I pray that Peace can win the battle for the hearts of men and women around the world.

Until next time...

François

Summary of Our April Presentation

Given by Eric Cathan

We were introduced by Eric, with the help of his sisters Nathalie and Huguette to a simple, yet powerful, energetic meditation exercise to connect with the earth energy, as well as the spiritual heavenly energy, to recharge our core centre (just below the navel).

Eric has studied the ancient healing art of Qi (energy) in South Korea, and this technique is based on Taoism and the 'Laws of Nature'. In this understanding, the body is a "microcosm", the energy is our vital force, as well as the capacity for movement. It has two polarities, yin and yang, and their interaction creates life.

We are born with a powerpack of energy, our original Qi, which governs growth and transformation. From an energetic point of view, the root of illness is either a deficiency or a blockage of energy.

Stress, a combination of lack of predictability, lack of control and lack of outlet of frustration, is in fact not "out there", but originates from our perception of the external event and our emotional reaction.

To cope with stress, we need a better understanding of our original mind, resources and skills, and to be connected to our energy core. We were also invited to experience a short session to release neck and shoulder tension, using pressure points and the power of the vibration of sound.

It was overall a very eye opening afternoon. We left with a personal experience of energy and a strong urge to recharge our energy on a daily basis!

We are grateful to Eric, Nathalie and Huguette for sharing their experience and passion for their energetic work.

Martine

Dowsing for Beginners

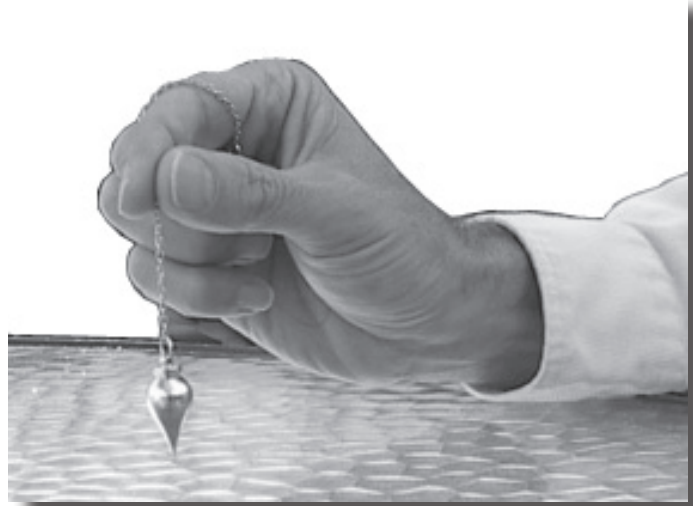
By Maj-Gen. J. Scott Elliot

Extract from the Journal of the British Society of Dowsers.

Vol. 34 June 1991

Some basic rules

SI am going to touch on some basic rules. If attention is paid to them I think they help to keep dowsers on the right path, and certainly they are most necessary for young dowsers to know and understand.



You may know these rules, but I believe they are worth emphasising and I know of no book that codifies them.

- Virtually all dowsing is seeking. This must be appreciated and the mind focused in this direction.
- Develop the dowsing sensitivity. Before a dowser is any use he must develop this sensitivity. He must learn how to use the mind as opposed to the brain and the five senses.
- Practise and test on demonstrable results. If the results are not demonstrable the dowser will not know if he is correct and hence may, in practice, be using the brain or imagination and not the mind.
- It is essential for the dowser to know the background of the field in which he is working. I have emphasised this already. Many errors stem from ignorance of background.
- There must be a need to know. With this, the mind does seem to work with more precision. I think the reason why dowsers so often fail in

tests set them to demonstrate that dowsing works, is that the need to know is missing.

Under test conditions there is seldom a need to know, only a need to show that dowsing works, and the mind machinery gets confused.

- Have confidence that dowsing works for you. So many folk say to me, “Oh it works for me, but I don’t think I should be any good, I don’t really trust it.” My reply to them is, “O ye of little faith!”
- Be bold in application. As we say in this country, “You have to be prepared to chuck your hat over the windmill.”

When I was a very ‘young’ dowser I had spent half an hour telling a group of eminent archaeologists that they ought to use dowsing means in their work. Of course, I had got nowhere. As I was about to go, one of them asked me if a dowser could find a piece of metal in a man’s body.

