

# Dowsers Society of NSW Inc.

## Newsletter

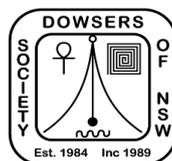
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Views expressed in articles are the opinion of the individual writer only, not necessarily the collective view of the Society.



Speaker for November 15th, 2015

Anthony Ashworth

- Vastu Feng-Shui Space Clearing -

Anthony Ashworth is a renowned practitioner, researcher and teacher of Vastu Shastra-Feng Shui with over 20 years experience.

Anthony offers consultations for home and business. He is also recognised and recommended by leading Feng Shui consultants as Australia's top Space Clearer.



Anthony will introduce the Vastu Shastra from ancient India. It is the oldest and most powerful Feng Shui system on the planet. Anthony is also expert in traditional Chinese Feng Shui so he can bring the best they both have to offer. Vastu can remove the 'bad vibes' by cleansing the energy of your home or business, then instilling positive new vibrations to allow the best life for you to thrive in.

*"I believe I can release the latent potential of your home or office, to be the very best positive and supportive environment in which you can thrive. A soulfilled, healthy, harmonious and sacred place. Our homes can be temples of light, powerful vehicles for the manifestation of our deepest dreams, our life purpose and our true destiny, places that holistically support and empower us physically, psychologically, emotionally and spiritually"*

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# From the Editor

I have heard that the Dowsing Seminar with Alanna Moore went very well. We will have a full report in next month's newsletter. Two young people even flew up from Melbourne and Ballarat to attend. They also mentioned that they loved our website. Our website is quite a resource, making six years worth of newsletters available to anyone. Now that we have all the articles indexed by title and author, this is even more useful. Please do use this resource to its fullest.

I recently planted some broccoli in my back garden. Sitting there enjoying the sun and watching them grow, I felt totally at peace... for a while. One small white butterfly destroyed my peace in no time. The little rascals lay their eggs on the leaves, and in no time enormously voracious caterpillars eat all the leaves away.

What do you do? Do you share your broccoli with the critters or destroy the pests? Then I noticed the red stink bugs on the lemon tree, they are relatively easy to pick off, but what do you do with them that is not going to overload your karmic burden?

I read about some kinder and more dowsing-like solutions which I am planning to try when I cool off, and before the leaves are totally eaten away. The solution entails broadcasting dead bugs juice (there goes my karma again) over the garden using a set of coils and pipes.

I am still working this contraption out. If anyone has any advice other than the use of nasty chemicals, I would be glad to give it a try.

It does not take much to turn our world around does it?

Imaging having your house destroyed, having to leave your country, make it across the sea, to be arrested in a foreign country, like so many refugees in Europe. Maybe I should forget about my broccolis and spend more time praying for more peace in this world!

Until next time..

*François*

# Equine Energetics (A Horsey Tale)

*by Carol White*

*Re-printed from the British Society of Dowzers, March 2003*

In the early 1980's my husband John and I visited a local riding school to meet a friend's new horse. We walked along the row of stables greeting each occupant, eventually coming to her latest charge: he was big, brown and very disobedient. Apparently there had been some problems with him; he was highly strung and rather aggressive. John chatted to him and patted him patiently, he became immediately subdued (the horse that is) which was unusual considering his temperament.

We decided to leave and started to walk away when to our amusement the horse lunged forward and grabbed John's clothes in his chisel-like teeth, pulled him back and would not let him go. After several attempts to break free from his grip John felt he had to submit. His new four legged friend then stood there, eyes half closed resting his heavy head on John's shoulder, much to the delight of the other girls on the yard who had gathered to watch the antics of this naughty horse!

It was clear that John had an affinity with horses; and I could not help but wonder what he should do with this skill and where it had come from. Soon afterwards we forgot all about it.

In 1988 John decided to change careers and began training as a wood-carver and a blacksmith. His first choice would have been to train as a farrier; unfortunately the training course was very long and way beyond our budget. So off we went on our next learning curve. We worked closely with the local Ranger service and restored and refurbished a blacksmith's forge.

The park and local area is steeped in Viking history and while researching the runic alphabet I came across a description of an ancient secret society called the 'Horse Whispers'. This was made up of blacksmiths, farm-

hands and the like who apparently could communicate very effectively with horses and whispered instructions to calm them.

I had, earlier, taught John how to dowse, but he had not practised his new skill, as he could not think of anything to use it for. It occurred to me that dowsing horses would be a perfect and practical marriage of his talents.



John's first real client was a cantankerous old chestnut called Sol who had experienced a most difficult life and was plagued with health problems. A close friend who could not bear to see him end up as a tin of dog food rescued him! John was not sure where to start but knew that he would be dowsing Sol's '*energy field*', so that is what he did - clumsily. He did not whisper either, but he did talk to Sol, constantly reassuring him that the 'L' rod was just an implement for finding and exploring his energy.

