



# Wessex Research Group Network *Newsletter*

VOLUME 4, ISSUE 4.

April 2009

The image opposite was recently photographed in the Somerset night sky. Guesses to its identity (so far) include an angel, a ghoul and a deva.

Debbie Phelps who coordinates the Torrington and Okehampton groups has also submitted an image of three Orbs photographed at a recent workshop (see Page 4).

This April we welcome to the network the Glastonbury Under the Stars Gathering and Discussion Group, the Bath Royal Literary and Scientific Institute, the Kabbalah Centre and the Gongkar Choede Monastery based in India.

The latest addition to the on-line audio lecture is 'An Introduction to Astrology' by John Watson with 'A Bewildered Man's Guide to Death' by M Tester the latest addition to the on-line article archive.

## **Swara Yoga - A Way of Transformation for our Time**

**by Carol Fraser**

This ancient yoga offers us a way of deep and radical transformation making possible the realisation of our divine essence and the fulfilment of our task on Earth. The divine light seed of the I-AM, bestowed on us by God, is in many people ready and waiting to emerge from its protective shield and unite with our body and soul raising us to a new evolutionary level. Then we are truly worthy to be called sons and daughters of God.

We need to attain a new harmony and purity within the complexity that is our inner world. It is often in many ways damaged through our unnatural life style and through the many traumatic experiences from this and other life times. Sometimes these disturbing elements lay very deep within our light structure and are hard to release. It is here that the yoga of sound can give us special help.

But it can do much more than that. The action of the tone ether has the quality of enhancement. We can open up subtle dimensions of the soul, awaken our deeper centres of intelligence, open the heart, bring light to the mind, and touch the divine seed itself.

Walking in the mountains, or gazing from a hilltop over a vast landscape, sitting peacefully by a river or a waterfall, we can come to inner silence; we are in a vibration of joy that is like a hidden music. We begin to expand and find ourselves in oneness with nature. In such a fullness of soul we come closer to our inmost essence. We become who we truly are. There is nothing more important, in my view, in this time of



great change than that people come to oneness with their divine kernel of being, as I have described. With the apocalyptic events and realignments in the cosmos that have been quite accurately foretold, it is an enlightened humanity, acting out of an intuitive awareness that will, in cooperation with higher beings, prepare a good and worthy future for planet Earth.

A pure tone sung in a natural voice in the flowing stream of breath can very quickly harmonise our whole organism and bring silence to the mind. Certain sequences of spoken sound and mantra can relieve deep-seated tensions in the muscles and in the subtle bodies. Flowing movement and dance bring us into direct contact with the etheric, or streaming life-forces, within us and all around us.

Song, speech and dance are the three arts that throughout the ages have helped people towards their divine essence and union with God. These arts are at the core of Swara yoga.

Carol will be visiting the South West during May and will be offering a Swara Yoga weekend retreat in the beautiful Springhead centre near Shaftesbury. She has led many such retreats in Switzerland and at Shivaland, the centre in the foothills of the Himalayas. It is Carol's great pleasure to offer this work to those who are seeking healing and wholeness, and those seeking the high goal of enlightenment. All are heartily invited on May 8<sup>th</sup>-10<sup>th</sup>. For further information please either visit [www.orderofthewildrose.co.uk](http://www.orderofthewildrose.co.uk) or telephone Helen Lickerish on 01747 833737.

## Wessex Research Group Network

Sherborne  
Jean 01963 220323

Glastonbury WRG  
Sue 01458 835708

Frome WRG  
Marina 01373 466391

Totnes  
Jeffrey 01803 868744

Weymouth & Dorchester  
Roma 01305 816644

Yeovil Psychic Society  
[www.yeovilpsychics.org.uk](http://www.yeovilpsychics.org.uk)

Dorset Earth Mysteries  
Group  
[www.dorsetmysteries.org](http://www.dorsetmysteries.org)

School of Energy  
Healing Educational Trust  
[www.energyhealing.co.uk](http://www.energyhealing.co.uk)

New Dimensions  
Group Bristol  
Lea 01225 722963

Bristol Dowzers  
Jason 0117 9498933

Joyous Isle workshops  
[www.joyousisle.fsnet.co.uk](http://www.joyousisle.fsnet.co.uk)