I replied that he should be able to if he was trained in that work. He promptly took off his jacket, laid himself on a table, and challenged me to find a piece of metal that he said he had had in his back since the First World War.

I was horrified, as I had never done anything like that before, but with five grinning faces looking at me I had no alternative but to try. So I got going, and in three seconds flat I had put my finger on a part of his back, and he said, “*By God, you’ve got it.*”

- The question asked must be correct, clear and appropriate. Surprisingly, this is not always easy and care must be taken in framing the question. The wider one’s dowsing interests, the more necessary I find this care in wording.
- Time. If there is any question of time in a dowsing problem this must be remembered and taken into account, otherwise remanence and other factors may affect the answer. If, for example, oil is being sought,

it is necessary to ask if oil is in the strata now, because, although the strata may be right and oil may have been there, it may not be there now.

- Identification. If the object sought belongs to a large species, there must be some form of identification in order to differentiate it from similar objects. Examples of this are Humans and Animals. If, of course, the object is well known to the dowser it is not so necessary to use means of identifying it.

The best means of identification, as most of you will know, is a blood spot or hair or a bit of garment that has been handled exclusively by the person. I do not find photographs very helpful.

- Preconceived ideas. This is the biggest menace in dowsing and it is allied to wishful thinking. I believe it is the reason for many failures. It comes about when the brain or one of the five senses is allowed to do the work, and not the mind.

I said earlier that my own system (and we all have our own system), was to get all the information that I could and size it up. Then, when starting to dowse, I switch off the brain and the five senses, and switch over to the mind and allow that to do the listening, or the feeling, or whatever you feel happens. It is very easy for preconceived ideas or wishful thinking to creep in unless one has a strict drill of some sort.

To sum up the future

Where are we dowsers going? We are able to make use of a Force we don't understand. But we know that the proper use of dowsing has immense possibilities for good in many fields.

How are we to change the views of officialdom? How are we to provide enough qualified dowsers to meet the need when officialdom accepts that we can be useful?

Maj-Gen. J. Scott Elliot

It Works

By John Richardson

A fete was being held at a Springwood retirement village on the Lower Blue Mountains. My son, Ian, tendered the entry fees for himself, partner and his mother.

“Would you like to buy a raffle ticket?” the attendant asked.

“That would be lovely,” he replied and took the ticket offered.

“I only have two more left would you like to buy them also?”

“No thank you. I only need one ticket; I already have the winning one here!”

“Are you sure, the raffle is going to be drawn now?”

“No thank you, this is fine!”

Ian’s partner calls out to him, *“Ian, what are you waiting for, aren’t you coming?”*

“They are drawing the raffle now and I am waiting to collect my prize!” he replied.

The raffle was drawn; he won and collected his prize.

His partner was a bit spooked by the incident.

His mother said, *“Pay no attention to him; he does it all the time!”*

On another occasion Ian’s mother had bought some raffle tickets.

Ian said to his mother, *“Show me the numbers on your ticket/s, no, you won’t win this time!”* Sure enough! She did not win.

The winner did not claim the prize and after numerous calls they announced a redraw.



“Show me those numbers again. Yes, you will win this time!” His mother won!

When asking Ian’s permission to write this account he said, *“Sure thing, that was a classic - It Works! You just have to be open to it! Do not forget to say thank you!”*

“Are there any other Energy Provisions that work for you?”, I asked Ian.

“Yes! If driving to a set location I just ask that when I arrive there in about e.g. five minutes time, that a parking place be available for me. A space is either already there or a car is in the process of leaving as I arrive. Always say thank you.”

When writing this article I am aware that a number of you already use the ‘Parking Space’ and ‘Safe Travel’ when on a trip, but for the beginners I am saying that such things are possible.

STAY POSITIVE, Keep trying, (you are a bit closer every time you try)
BELIEVE IT IS SO, AND IT WILL BE!

Enjoy!

John Richardson (02) 6643-3813.

Editor’s Note:

I personally use what I call the ‘Parking Angels’ too, they are part of what I call ‘Top Management’. They are a bit fussy about being asked. If you don’t, they won’t, but if you do, they will.

Now the trick is: just ask that you find a parking spot every time, if appropriate. Notice the condition, ‘if appropriate’. It may well be that a crane above will drop its load on that spot. I sure do hope that I do not get that spot! So be careful what you ask for, but in general they will ‘cut you a lot of slack’.