Eventually John built up a relationship with Sol, which, in turn built up his confidence to dowse him. His method was to walk around the old rascal until he picked up the edge of his energy field and basically looked for humps, bumps, dips and troughs which appeared out of sync with the rest of Sol's field.

He then double checked his dowsing and attempted to fill the gaps in the field and smooth out the bumps. John also dowsed the stable in search of an earth energy centre, which he duly found, attempted to interact with and charge up every day.

This went on for a week with what appeared to be few and poor results, although Sol's energy was 'reading' no anomalies and appeared smooth and comfortable. Then things started to change, first was his arrogant,

unsociable attitude which began to mellow considerably, he actually began to run around the paddock and interact with other horses which was unheard of. His breathing problems eased, his appetite improved and he generally became a healthier horse, who only recently passed away in 2001! That was 12 years ago and looking back it was a very subjective and vague way to implement and analyse the dowsing process, but it was enough to spur John on and refine his skills.

We had to develop a system in which to work that would provide a constant structure for asking unambiguous questions and recording clear and simple results. We could find no one who dowsed horses to ask advice or swap notes with. Once again it was a shot in the dark. (Although we do know a blacksmith/dowser and his lovely partner in Cornwall who have helped us out many times).

John chose to use the Chakra system, as it was rapidly becoming widely understood and growing in the public consciousness. This was not as simple as it sounds as he then had to read up on horse psychology, physiology and a multitude of other subjects which were relative to the area in which he had chosen to work. This knowledge led him to develop a chart and the system he uses today, which we would like to share with you here.

The owner, who has been made aware of him by word of mouth, usually approaches John. He always asks the owner not to disclose any details at all about the ailment or problem. He then follows the following process:

- 1) Ask permission, with humility and clear intention.
- 2) Introduce oneself to the horse.
- 3) Visually inspect horse and prepare paper chart showing outline of horse and chakras.
- 4) Dowse the outer 'energy field' of the horse and record any discrepancies on chart.
- 5) Repeat exercise and correct any discrepancies in the 'energy field'.

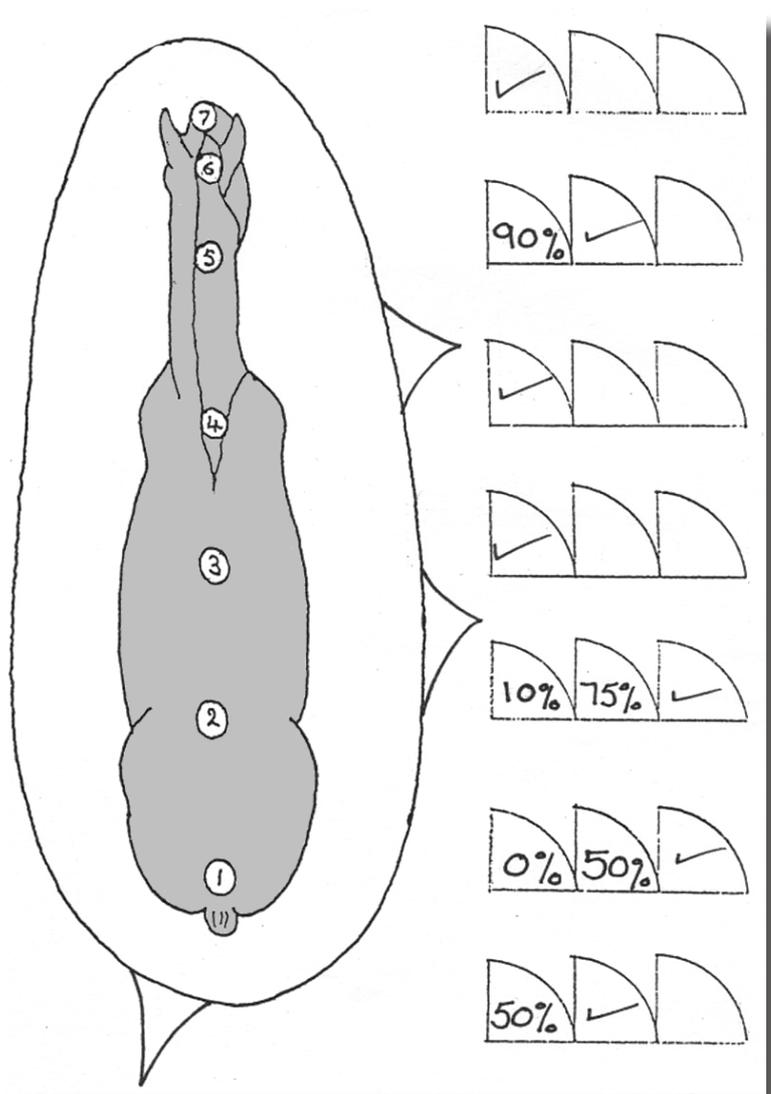
- 6) Dowse each chakra individually asking for the percentage of healthy energy. (e.g. 10% very poor, 90% very good)
- 7) Repeat with each Chakra and correct any discrepancies, bringing healthy energy up to 100% on each one (chakra balancing).
- 8) Thank the horse and report the findings to the owner and present a copy of the chart.