[www.awarenesscentre.org.uk](http://www.awarenesscentre.org.uk)

[www.stoneseeker.net](http://www.stoneseeker.net)  
[www.dragonseeker.co.uk](http://www.dragonseeker.co.uk)

Centre for Pure Sound  
Tel. 01935 389655

London Earth Mysteries  
Circle. [lemc@ic24.net](mailto:lemc@ic24.net)

The Martinsey Isle Trust  
[www.martinsey.org.uk](http://www.martinsey.org.uk)

Natures Way, Exmoor  
Tel. 01984 640147

[hawkwoodcollege.co.uk](http://hawkwoodcollege.co.uk)

Taunton Pagan Moot  
Tel. 01823 283742

[www.avalonrising.co.uk](http://www.avalonrising.co.uk)

[www.angellight.co.uk](http://www.angellight.co.uk)

Taunton Association for  
Psychodynamics (TAP)  
Tel. 01823 665798

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

[www.innerpotential.org](http://www.innerpotential.org)

[www.wrekinforum.org](http://www.wrekinforum.org)

[www.goldenageproject.org.uk](http://www.goldenageproject.org.uk)

## EVENTS

**Winchester** 3-5 Apr  
Mystics and Scientists 32. The  
Science of Happiness and the  
Experience of Bliss  
[www.scimed.org](http://www.scimed.org)

**Ilton** 4 Apr  
Angel Day  
Unicorn Centre  
Tel. Margaret 01460 53699

**Windermere** 4 Apr  
Mysterious Earth Conference  
Neil MacDonald  
Tel. 01772 728181

**Norwich** 4-8 Apr  
FISU Togathering  
Tel. 0208 523 3133

**Ilton** 5 Apr  
Unicorn Day  
Unicorn Centre  
Tel. Margaret 01460 53699

**Glastonbury** 10-13 Apr  
Easter Retreat  
Openhand  
Tel. 01458 830443

**Canterbury** 11-12 Apr  
the Magical Faery Festival  
[www.magicalfestivals.co.uk](http://www.magicalfestivals.co.uk)

**London** 14 Apr  
London Earth Mysteries Open  
Forum and Social evening  
[lemc@ic24.net](mailto:lemc@ic24.net)

**London** 17 Apr  
Open Evening  
College of Psychic Studies  
Tel. 0207 589 3292

**Bury St Edmunds** 17-19 Apr  
Stars and Stones Spring Forum  
[www.starsandstonesforum.net](http://www.starsandstonesforum.net)

**Wimborne** 17-19 Apr  
Soul Companions Wisdom  
Keepers Gathering  
Tel. Karen 01437 760075

**Glastonbury** 18 Apr  
Wessex Federation Pagan  
Conference  
Tel. Yarrow 07974 649794

**London** (RILKO) 24 Apr  
Annual General Meeting  
Tel. Rob 0208 977 4763

**Douai Abbey** 24-26 Apr  
Wrekin Forum Retreat  
Tel. 01452 840033

**Yeovil** 29 Apr  
Yeovil Psychic Society Annual  
General Meeting  
Tel. Jan 01935 421161

## TALKS

**Springhead** 1 Apr  
The Evidence for Dramatic  
Planetary Events (part 2)  
Bernard Delair  
Tel. Edmund 01963 251772

**Yeovil** 1 Apr  
Clairvoyance  
Angie Kruger & Richard  
Tel. Jan 01935 421161

**Frome** 1 Apr  
Mayan Calendar and 2012  
Claudie Planche  
Tel. Marina 01373 466391

**Glastonbury PLG** 1 Apr  
Psychic Protection, Keep Your  
Energy Field Clear. Feeling Safe,  
Strong and Centred in All  
Circumstances  
William Bloom  
Tel. 01458 833128

**DEMG at Staplehill** 2 Apr  
Stone Age Survival Earth  
Energies, Fertility & Secrets of  
the Stones. Hugh Newman  
Tel. Dave 07977 144147  
or Peter 01258 489798