Dowsing in Tanzania for Geopathic Stress

By John Faull

Reprinted from *The Journal of the British Society of Dowsers*, Dec 2005

I arrived in Tanzania in December 1993. I chose the area to be farmed as it had less wildlife and was situated between some hills and a valley. The area was virgin bush, nearest neighbours 37 kilometres away. The isolation was very suitable for seed production. It did not take long to realise something was wrong.

There were few animals, birds and bees. The place seemed to be dead except for lions and leopards, who were seen around the house and a lion slept on the dusty road outside, leaving at dawn. The dogs slept inside!



I noticed what looked like old roads in some wheat, which was shorter and weaker than the rest. The area was a battleground for the German and British forces during the First World War, but few if any roads were in the area. There were graves below the hill behind the farm. Most were German African soldiers and porters.

On the south side was a grave of two white officers, who had died of malaria. The African had died of wounds or malaria. One had died from a cobra snake-bite. I dowsed for this information and later my eldest daughter, Sandra, dowsed and to our surprise came to almost the same conclusion.

I joined the British Society of Dowsers in June 1999 and read about

Geopathic Stress. I also read the book “*Geopathic Stress - How Earth Energies Affect our Lives*”, by Jane Thurnell-Read. With a piece of charcoal in my left hand and a pendulum in the right hand, I soon recognised black lines. My helper Sambuku could recognise them if he held a piece of charcoal in his hand. He could follow the lines by looking and tell me where they were.

We experimented and discovered that black plastic tubing laid in a shallow trench neutralised the black lines, but how to do that on 1040 acres of farmland, and deep enough for cultivation? We were saved by the British Society of Dowsers Journal - copper wire on a dowsed map! It worked best if the wire was twisted into 2 ply. Pins were placed on a map of the black lines and wire fitted. It was better to block the ends with a piece of wire at right angles and - if 2 lines were parallel - join the ends. Black spots were neutralised with copper coils tightly wound with crossed wires in them. These were pinned onto the black-spots on the map.

I had devised a system of measuring by dowsing the negative and positive effects of Geopathic Stress. -1 to -6 and +1 to 6+ 3/4 for the positive effects, +7 upwards was Electrical Pollution. We checked the effect of the copper wires on the map. A road running through the farm had four black lines crossing it, so I mapped these on a piece of cardboard, and armed with copper wire I visited the area in the Land Rover, with Sambuku standing in the back with his charcoal. As we crossed the black lines, Sambuku called out and we marked them.

We drove back and checked them. I then added copper wire to 2 black lines on my map and off we went, but Sambuku could only register two black lines. We did this twice and then I showed him what I had done. I was asked to dowse a new plot for black lines and a friend I had helped with his house said he could feel the black lines if he stood on them. I asked him to go to the fence above the plot and tell me if he felt anything - he could not.

On my sketch, I moved the black line by cancelling it out across the plot

and drawing it up and along the fence and down to join it again. He could feel it there but not where it had been. I changed it back and he then could not feel it where it originally was, so black lines can be moved.

After many experiments and help from the aforementioned book, I found that by adding layers of aluminium foil behind a dowsed map, I could neutralise and build up the positive effects caused by black lines and spots. I dowsed and treated the whole farm. What an easy job - no ditches, black plastic or copper wire! Did it work? Where is the proof?

We left the farm for a week, to return and find the gardener in an awful flap. We don't keep animals so we did not fence in the garden.



While we were away the garden was visited by Eland, Kudu and Wildebeest. Everything was eaten, roses included, and carrots dug out! Now it is all fenced in, and birds by the hundreds keep emptying the birdbath and there are bees everywhere!

Friends of ours who are great naturalists, ridiculed my black lines until they visited and I showed them the evidence. One said: "*My chillies and trees I planted don't grow, and his do. My daughter doesn't sleep and has headaches and we can't make out why.*" I visited and dowsed, and found and neutralised the Geopathic Stress areas on the map of their plots, and all is well. Now they are my best advertisers! I do not advertise, people come and ask my help. I do not charge. They asked me to visit a friend who was a Catholic Sister from the Medical Mothers of Mary mission.