Muffin, female, 2 year old  
Welsh Cob energy field.

See image on the left

The numbers along the horse's back depict the chakras. The three 'quarter' shaped segments to the right of the horse refer to each dowsing attempt and the percentage of healthy energy given off each chakra.

For example where there are ticks in three of the first boxes then those chakras are already normal - recording 100% healthy energy. Where they record 90%, 10 % and 50% John will continue to dowse and 'top up' the energy in these areas until they reach 100%.



He has never had to dowse or balance the chakra points more than three times on any single visit hence only three segments per chakra on the chart. The oval line around the horse is her outer energy field.

The three spikes protruding from this outer field are discrepancies in her

energy. John has not yet discovered the difference between spikes as shown here, and troughs where a discrepancy dips into the field (not shown).

John never tries to diagnose any kind of illness, that is a job for the vet. When he reports to the owner, John will express his concern for any weak areas in the horse's field or chakras. Quite often the owner will be surprised at his findings, as the horse will have been previously diagnosed with some ailment in the same place as John has found.

Sometimes the situation will arise whereby the horse is fine, but the problem lies with the stable, or worse, the owner. The stable is usually fairly easy to correct - by clearing the space or moving the horse to a new home. The owner is a different matter as whatever one does to put the horse right, often the owner will undo in no time at all!

At the moment John works mainly with a local pony sanctuary, dowsing all new residents and old where necessary. Also when the sanctuary took on new grazing land, I was able to dowse the space and advise where the best place to put the field shelters, etc. John has kept excellent records of his work, which have enabled him to develop a clear picture of how many of the horses have improved or declined, and how his skills have evolved.

Recently he was called back to visit a horse called Jockey that he had dowsed seven years ago, only to find that the area where he had originally found weakness in the horse's energy had, over the years, recurred and developed into disease.

Cases have been diverse and numerous; in one instance the farrier could not get close enough to shoe the horse because the animal was manic and aggressive. John was able to calm him down, much to the farrier's relief and surprise.

At the Pony Sanctuary Open Day last summer John was asked to demonstrate horse dowsing, with microphone and all, in the arena for the public. (scary stuff)

A horse called Muffin had recently arrived at the Sanctuary after being found tethered to a bridge in North Wales. She was extremely upset and rearing up, whinnying and was generally disturbed. Within minutes of John dowsing her she started to settle down and started '*loafing*', head down, eyes half closed and one leg up, she then proceeded to lie down in the small arena and doze off.

This was particularly encouraging, as John had never met the horse before; later on that day the people who had brought her in verified his findings by describing her ailments and complaints.

Finally, John has also been asked to visit horses that have, sadly, quite literally been on their last legs and about to pass on. In each case according to John's findings, the horse has appeared to be quite ready and happy to leave this life, the owner being the one in most distress.

We could go on and on with case studies in much greater detail, but no time or space! In the near future John and I intend to experiment with horse and rider dowsing, and hope to gather information on how the rider affects the horse.

We hope that this article may be of some use to fellow dowsers out there and would welcome any comments.

John runs dowsing and woodcarving courses privately and for local colleges in Cheshire, Wirral, Liverpool and The Greenwood Trust, Ironbridge.

Contact: John & Carol White [www.jw-woodcarving.co.uk](http://www.jw-woodcarving.co.uk)

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# A Brief Regime Was Undertaken .....

*From Terry Ross' Column*

*From Rod & Pendulum, April 1990*

**O**n December 5th 1984, a request was received on behalf of an eighty-nine year old male institutionalised with Alzheimer's disease. For two years this man had no memory, exhibited changeable personality traits, and was at times violent and contentious. He did not recognise the members of his own family.

Prior to being placed in an institution he had run or wandered away from his home, and on two occasions had been picked up by the police in cities thousands of miles distant, where his history had been gradually pieced together and whence he had been returned to his family. He entered four institutions within a six month period, but continued to stray and become lost. In due course he was allowed one visit a week with his wife who, at seventy five, was partially disabled with a damaged hip.

In response to the request and after an appraisal of the case and receiving positive answers to the queries "*May I? Can I? Should I?*" a brief regime was undertaken. Heavy environmental encroachment was found and cleared from this institution, his present and past homes, his places of work, his childhood and the pre-natal period. Six chromosomes were found to be dysfunctional.

Contact was made with him on an etheric level and the suggestion was made that he release all dross and toxins from every part of the bio-system, visible and invisible. He was urged to forgive all others as well as himself, and to ask for forgiveness. Still on this high etheric level, it was suggested to him that he embrace his true and essential identity, and to thereby receive the complete empowerment to deal with his crisis of mind and body.