**London** (TS) 2 Apr  
Healing Outside of Space and  
Time  
Von Braschler  
Tel. 0207 563 9815

**Axminster** 3 Apr  
An Evening of Clairvoyance  
Stephen Holbrook  
Tel. 01297 32331

**Okehampton** 3 Apr  
Guided Spirit Messages  
through Art  
Peter John  
Tel. Debbie 01837 811821

**London** (CPS) 3 Apr  
Demonstration of Seership  
Barbara Meiklejohn-Free  
Tel. 0207 589 3292

**London** (CPS) 3 Apr  
Demonstration of Seership  
Barbara Meiklejohn-Free  
Tel. 0207 589 3292

**Torrington** 4 Apr  
Guided Spirit Messages  
through Art  
Peter John  
Tel. Debbie 01837 811821

**Torrington** 4 Apr  
Guided Spirit Messages  
through Art  
Peter John  
Tel. Debbie 01837 811821

**Wimborne** 6 Apr  
Ancient Stones of Dorset  
Peter Knight  
Tel. 01258 489798

**Bournemouth PLG** 6 Apr  
PSYCH-K  
Cazzie Dare  
Tel. Sue 01202 581898

**Brighton** 7 Apr  
the Wessex Astrum: Sacred  
Geometry in a Mystical Landscape  
Peter Knight  
Tel. 01273 688788

**Glastonbury PLG** 8 Apr  
PSYCH-K  
Joe Baxter  
Tel. 01458 833128

**Weymouth & Dorchester** 8 Apr  
the Wessex Astrum: Sacred  
Geometry in a Mystical  
Landscape  
Peter Knight  
Tel. Roma 01305 816644

**Roadwater** 9 Apr  
West Somerset Ley Lines and  
Dowsing  
Malcolm Wright  
Tel. Edward 01984 640147

**Axminster** 10 Apr  
A Demonstration of Trance  
Mediumship  
Angie Kruger  
Tel. 01297 32331

**Taunton** 13 Apr  
Introduction to Chaos Magik  
Julian Vayne  
Tel. Yarrow 07974 649794

**Totnes** 11 Apr  
Spiritual Hospitals and  
Education in India  
Jeffrey Gale  
Tel. Jeffrey 01803 868744

**Calne** 13 Apr  
Ancient Sites of Wessex  
Peter Knight  
Tel. 01258 489798

**Taunton** 13 Apr  
Introduction to Chaos Magik  
Julian Vayne  
Tel. Yarrow 07974 649794

**London** (Forum) 14 Apr  
In Search of the Invisible College  
Adrian Gilbert  
Tel. Margaret 0208 671 5417

**Glastonbury** 14 Apr  
Pagan Discussion Group and  
Forum  
Tel. 01458 835518

**Glastonbury PLG** 15 Apr  
Inter Dimensional Reality  
Ross Hemsworth  
Tel. 01458 833128

**Yeovil** 15 Apr  
Walking with Spirit  
Kathy Hughes  
Tel. Jan 01935 421161

**Axminster** 17 Apr  
Beyond 2012: Co-Creating Your  
Cosmic Destiny  
Dr Jude Curriuan  
Tel. 01297 32331

**Okehampton** 17 Apr  
Ley Lines and Earth Energies  
Peter Knight  
Tel. Debbie 01837 811821

**Torrington** 18 Apr  
the Wessex Astrum  
Peter Knight  
Tel. Debbie 01837 811821

**Bristol** 19 Apr  
Sacred Spaces and Hero Myth.  
David Elkington  
Tel. Lea 01225 722963

**Sherborne** 20 Apr  
Crucible for Change: Humanity  
between the Heights and Depths  
Sylvia Francke  
Tel. Jean 01963 220323

**Wootton Bassett** 20 Apr  
the End of the Whorl?  
Geoff Stray  
[wds@wyverndowsing.  
freerve.co.uk](mailto:wds@wyverndowsing.freerve.co.uk)

**Wroughton** 20 April  
Symbolism in Church Architecture  
Peter Knight  
Tel. Peter 01258 489798

**Bournemouth PLG** 20 Apr  
Cosmic Ordering  
Richard de Meath  
Tel. Sue 01202 581898

**Bath** 20 Apr  
Bath Story Telling Circle  
Tel. Kevan 01225 334204

**Glastonbury** 21 Apr  
Faerie Folk  
Hugh Le Provost  
Tel. 01458 835518

**Salisbury** 22 Apr  
Megalithic Sites of Dorset  
Peter Knight  
Tel. Peter 01258 489798

**Bath (BRLSI)** 22 Apr  
Pyramids Built of Fake Stones  
Prof. Joseph Davidovits  
Tel. Lee 07967 992545

**Glastonbury PLG** 22 Apr  
the Myth-Stories of Avalon - An  
epic journey through the millennia  
Michael Orchard  
Tel. 01458 833128