I called on Sister Helen. Although as a very talented pendulum-wielding Homeopathic Doctor she could recognise and treat Geopathic Stress, she

could not find and cure it, as she heard I could. As we approached her surgery she stopped and told me she felt a peculiar feeling whenever she crossed this area. I looked east and pointed to a gap in 2 lines of trees. Looking west, I noticed the hedge had a gap in it. Why? They kept re-planting the hedge and it just would not grow.

I asked her to get her pendulum and measure my aura both on and off the spot she now stood on. "*I can see your aura and yes, it shrinks when you stand on this place.*" So smilingly I said: "*Gosh, what else can you see with a sinner like me?*" She replied: "*Oh, it's O.K. I won't tell anyone.*"

She soon learnt to find and neutralise Geopathic Stress. We became good friends, and we had several Holistic Meetings with some very interesting people who worked with minerals, magnets and fluoride in water. Unfortunately we seem to have only one very experienced dowser in the country, but he did not turn up. Sister Helen has unfortunately gone back to Ireland.

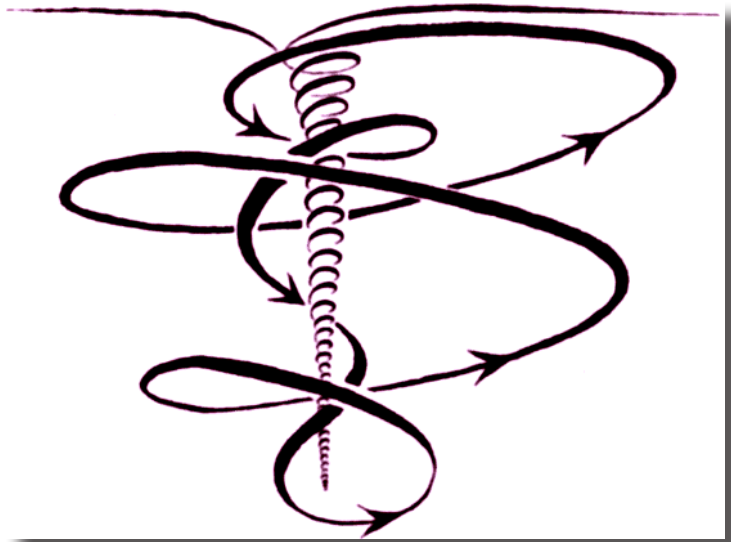
Locals are very suspicious and blame a bad house on witchcraft cast on them by someone. A friend called Jackobo was interested in my work and asked me to check his house. I did and found and neutralised Geopathic Stress. His house was cured and he was very happy with the results.

Our local doctor's wife always had headaches and did not sleep well, so Jackobo brought a sketch map of their plot and house, and asked me to keep it a secret, as he was a little afraid people may laugh at him. I found and neutralised the house, and one month later the doctor's wife was back to normal and her husband could not tell why.

Later on I visited and over a cup of tea he said: "*Our friend Jackobo has told me your secret! So it is you, the White Witch Doctor who cured my wife!*" There are several instances of the above.

I visited a farmer friend some 120 kilometres south of here about two

years ago, and after divining for water, he pointed to a hill opposite his house. It had two high points at each end and a saddle in between. On one high point occasionally there is a big flash and a ball of light and sparks roll down the opposite side of the hill into the bush.



This had gone on as long as the local people could remember. On dowsing I found three very strong black spots close together. These were of the type that swirled inwards and upwards like a normal whirlwind.

I believe that a stronger than normal wind would blow these together thus causing the flashes and lights. They follow the black line through another big black spot just below the hill. I also noticed a very large colony of rock rabbits in the rocks. So rock rabbits were added to my list of animals that thrive in areas of Geopathic Stress. Some types of trees and bushes also thrive in such zones.

I moved these black spots to the other high point, and what looked like a bright light had been seen below. I think when I moved the three black spots I did not place them near enough to come together and touch in a wind. I will go back and check. This is only a small part of the experiences I have had with my dowsing. I have not mentioned water and finding items lost etc.

I must thank the British Society of Dowsers and Mr. George Applegate for the assistance I get, otherwise I would be working in a vacuum here where little is known about dowsing, but they are learning as I am.

John Faull

The Secret Garden

By François Capmeil

My Grandparents on my mother's side were nice people from the Ardennes, in north France. They had worked hard all their lives and retired in a curious house in an old village about 50km north of Paris. The house was very old and had many strange features. I only discovered some of its secrets later in life.