Finally he was released to the creative spirit with the prayer that the

hearts, minds, and hands of all those who attended to him, or who might in future attend to him, be guided according to his best interests. All this was done at a distance.

On October 25th 1985, it was learned that his condition had improved. He had begun to live four days of every week at home where he was able to help with the housework, watched TV quietly, and recognised and spoke with his daughter, saying “*You haven’t gained any weight since I last saw you*”. He began to ride a bicycle and work at a geriatric centre. He continued strong, physically healthy and full of energy. His natural good humour seemed to have returned. At this point a brief review was made and his current needs submitted to the creative spirit.

On December 19th 1985, it was learned that he had been permanently discharged from an institution. He could now remain contentedly in the house while his wife went shopping. He could take short walks, never losing his way, and always returning home. His memory remained limited but he no longer failed to recognise and relate to the members of his family.

On June 6th 1986, his daughter reported she could not get over her father’s condition. At 91, he dresses and cares for himself, goes out with the family, watches sports, and is in perfect physical health.

What would the biochemist, the neuropathologist, the physiologist say to this experience? That there had been a misdiagnosis of Alzheimer’s? Spontaneous remission? That the case contains nothing to explain the deficiency of the neurotransmitters believed to cause the plaques, tangles, and amyloid deposits which interfere with normal brain condition and that are so typical of Alzheimer’s? In short can we build a bridge between the two modalities?

There is a hint that we can. In my record of the case there is the note that this particular victim of Alzheimer’s was plagued with disorder in the long arm of chromosome 21. In May 1987, Dr Peter St. George-Hyslop

of Harvard Medical School, writing in the February 20 issue of SCIENCE, reported evidence that the defective gene that causes familial Alzheimer's is located on chromosome 21.

This is a major advance, adds Dr Michael Shelanski, Chairman of the Pathology department of Columbia University's College of Physicians and Surgeons. The finding of this defect in chromosome 21 may provide the first real opportunity to understand Alzheimer's from the ground up.

*Terry Ross*



## Short-Cut Mazes

*by Pat Prevost*

*Reprinted from the Canadian Society of Dowzers, Summer 2010*

I had a call from a long time friend and dowser who was looking for the missing car keys to the family's second vehicle. She related that she had dowsed, and the result was that in every room her dowsing system said they were there. They were not anywhere.

So I asked her to describe her dowsing approach to me; specifically, what questions she was asking and what her dowsing protocol consisted of. I knew her to be a very connected intuitive person, yet it seems that without any preparation or preamble as an opening for her dowsing system, or any identification of the energies (parties, elements, environments, etc. involved in this search), she had just simply asked if the keys were 'here'.

Let's take this 'Are they here?' question and relate it to the very literal language of anyone's dowsing system. Let's also relate it to the fact that everything in this physical world is a collage of energy, assuming the forms

of light, sound, colour, substance, life forms, etc. The foundation of all of this is of course the platonic solids; however the matter of sacred geometry is a discussion for another article.



Let's also take the element of language that we humans have at our disposal, and with which we engage in the art of dowsing.

The meanings of words differ from person to person and often do not follow any prescribed definition from any dictionary... but then I ask you which dictionary are you using? Scholars disagree on the meaning of words and so if you have never read what any dictionary has deemed to be the meaning of a particular word, then you are using that word solely according to your own understanding of its meaning.

So now ask once again the question '*Are they here?*', which upon further consideration seems to fall short of the quest to find the keys. Now let's add to the mix the concept of time and of space. My first piece of advice to my friend was that she pause to imagine just how many energy trails those keys, to a vehicle that they had owned for many years, would have left in the space they call their home.

Her mental light bulb went on without hesitation. That led to further discussion as to whether she had taken the time to visualize the exact set of keys in her mind, considering that there were several sets of car keys that had been around the house. Had she placed herself and the keys in the present time and space? Had she alerted her dowsing system that she wanted them physically so she could at that moment pick them up, go out, and actually start her car?

'*Short-Cut Mazes*' is what I call the conundrum in which she had found herself when she telephoned me to find out what was going on. In her

quest for an instant fix, the dowsing protocol went out the door with the keys! Ultimately that's where her keys were, actually out the door. Her hubby had them in his pocket when he went with his brother to fix her sister's house plumbing.

He had emptied his pockets on the sister's kitchen counter, and there the keys had sat hidden from sight. So no amount of the type of dowsing my friend was doing in the house would have turned up the keys in question.

There was a presumption that they were in the house, which was a classic misdirection. There are many humans, as well as a gaggle of cats that live in this particular house, so many hands or paws could have been the culprits to hide the keys from plain sight, even though eventually they turned out to be in another home some distance away.

So did she ask for the higher selves of all who lived there to help with the search? This I personally believe to be another key aspect of dowsing to find things. There may be those that don't want an object to be found and who might have ulterior motives for their actions.

This is especially important to consider in cases where it is thought that the object in question might have been stolen. Of course this was not the case in this particular story.