**London (RILKO)** 24 Apr  
RILKO Annual General Meeting  
Tel. Rob 0208 977 4763

**London (RILKO)** 24 Apr  
Deep Space Consciousness  
Andrew Collins  
Tel. Rob 0208 977 4763

**Axminster** 24 Apr  
Clairvoyance  
Sharron May  
Tel. 01297 32331

**Totnes** 26 Apr  
the Wessex Astrum: Sacred  
Geometry of Mystical Landscapes  
Peter Knight  
Tel. 01803 868744

**Bournemouth PLG** 27 Apr  
Change Your Thoughts Change  
Your Health

Peter Steedman  
Tel. Sue 01202 581898

**Yeovil** 29 Apr  
Clairvoyance  
Tony Powell  
Tel. Jan 01935 421161

**Glastonbury PLG** 29 Apr  
Emotrance  
Kimberley Lovell  
Tel. 01458 833128

## WORKSHOPS & COURSES

**Global Meditation Event**  
1 April 9pm  
[www.networkoflight.org](http://www.networkoflight.org)

**Dorchester** (starts April 2009)  
Psychosynthesis Counselling  
Course. Josephine Sellars &  
Graham Glynn  
Tel. 01963 824852

**Sturminster Newton** 1 Apr  
Reiki Share Group  
Jane Williams  
Tel. Jane 01258 471152

**Axminster** 4 Apr  
Healing Workshop  
Peter Steedman  
Tel. 01297 32331

**London (CPS)** 4 Apr  
the Collective Unconscious, the  
family's unconscious and the  
Individual  
Tel. 0207 589 3292

**Marlborough** 4 Apr  
Past Lives I: Past Life Regression  
Brigid Reilly  
Tel. 0800 977 4767

**Stroud** 4 Apr  
Working with Angels  
Mary Earle  
Tel. 01453 759034

**Glastonbury** 4 - 5 Apr  
Mayan Calendar Workshop  
Stargaia  
Tel. 01458 835506

**Wootton Bassett** 5 Apr  
Introduction to Dowsing  
Shaun Ogbourne  
[wds@wyverndowsing.  
freerve.co.uk](mailto:wds@wyverndowsing.freerve.co.uk)

**Marlborough** 5 Apr  
Healing Workshop  
Brigid Reilly  
Tel. 0800 977 4767

**Axminster** 5 Apr  
Everyday Shamanism  
Donna Nunn  
Tel. 01297 32331

**Sherborne** 5 Apr  
Sound Bath  
Dean Carter  
Tel. Dean 01935 389655

**Axminster** 5 Apr  
Reiki Share Group

Sandi Boyd  
Tel. 01297 32331

**East Woodlands** 6 Apr  
Healing through Pure Sound  
West Wessex Healers  
Tel. Marina 01373 466391

**Tiptree** 7 Apr  
Spiritual Friends Service, Guest  
Medium, Healing, Workshop  
and Discussion  
Tel. Carole 01621 869567

**Glastonbury** 7-12 Apr  
the Template: Sacred  
Geometry Activation  
Stargaia  
Tel. 01458 835506

**Cahokia, USA** 9 Apr  
Full Moon Sacred Site  
Ceremony  
Grand Mayan Itza Council  
[yokhahmaya@hotmail.com](mailto:yokhahmaya@hotmail.com)

**Glastonbury** 10 Apr  
Meditation day of silence  
Chalice Well  
Tel. 01458 831154

**West Mersea** 14 Apr  
Spiritual Friends Service,  
Guest Medium, Healing,  
Workshop and Discussion  
Tel. Carole 01621 869567