For example, there was a garden hidden behind the house that I never managed to discover myself. My Grandpa, we used to call '*Papay*', showed it to me when I turned 18. I never guessed its existence before that. The door to this garden was hidden behind a curtain in his workshop, the kind of curtain made of thick furnishing material that sometimes covered walls in old houses.

One day Papay said: "*Do you want to see the Secret Garden ?*" I said yes, not knowing what he meant. He took me to his workshop, pushed a curtain aside to reveal a small door, in a wall that should not have had a door at all.

He opened the door very ceremonially, a deep green light filled the workshop, I was dazzled, it was truly magical, like in a fairy tale. He led me forward and closed the door.

The garden was narrow, bordered on one side by a white washed wall, and on the other by a chicken wire fence. The fence, covered by a thick layer of sweet scented wisteria, was separating the property from a small dead space between neighbours. The green light filtered by the vine was creating a mysterious atmosphere in the garden.

Walking in, I saw a well, half hidden by the overgrown creepers. The stones were very old, and a sculptured metal arch was holding a chain hanging over the capped well opening. It was magical. We sat on the

well stones, in silence. There was nothing to say, I was awestruck. We stayed for a long time, just enjoying the special moment, the scent of the wisteria, the stillness of the garden.

Yes, that was the most magical part, the garden was STILL, and that stillness was contagious. It crept in and made me feel good.

We only went back in when Memay (my Grandma) called for dinner.

Under the house was a cellar, where Memay kept the black current syrup she made in summer and Papay's wine. Like most French people, they drank a glass of red wine with their evening meal.

One day, I was perhaps 12 years old, Memay asked me to go down into the cellar and get a bottle of wine for Papay. The cellar steps were uneven and of different height. On the side was the cheese cupboard built of fly screen stretched on a frame, as they did not have fridges in those days.

As you went down, the difference of temperature was noticeable. It was really cool down there by comparison. A bare light globe was making strange shadows on the ground below. I knew the cellar, but this house always gave me the feeling that I did not really know all of it. It kept mysteries.

The ground was made of uneven beaten earth. Some light was coming from a small vent near the arched roof. The light oozing from it was green, due to the garden ferns partly hiding the vent from the surface, at the front of the house. Because the stairs turned while going down, you never quite knew which way you were facing when you reached the bot-



tom. For that reason the vent location from the outside remained a mystery to me, until one dry summer when the fern died. Even the street name seemed odd to me as a child '*Rue David D'Angers.*'

Once at the bottom of the cellar, I turned right. In the semi-darkness I could make out the rack of wine bottles. I knew them because Papay received the wine in a small barrel, and we used to help him bottle and cork it. In front of me were shelves of gooseberry, black and red current jam, all made by Memay from the pick of the garden. On the right were the preserved fruits in glass jars with red rubber rings.

I moved forward, intimidated by the mystery, but not afraid. As I bent down slowly to pick a bottle, I noticed a small point of light in the space just below my left eye. (Remember that now, the vent is behind me.) Bending a little more, ignoring the anomaly, my left eye moved to the exact position in space where the dot of light was... something strange then happened to me.

I was at once perceiving three different distinct worlds. I was looking at the same time through the eyes of 3 different people, being each one of them, all at the same time. I was still me, but I was no longer aware of the cellar.

The three people were familiar. They lived on 3 different worlds. I was completely comfortable with the perception. Another part of my awareness was watching the entire show from afar, one global perception and three local as it were, but I had no awareness of this present life. I was these people and I lived their life, I was clearly them, and I had the capacity to take in all the perceptions of these three people all at once, without any problems or overload.

I watched like a 3D movie, all at once, these three people which I was. I moved throughout their lives, being them all at the same time. I have no recollection of what I saw, or even if the current life was one of the three I had just been.

Then I moved my body slightly. I was aware I had moved because my eye left the point of light in space, and the awareness dissolved. Right then the content of the memories dissolved. I could not recall what the lives I just witnessed were, except I knew they were mine. It was as if these memories were stored somewhere else, but I knew I had these memories, and that they were not dreams, I just lost the content.