There is a reason that we teach beginners to write down their questions and then dowse to see if they are a '*ten out of ten*' question. Are they a question that asks one single '*Yes*' or '*No*' query and not a multiple of queries all stacked into one? We teach beginners to properly identify the characters in the situation: environmental factors, individuals involved, motivating factors, time and space, etc.

In the quantum universe of dowsing, we truly need to set our dowsing GPS coordinates accurately for the result that we're looking to achieve. We teach beginners to open the dowsing protocol, to get all in order with everyone's permission to proceed, to administer the questions carefully,

to close the dowsing protocol, and to thank all who had participated.

This is a short list of some of the things I mean:

1. Asking the dowers permission questions... Can I?, May I?, Should I?
2. Is it in my best interests to proceed?
3. Is it in their best interests to proceed?
4. Is it the right time to dowse? Would another time be better?
5. Am I in the centred, balanced, aligned, grounded, shape to dowse appropriately at this time?

If not, then, what on this list of exercises or activities (*everyone should take the time to prepare a checklist of this sort*) can I do to be ready to dowse?



Sometimes you simply need to drink some spring water (brains need water to work), to eat some good food (energy drives the metabolism) or to get some fresh air (do some deep breathing) to oxygenate the entire system.

Remedies can help rebalance the system. Smudging can as well, but essentially it is whatever you need to do to be in proper shape to dowse.

This phenomenon of good dowers tripping themselves up with short-cut mazes is one that constantly repeats itself. Often beginning dowers can find lost things without any effort because they are carefully going step by step and processing very effectively. It's when we get comfortable and start taking things for granted that we end up getting lost in the mazes of the short-cut world.

Think of it this way. You know those shortcut icons on your desktop that you click and there you are in the right place in your computer to perform the operating function you need - well, behind them there is a whole mass of programming allowing you to take that short-cut to the software you wish to operate.

Let's say you somehow delete the underlying programming. Then the short-cut icon is a path to nowhere. So when we ignore our study and practice of dowsing protocols, we too find our results are less than to be desired.

Another way to think of it is this. You can buy a cake mix in a box and just add water, and maybe an egg, to bake a cake. This cake is far less tasty and satisfying than the cake made from scratch from well-sourced ingredients applied skilfully to a dependable recipe.

To take it a step further, have you ever tasted the home baked goods of a farming community? The ingredients are not only well chosen but they are also locally grown by those who craft them into the delicious pastries. These baked goods are in a deeper relationship with the people who craft them and the result is delectable.

This is what dedicated dowsers seem to do. They seek to get into deeper relationships with their dowsing systems and that seems to be why they get the results.

*Pat*

*Pat Prevost is a professional dowser specializing in geopathic stress, practicing throughout York Region.*

*Contact: patsspiritallive@aol.com or +1-905-841-1044.*

# Spare the Rods and Miss the Buried Pipeline

*by Robert Matthews in the Sunday Telegraph 24/5/98*

Confronted with the problem of finding a leaky water pipe buried somewhere in your garden, how would you go about finding it? Two different strategies could be seen in action at the home of friends I visited last week - rigorous scientific logic, and flaky New Age codswallop. On the side of scientific logic was Martin, a retired hospital consultant who had made a detailed study of the plumbing of the house, traced out the likely route to the mains, and decided the optimal point in the garden at which to start digging.

Defending the right of everyone to do barmy things from time to time was Martin's daughter-in-law Victoria, a part-time general practitioner. She had ruined a perfectly good coat hanger in order to make two L-shaped rods and was wandering about the garden saying: "*Hey, I've got something here.*"

After a time she claimed to have identified a line extending from the side of the house, where her makeshift dowsing rods consistently crossed over. Naturally this provoked a stampede among everyone else to test their own '*paranormal powers*'. Sure enough, most of us found that the bits of bent coat hanger crossed over as we walked over the line found by Victoria.

Martin, meanwhile, was peering into the three-foot deep hole he had dug on the basis of scientific logic, at the bottom of which he found precisely nothing. The following day he dug another hole, this time on the line found by the rest of us using the bent coat-hangers. And there, at a depth of 2 ft was the water pipe.

So '*spooky, fascinating paranormal effect*' - One; '*boring, clod hopping science*' - Nil.

Even so, Martin emerged as the hero of the episode. For while the rest of us were happy to meander over the lawn with dowsing rods, none of us were too keen to test our finding and actually dig a hole. The rods might have given consistent results, but none of us was convinced that we were tuning into some mysterious '*field*' generated by the pipe - and certainly not convinced enough to exchange tea and cake for a pick and shovel.

Our skepticism stemmed from the fact that none of us had the faintest idea about how dowsing might work. Lack of an understandable mechanism forms the basis of skepticism about many phenomena in science (though it has not stopped doctors prescribing all manner of drugs whose precise action no one fully understands).

News of Martin's discovery of the pipe reached me, as I was reading a paper on possible explanations of dowsing in *Network*, the magazine of the Science and Medical Network.