**Ilton** 15-19 Apr  
Unicorn Healing Practitioner  
Course  
Margaret Merrison  
Tel. Margaret 01460 53699

**Stroud** 17 Apr  
Herbal Medicine for  
Therapists and Healers  
Nathan Hughes  
Tel. 01453 759034

**St Leonards** 17-20 Apr  
Walking with Angels  
Sharon May  
Tel. Lorraine 01424 729518

**Axminster** 18 Apr  
Experiential Workshop  
Dr Jude Currivan  
Tel. 01297 32331

**Lymington** 18 Apr  
Sound Bath  
Dean Carter  
Tel. Dean 01935 389655

**Alton Barnes** 18 Apr  
the Meaning of  
Symbols in Crop Circles  
Francine Blake  
Tel. 01380 739966

**London (CPS)** 18 Apr  
Your Angel Journey:  
Spirit Guides and Angels  
Joylina Goodings  
Tel. 0207 589 3292

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

Bath Storytelling Circle.  
Tel. 01225 334204

the London Forum.  
Tel. 02086715417

Bournemouth PLG  
[www.powerofpositiveliving.c  
om](http://www.powerofpositiveliving.com)

[www.body-spirit.co.uk](http://www.body-spirit.co.uk)

[www.fire-in-the-head.co.uk](http://www.fire-in-the-head.co.uk)

Okehampton  
Tel. 01837 811821

Torrington  
Tel. 01837 811821

[www.chalicewell.org.uk](http://www.chalicewell.org.uk)

[www.unicorncentre.co.uk](http://www.unicorncentre.co.uk)

[Mysticklight.com](http://Mysticklight.com)

[www.thamesvalleydowsers.  
org.uk](http://www.thamesvalleydowsers.org.uk)

[www.libraryofavalon.org.uk](http://www.libraryofavalon.org.uk)

Glastonbury PLG [www.shiny-  
happy-people.co.uk](http://www.shiny-happy-people.co.uk)

[www.theosophical-  
society.org.uk](http://www.theosophical-society.org.uk)

[www.fisu.org/en](http://www.fisu.org/en)

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

[www.Loveandlight.co.uk](http://www.Loveandlight.co.uk)

[www.hospiceoftheheart.org](http://www.hospiceoftheheart.org)

[www.openhandweb.org](http://www.openhandweb.org)

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

[www.white-elk-woman.com](http://www.white-elk-woman.com)

[www.holisticchannel.co.uk](http://www.holisticchannel.co.uk)

[www.thehouseoflife.co.uk](http://www.thehouseoflife.co.uk)

R.I.L.K.O.  
<http://members.aol.com/rilko/>

[www.Psychic-Sanctum.co.uk](http://www.Psychic-Sanctum.co.uk)

[www.Enneagram-uk.com](http://www.Enneagram-uk.com)

[www.sacredconnections.co.uk](http://www.sacredconnections.co.uk)

[www.revolutionof2012.net](http://www.revolutionof2012.net)

[www.networkoflight.org](http://www.networkoflight.org)

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

[www.iamfoundation.co.uk](http://www.iamfoundation.co.uk)

[www.saahera-centre.org](http://www.saahera-centre.org)

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

[www.educationaid.net](http://www.educationaid.net)

Sea Spirit Centre  
<http://spiritual-courses.co.uk>

[www.collegeofpsychic  
studies.co.uk](http://www.collegeofpsychicstudies.co.uk)

[www.wyverndowsing@  
freerve.co.uk](mailto:wds@wyverndowsing.freerve.co.uk)

[www.brlsi.org](http://www.brlsi.org)