I frantically moved my head around in the dark, hoping to align the point of light again with my left eye, but I could not locate it. A voice reached my brain, "*Papay is waiting...*" so I grabbed a bottle at random and brought it upstairs.

I did not tell anyone at the time, they probably would have laughed at me, particularly my sisters, they were quite mischievous. So I kept it to myself and eventually forgot about it. That memory got buried somewhere deep inside.

Many years later, while travelling, my hotel happened to be a real dump, my room was miniscule, smelly and dark. Really annoyed, I went out and started a conversation with the night duty concierge, at the front desk. It was one of those rare conversations where you really connect and open up. We talked about our lives. It was very intense and focused. We both were held in the instant and could not leave. All of a sudden, I heard myself telling him the story I just told you, for no reason, it just happened.

When I finished, the man just said something like, "*I know! The soul expresses itself in multiple forms at once*". We talked about many other things until dawn came, I left without sleeping.

I still do not recall the content of the lives I witnessed, but I could relate to what the night duty concierge said. May be he was right:

We are grander than we think.

François

Morning Dowsing Seminar

- Using a Percentage Chart -

Registration Form

I would like to register for the Morning Dowsing Seminar

Sunday 15th of June, 2014

Title: _____ First name: _____ Surname: _____

Address line 1: _____

Address line 2: _____

Suburb: _____ State: _____ Postcode: _____

Telephone: _____ Mobile: _____

Email: _____

Please deposit amount into account overleaf and bring proof of payment,
or bring payment on the day.

Cost: \$10 members or \$15 for non members

Please deposit amount into account below and bring proof of payment,
or bring payment on the day.

- I have deposited _____ \$
- I will bring payment on the day

Account: Dowsers Society of NSW Inc,
Bank: Westpac, Acc #: 17-3532 BSB: 032 298

Post completed form to: Olga Kosterin
169 / 5 Wulumay Close,
ROZELLE, NSW 2039

Or email scanned form to: olga.kos@bigpond.com

www.dowsingaustralia.com

Morning Dowsing Seminar

Using a Percentage Chart

Sunday June 15th, 2014

A Percentage Chart is a powerful way to find out about yourself and your environment. It can be used to correct, improve and verify energy, frequencies and many other parameters. It is a very good tool to add to your dowser's toolbox, because it is so simple to use.

Marilyn, our librarian, has recently received a set of DVDs from Raymon Grace. You will be able to learn directly from Raymon, on the video, how to use the chart he uses himself.

Raymon is an outstanding presenter. He is using the chart designed by the late Walt Wood. He gets excellent results with it, and is able to teach his method very effectively. We will be handing out copies of this chart to the participants.

After the lesson with Raymon, we will be doing exercises to make sure everyone in the seminar is conversant with this simple technique. It can be expanded to cover anything you like, so it is a very valuable asset to have in your dowser toolbox.

What to Bring:

A notebook, pen or pencil, pendulum, any other dowsing equipment you use, in addition to your preferred personal drinking water.

When:

Sunday 15th June 2014. The Seminar Registration will begin at 9:30am for a 10:00am start, till 12.30pm. The seminar will be followed at 2:00pm by our monthly dowsing meeting open to all, with speaker Paul Fenton-Smith.

Where:

Community Hall, 44 Gladesville Road, Hunters Hill, Sydney, NSW (In the same room as our monthly meetings)

Flax for Anti-Radiation

Source: www.wellbeing.com.au, 17 August 2011

For at least 30,000 years the flax plant has been used by humans, yielding fibre for weaving, pigment for paint, and seeds for food.



Today we know that flax seeds are an excellent vegetarian source of omega-3 fatty acids, but it is another part of the seed that is generating some fresh excitement.

It appears that flax seeds have properties that can protect any creature that eats them, against the effects of radiation.

To establish these remarkable qualities, researchers fed one group of mice a diet supplemented with ten per cent flax seed either three weeks before a dose of radiation, or two, four, or six weeks after the radiation exposure. A control group was given the same radiation dose but did not receive flax seed in their diet.

After four months 40 per cent of the control group survived, compared to 70 per cent of those that had been fed flax seed. Additionally, those who had been fed flax had less inflammation in the lungs, less fibrosis in the lungs, better oxygen levels in their blood, higher body weight, and lower overall levels of inflammation.

The ability to prevent lung fibrosis (stiffening) is particularly significant, because although steroids can help prevent it, there is currently no treatment once the stiffening has occurred.