The most obvious suggestion is that some sort of electromagnetic effect is involved. According to the paper's author, the Network member Anne Miller, this possibility was put to the test in 1978 when a dozen reputable dowsers showed that they could identify a low power, high frequency source of electromagnetism with 95 percent reliability. Which is all very interesting but hardly proves that dowsing energy is electromagnetic.

Slightly more impressive are the results of experiments carried out by Ms Miller herself, among others, in which the dowsing energy was apparently reflected off mirrors and metal sheets, and yet still provoked responses in dowsers.

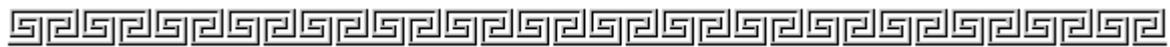
Among the even more exotic explanations for dowsing is some vague kind of quantum process linked to consciousness, or even to emanations of a new fundamental particle with the risible name of dowsing.

In short no one convincing physics-based explanation for dowsing has yet emerged. Many scientists would insist there is a simple reason for

this, dowsing does not work. How, then, is one to explain the repeated claim that many dowsers make a good living out of finding sources of water for everyone from gardeners to multinational companies?

Perhaps the biggest mystery about dowsing is why its advocates feel the need to win the approval of the scientific establishment. From powered flight to the use of anaesthetics, the history of science is replete with examples of the virtues of ploughing on in the face of scientific incomprehension.

*Robert Matthews*



## Is the Jar Full?

*Reprinted from NZ Society of Dowsing & Radionics, Dec 2003*

A philosophy professor stood before his class and had some items in front of him. When the class began, wordlessly he picked up a very large and empty pickle-jar and proceeded to fill it with rocks about 2” in diameter. He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. He then asked the students again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He then asked once more if the



jar was full. The students responded with a unanimous “Yes”. The professor then produced two cans of beer from under the table and proceeded to pour their entire contents into the jar - effectively filling the empty space between the sand.

“Now,” Said the professor, as the laughter subsided,

*“I want you to recognise that this jar represents your life.*

*The rocks are the important things - your family, your partner, your health, and your children - things that if everything else was lost and only they remained, your life would still be full.*

*The pebbles are the other things that matter like your job, your house, your car.*

*The sand is everything else: the small stuff.”*

“If you put the sand into the jar first,” he continued

*“there is no room for the pebbles or the rocks.*

*The same goes for your life.*

*If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.*

*Pay attention to the things that are critical to your happiness.*

*Take care of the rocks first, then the pebbles.*

*The rest is just sand.”*

One of the students raised her hand and inquired what the beer represented. The professor smiled.

“I’m glad you asked.

*It just goes to show you that no matter how full your life may seem, there’s always room for a couple of beers!”*

*Anonymous*

# Fighting Depression Naturally

*From Alex at [www.earthiemama.com/](http://www.earthiemama.com/)*

**D**epression affects over 21% of the world's population. We are finding more and more that pharmaceutical drugs are not working for many people mainly because the side effects are so intense.

Anti-Depressants are one of the most money making pharmaceutical drugs out there. People get very dependent on them and then they experience side effects such as suicidal tendencies, sleep problems, digestive disorders, decreased sex drive, constant nausea, headaches, dry mouth and cold symptoms to name a few.

It becomes a constant ugly cycle of misery and dependency to only find that the depressed person is only able to cope in life rather than to thrive. Nature gives us many herbs, plants and foods that can heal and help us without the harsh side effects. Turmeric is one of these amazing gifts from the Earth.

There have been scientific studies that **Turmeric** might be more effective at treating depression than any of the pharmaceutical drugs on the market.

Researchers with the Department of Pharmacology of Government Medical College in Bhavnagar, Gujarat, India compared the effects of turmeric and Prozac (fluoxetine), both used together and individually, in 60 patients diagnosed with major depressive disorder (MDD).



The study found that the main component in Turmeric, Curcumin, has potential anti-depressant activity. It raises the levels of neurotransmitters in the brain that are known to cause depression.

see <http://www.ncbi.nlm.nih.gov/pubmed/23832433>.

### **Turmeric Milk Recipe Ingredients:**

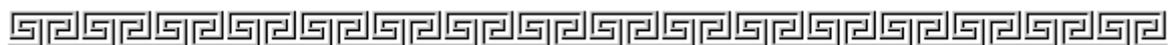


- 2 Cups of Organic Almond Milk, Coconut Milk, Hemp Milk or Rice Milk
- 1 tsp. ground Turmeric
- 1 tsp. grated Ginger
- 1 tsp. Cinnamon
- 1 Date (or 1 teaspoon of raw honey)

Optional: Add Chia seeds, Cloves, banana, etc

**Instructions:** Pour all ingredients into blender, blend until smooth, drink up and Enjoy! Add ice if you would like a chilled drink or heat slowly for a warm beverage. This as a warm drink is very healing when you come down with the flu.