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

**Cullompton** 18-19 Apr  
Enneagram Part 1  
Veronica & Chris Croft  
Tel. 01884 855759

**Glastonbury** 18-19 Apr  
Usui Reiki Levels 1 and 2  
Stargaia

Tel. 01458 835506**East**

**Woodlands** 20 Apr  
Healing through Pure Sound  
West Wessex Healers  
Tel. Marina 01373 466391

**Sturminster Newton** 21 Apr  
Meditation Group  
Jane Williams  
Tel. Jane 01258 471152

**Calne** 23 Apr  
Anglo-Saxon, Germanic and  
Scandinavian Paganism  
Thomas Daffern  
Tel. 01938 820586

**Wimborne** 24 Apr  
Woman's Satsang Retreat  
Tel. 01202 885294

**South Hooe** 24-26 Apr  
Zen and the Art of Poetry  
Roselle Angwin  
Tel. Roselle 01822 841081

**Wimborne** 25 Apr  
Become and Inspired  
Entrepreneur  
Nick Williams  
Tel. 01202 885294

**Axminster** 25 Apr  
Dream Power  
Sharron May  
Tel. 01297 32331

**Axminster** 25 Apr  
Angel Power – Manifesting  
with the Angels  
Sharron May  
Tel. 01297 32331

**Southsea** 25 Apr  
Qabalah: the Yoga of the  
West. The first of 10  
masterclass intensives  
Naomi Ozaniec  
Tel. 02392 355645

**Axminster** 26 Apr  
Practising Psychometry  
Wendi Fountaine  
Tel. 01297 32331

**Yeovil** 26 Apr  
Sound Bath  
Dean Carter  
Tel. Dean 01935 389655

**Axminster** 26 Apr  
Reiki 1  
Sandi Boyd  
Tel. 01297 32331

**Calne** 27 Apr  
Chinese and Japanese  
philosophy: Taoism,  
Confucianism and Shintoism  
Thomas Daffern  
Tel. 01938 820586

**Kelvedon** 28 Apr  
Spiritual Friends Service,  
Guest Medium, Healing,  
Workshop & Discussion  
Tel. Carole 01621 869567

### LIGHTWORKER GROUPS

**Llamyatt** 12, 26 Apr  
Tel. Andrew 01749 812610

**Southsea** 19 Apr  
Tel. Andrew 01749 812610

### TOURS

**British Museum** (TS) 6 Apr  
Gods and Goddesses of Many  
Cultures

George Wood  
Tel. 0207 563 9815

**Stonehenge, Avebury and  
Glastonbury** 10 Apr  
Megalithic Tours  
Tel. Neil 01772 728181

**Anglesey Mystical Isle** 18 Apr  
Megalithic Tours  
Tel. Neil 01772 728181

**Cerne Abbas** 19 Apr  
Half Day Tour  
Stoneseecker Tours  
Tel. 01258 489798

**Holy Wells in Oxfordshire**  
25 Apr. A field visit with the  
Oxfordshire & Thames  
Valley Dowzers  
Tel. Susan 01494 813214

**Cherhill** 26 Apr  
Introduction to Dowsing  
Shaun Ogbourne  
[wds@wyverndowsing.freeserve.co.uk](mailto:wds@wyverndowsing.freeserve.co.uk)

## The Torrington Orbs



Photographed at a recent workshop in Torrington these three orbs combine to form a heart shaped image. You might also be able to make out two faces behind the left and right sided orbs that meet to kiss in the middle. Further information about the picture and the Torrington and Okehampton groups can be obtained from Debbie Phelps by emailing [bif110-awareness@yahoo.co.uk](mailto:bif110-awareness@yahoo.co.uk)

## The Etheric Body

The densest of the asomatic or non-physical elements of the body the etheric body is subject to natural law, surviving the death of the physical body usually for a few weeks or so before disintegrating and dispersing.

Though normally invisible it is regarded as having a very refined type of materiality and is often known as the fine body, the subtle body, the body between (or tween) body, the counterpart body, the double or the unifying body because it integrates the astral with the physical.

The etheric system underlies the sensory reactions of the 5 senses including pleasure and pain; it brings about the awareness of brain consciousness, and governs all the needs and functions of the physical body such as hunger, sexual urges and procreation. The etheric body is the vehicle of life energy and of the instinctive and mechanical responses of the individual, and is therefore called the vitalic body, energy body, instinctive or reflex body.

Most psychic healing is directed at the etheric body because its emanations are part of the human aura it is called the auric body. Some think it the factor responsible for nervous energy and it is sometimes known as nerve spirit.

After decades of intensive study Soviet scientists established the existence of what was termed the bioplasmic body which functions like the physical body and whose brilliant emanations can be photographed. Many of its characteristics bear a remarkable similarity to those of the etheric body.

To promote an event or submit a contribution to the newsletter email Robert at [rmulliss@talktalk.net](mailto:rmulliss@talktalk.net)  
[www.wessexresearchgroup.org](http://www.wessexresearchgroup.org)