The researchers believe that the component of flax that is responsible for the protective effect is a lignan, known as secoisolariciresinol diglucoside

(SDG), which is believed to have powerful antioxidant properties.

The seeds from the flax plant can be used whole, ground to make meal or used to create a vegetable oil known as flaxseed oil (or linseed oil). Flaxseed is one of the most concentrated plant sources of omega-3 fats. Flaxseeds contain 50 to 60 per cent omega-3 fatty acids in the form of alpha linolenic acid. Flaxseeds are also rich in antioxidants, B vitamins, dietary fibre, a group of phytoestrogens called lignans, protein and potassium.

A study published in the Journal Of Clinical Oncology, found that ground flaxseeds slow the growth of prostate cancer tumour.

What makes flax really appealing as a preventative agent for radiation damage, is that it can be safely given to someone who is well. Flax is a food, it is readily available, it is cheap, and it is without side-effects unless taken in absurd doses. However, care needs to be taken with storage, as flaxseeds are an unsaturated fat. Unless they're stored in a sealed container in a cool place, they can go rancid quickly.

Flaxseeds, whether ground or whole, have a very high fibre content, so if you're introducing them into your diet, it's best to start slowly and increase the levels gradually to avoid cramping, bloating or an excessive laxative effect.

Despite its safety, flax is powerful, so powerful in fact, that NASA have a pilot study underway on the benefits of flaxseed for astronauts on extended space missions. On those long missions, astronauts are required to perform extravehicular activities to perform repairs, during which they face exposure to high levels of solar and galactic radiation, with the added risk of breathing 100 per cent oxygen.

Source: <http://www.wellbeing.com.au>

Exciting Society News

By Olga Kosterin

We have been experimenting recently with short morning seminars. We are pleased to report that they have been extremely well received. We had 30 people attending the one presented by Maggie Lowe last November. This encouraged Martine to present her Soul Art seminar, which was also very well received.

So, the exciting news is that we have more of them in store, just see this month's Seminar page to register for the next one, coming shortly. You can also download a registration form from the website if you wish.

These seminars are just one example of the dynamic energy running in the Society. There is 'something' in the air, lots is happening and it is a good place to be. As seminar coordinator I have received a lot of positive comments. This is encouraging us to find more constructive ways to help our members, and the public at large, to discover the liberating values of being able to dowse, and find your own way in the confusing world we now live in.

One side effect of the morning seminars has been the attendance of more of our country members. They are able to come to Sydney for the weekend, participate in the morning seminar, have lunch in one of Hunters Hill nice cafes nearby (or bring their own lunch), and then attend the afternoon Sunday meeting. They can stay for tea time, a congenial time for members to mix, share, make friends and have questions answered. This is an important part of a healthy society.

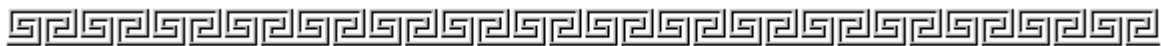
I would like to encourage more of our members to take advantage of these full days of dowsing, either as attendees or as teachers. It is essential that we share our knowledge. Please do not hesitate to contact me if you see that you can contribute some valuable knowledge for other members as a presenter, either on your own, or with another presenter.

We have prepared a pamphlet to advertise our upcoming speaker for the next four months, so that you can plan in advance. It can be downloaded from the front page of our website, or you can pick up a copy at the next meeting.

Please do not hesitate to print it, copy it and hand it to friends, display it prominently in libraries, shopping centres, malls, or even give it to other societies.

Thank you for your enthusiasm and encouragement.

Olga



Speaker for June 15th, 2014

Paul Fenton-Smith

- Psychic Cleansing for Home & Workplace -

While many of us are keen to cleanse ourselves spiritually, we also need to cleanse our home and work environments. In this talk Paul Fenton-Smith explains how a negative home or workplace can affect us, and some of the simple things we can do to redress such negativity.