*Alex* Email: [info@EarthieMama.com](mailto:info@EarthieMama.com)



## Review of Rev. Ned Wolf Talk

*At the October 2015 meeting*

It was an absolute pleasure to listen to the Rev. Ned Wolf. Ned is a minister of the Essene Healing Ministries of the Sevenfold Peace. He came all the way from Perth to present his seminar for the October meeting of the NSW Dowzers Society.

The seminar, on a range of different topics that included Reiki, Herbs, Energy Healing, Radionics, Dowsing and a host of other esoteric links, kept us all enthralled for more than 2 hours. Many of us took copious notes, scribbled his diagrams and listened intently to Ned who has a slight American twang to his voice. This man came prepared. He brought with him an assortment of his books on Healing, a Photo Journal, a

deeply spiritual book on Poetry, pads to write on, pens, extra pendulums, exercise sheets and an excellent assistant who telepathically knew what and when he was required. We were very impressed with this excellent, motivated and very competent presenter.

The audience listened intently and when invited to ask questions they did. Questions kept coming one after the other which the Rev. answered succinctly and with aplomb, like the true academic that he was. His anecdotes about children's monsters were valuable and useful, while his in depth clarification of Subtle Energy was enlightening and practical.

Ned followed with some practical work exercises that involved Dowsing and the use of Rates or Frequencies utilising his specially designed format sheets. The exercises that were conducted on varying rates with the inclusion of affirmations, with specific witnesses, were certainly an eye opener proving beyond doubt that our thoughts and words carry energy.

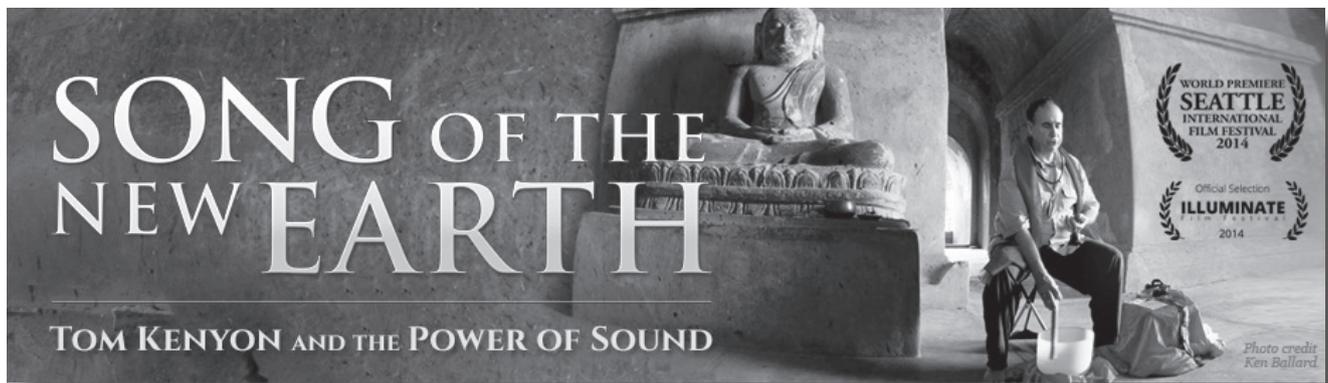
There was so much information given in a short time that we were left wanting more time to truly take it in. Some of Ned's wise words were:

- Blame and self pity block healing; healing does not take time; healing creates time.
- Energy imbalance is stuck energy – energy IN balance is moving in one direction
- Ask for healing dreams before falling asleep, then make a note in the morning of anything that came up.

We hope that Ned may return for a full day seminar in the future. Ned is very active in his Healing protocols, running a Natural Healing Practice, leading various spiritual support groups as well as hosting a weekly Dreamtime Meditation Group.

Ned's functional and systemic use of Dowsing coupled with his Spiritual Insights, provided a '*no nonsense*' clear insight into the practice and processes of Energy Healing.

*Dawn Heller*



**S**ong of the New Earth is a film about the healing power of sound, but it is also a love song to our earth, to Gaia. My heart soars when I see how the film helps audiences to fall more deeply in love with the earth.

*Tom Kenyon*

The Dowzers Society is focusing on Healing with Sound for our December meeting. We will show a full feature film as a special presentation in the morning, followed in the afternoon with a sound healing session. The day is free and you are welcome to bring your friends.

This film will give you a sound bath experience and cinematic story all in one. Tom Kenyan is a musical genius, producing amazing sounds. His story is enthralling to watch, especially his spiritual experiences set to animation. Your whole body might glow after you watch this DVD.

This film has rocked theatres, film festivals and community screens all over the world. You can watch a small amazing trailer at

<https://vimeo.com/126202606> A very beautiful and uplifting film.

**When: Sunday December 13th.** The screening will start at 11:00am sharp.

**Where:** in the usual meeting hall in Gladesville.

The film will end around 12:15, leaving time for lunch before the afternoon meeting with the Crystal Bowls talk, on the same theme of sound as healing.

**Remember that the December meeting is on the 2nd Sunday (13th)**

# Speaker for December 13th, 2015

Karen Quant

## - Crystal Singing Bowls -

**K**aren is an empath and intuitive, sound therapist, a labyrinth facilitator and a multi dimensional energetic healer. She has been working for over 16 years to bring balance and harmony into the lives of her clients and their environments in the corporate arena, in private homes and in their inner sacred spaces.

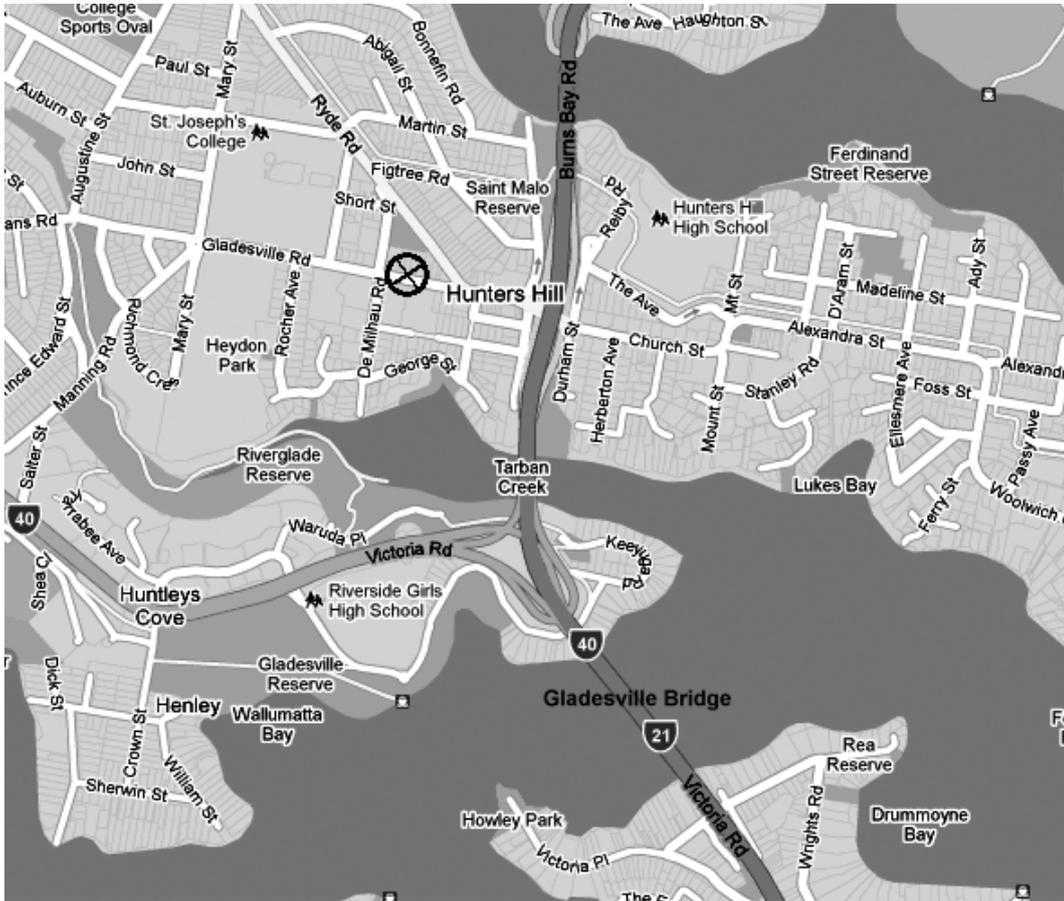


Karen is also a drumming facilitator, a mindfulness stillness based meditation teacher and a vibrational therapist—and she loves to entwine all of these life-affirming modalities in her transformational work with clients.

In her presentation Karen will use Crystal Singing Bowls and explain the different types and materials.

- Sound, the voice and the Chakras
- How Crystal Singing Bowls can be used to promote physical, emotional and spiritual healing
- Using Crystal Singing Bowls to create Sacred Space, in Feng Shui and using in different environments
- Different types of Crystal Singing Bowl Healing sessions – Advanced Therapeutic Sessions and Sound Baths and Meditations
- Experience a Crystal Singing Bowl Sound Meditation

For more information go to : [www.karenquant.com.au](http://www.karenquant.com.au)



### **Date of Meetings**

Third Sunday of every month, except December (2nd Sunday)  
Time: 2:00pm to 5:00 pm

### **Venue for Meetings**

Community Hall, 44 Gladesville Road, Hunters Hill

### **Bus Services:**

Transport Enquiries: 131 500

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

*From City, 506 bus goes from Town Hall House, Druitt St, Stand L, to  
Gladesville Rd, cnr of Pitt St, Hunters Hill*

*From Chatswood : Bus # 536*

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)