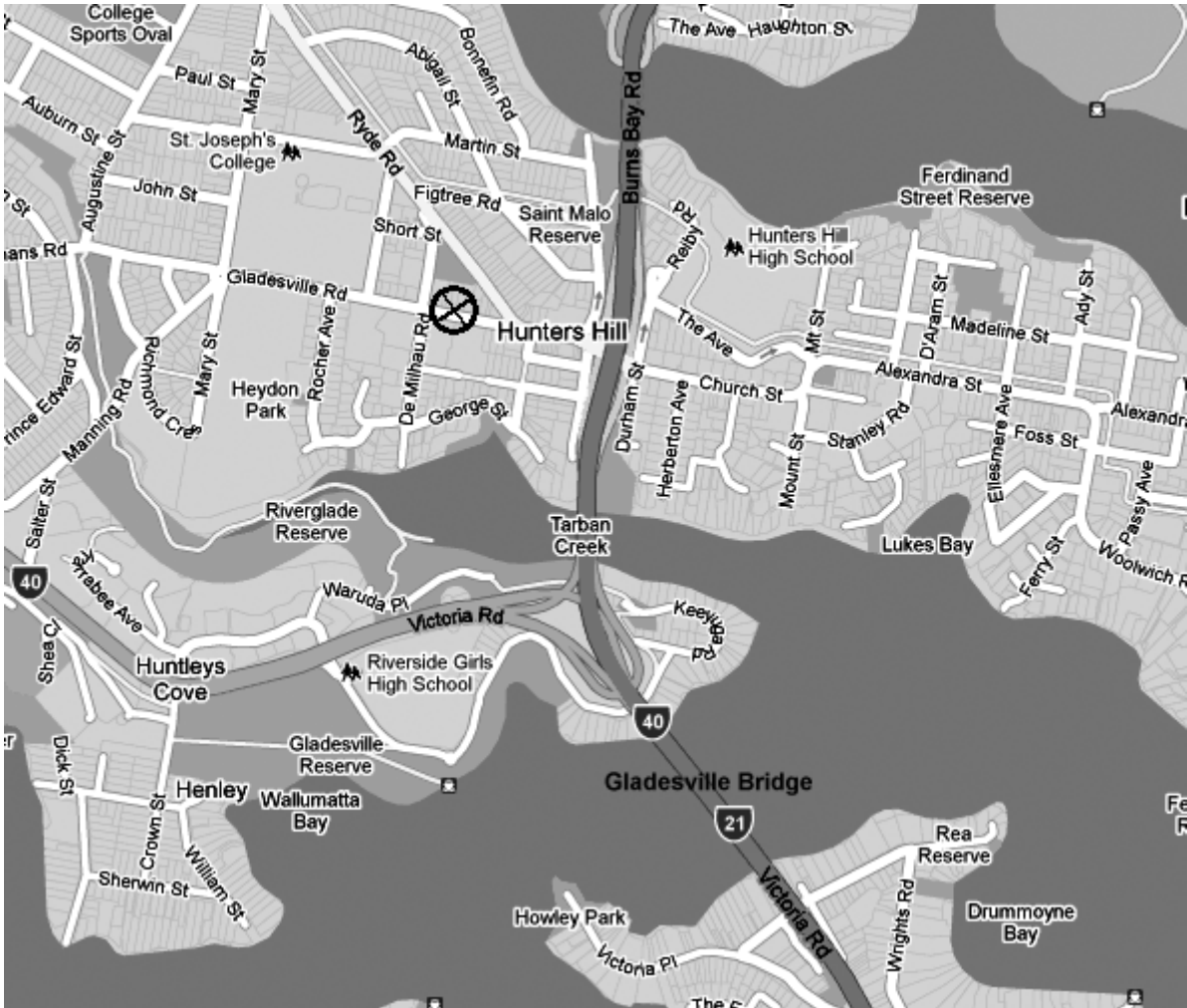


If you continuously cleanse yourself and ignore your environment, you are likely to absorb the negativity in your immediate environment. Cleansing both your environment and yourself allows you the full benefit of your efforts, such as clarity of thought, of life purpose and a strong sense of creativity.

Paul offers several techniques for cleansing your environment, and for maintaining the energy balance you desire. Stronger cleansing techniques are also offered, for those who have moved into a new home which is filled with negativity.

In this talk he'll give real-life examples, and offer demonstrations with volunteers from the audience. His practical approach to the esoteric has won him a wide readership and this talk is based on his latest book 'Intuition'. Paul has a busy private practice in Sydney as a clairvoyant, counsellor and clinical hypnotherapist.

www.paulfentonsmith.com



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