



Wessex Research Group Network *Newsletter*

VOLUME 4, ISSUE 9.

September 2009

An exciting month ahead when we welcome the Roving Press www.rovingpress.co.uk and Where Two Worlds Meet www.livinganddying.co.uk based in Cornwall.

From September 6th the Wessex Network teams up with Warminster Community Radio www.wcrfm.org.uk and Sound of the Vibe www.soundofthevibe.webs.com to launch "Heart of the Matter" a fortnightly radio slot within the Fusion Show. Heart of the Matter aims to present on all things mystical, paranormal and holistic. If you are interested in being part of the show email Clint Denyer at cosmicrebirth@btinternet.com or Robert at rmulliss@talktalk.net

Virtual Reality and the Paranormal by Stanley Messenger is the latest addition to the on-line digital lecture archive with Messages from Angels – Riding the Swan to 2012 by Shirley Laflin, the latest addition to the on-line article archive. This article (one of a series) can also be read on the Wessex Network blog; <http://wessexresearchgroup.blogspot.com>

Intuitive Massage. Tuning in and Letting Go

by Jan Trewartha

When we learn to massage we are taught a series of moves designed to remove toxins from the body, relax the muscles, stimulate circulation and induce a feeling of wellbeing in the client. This is a reliable method of doing a good job and for the newly qualified massage therapist this series of moves becomes the way of doing massage until we develop our own style.

As we develop in confidence there comes a time when we can open ourselves to new ways of working, adapting the moves to best serve the needs of the individual lying on the couch, because one method does not suit all. Each body is different and each client's history is unique. For this reason, with a thorough grounding of knowledge behind them, a good therapist is one who is able then to let go and to allow their hands to work intuitively. Part of this is 'tuning in' to the client, sensing their needs, their energy, and developing an awareness of the deeper potential for healing this work carries; means that there is, so much more to massage than a series of moves.

How does one make the switch to a more intuitive way of working? Well, the main requirement is that of trusting. Trusting one's instinct; still using the knowledge from the training but leaving any rigidity behind and allowing ourselves to develop a more fluid



Picture: Spirit of the world's forests calling for help

style with the hands following where the body leads; trusting that the feelings we are picking up are the signals the client's body is giving us and trusting that we are able to communicate with the client on an 'energetic' level as well as on the physical and that this will lead to a more powerful healing experience.

Massage that is purely physical becomes a more rounded, three dimensional experience when the energetic awareness and intuition are brought into play. This not only benefits the client but us as therapists. Learning to work in this way lightens us, frees our energy and introduces a flow into our work; it takes us to a new level in our work and in our own development.

To start developing your work, take time to practise on willing friends. Try closing your eyes and 'scanning' with your hands a few inches above the body – what can you feel? Where are the areas of heat and cold? What feels congested and what feels free-flowing? Where do you want to place your hands? Where is the body screaming for attention? Start then with effleurage, as usual, to warm up the muscles and to initially connect with your partner, and then just let your hands go, allowing them to follow the body, to really feel what is going on at a deeper level. Trust the feedback your hands and instinct give you and, above all, don't try too hard just let it happen. ***Intuitive Massage. Tuning in and Letting Go is continued on Page 4.***

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

Dorset Earth Mysteries Group
www.dorsetmysteries.org

School of Energy Healing Educational Trust
www.energyhealing.co.uk

New Dimensions Group Bristol
Lea 01225 722963

Bristol Dowzers
Lea 01225 722963

Joyous Isle workshops
www.joyousisle.com

www.awarenesscentre.org.uk

www.stoneseeker.net
www.dragonseeker.co.uk

Centre for Pure Sound
Tel. 01935 389655

London Earth Mysteries Circle. lemc@ic24.net

The Martinsey Isle Trust
www.martinsey.org.uk

Natures Way, Exmoor
Tel. 01984 640147

hawkwoodcollege.co.uk

Taunton Pagan Moot
Tel. 01823 283742

www.avalonrising.co.uk

www.angellight.co.uk

Taunton Association for Psychodynamics (TAP)
Tel. 01823 665798

www.wccsq.com

www.innerpotential.org

www.wrekinforum.org

www.goldenageproject.org.uk

EVENTS

Nuneaton 4-6 Sep
Mercian Gathering Pagan Camp
www.merciangathering.com

Chiswick 5 Sep
Psychic and Well Being Day
Tel. 0208 255 2188

Yucatan, Mexico 8-25 Sep
Grand Indigenous Gathering of American Yum Chaak
www.yumchaak.com.mx

Stroud 6-10 Sep
Kabbalistic Summer School
Z'ev Ben Shimon Halevi
www.hawkwoodcollege.co.uk

Swindon 12-13 Sep
Universal Mind
www.universal-mind.co.uk

Stroud 18-20 Sep
Rising to the Evolutionary Challenge of our Time: Wrekin Forum Annual Round Table
www.wrekinforum.org

Sussex 18-20 Sep
Out of the Ordinary Festival
www.outoftheordinaryfestival.com

London 19-20 Sep
London Crop Circle Conference. The Doors of Perception
www.londoncircles.net

Glastonbury 22 Sep
Celebrating Sunfade and Fruit Fall
Tel. 01458 831154

Cirencester 25-27 Sep
Dowsing's Hidden Gems
British Society of Dowzers Conference
www.britishtowzers.org

Stourbridge 26 Sep
Pagan Federation West Midlands Conference
www.myddle-earth.info

Glastonbury 26-27 Sep
Mystic & Earth Spirit Fayre
info@glastonburyfayres

TALKS

Frome 2 Sep
Our Journey of Ascension
Chris Bourne
Tel. Marina 01373 466391

Yeovil 2 Sep
Messages from Water
Michael Chamberlain
Tel. Colleen 01935 477756

Glastonbury PLG 2 Sep
the Power of Creative Thinking for Personal Growth
Nicki Davey
Tel. 01458 833128

DEMG at Stapehill 3 Sep
Ring Quest: The Continuing Story of the Ring
Cassie Martin & Caroline Milton
Tel. Dave 07977 144147

Great Yarmouth 5 Sep
Lost Islands. The Sea in Tide and Time
Kevan Manwaring
Tel. 01225 334204

Bournemouth PLG 7 Sep
Medical Astrology
David Broom
Tel. Sue 01202 581898

Stoke Trister 7 Sep
Introduction to Bach Flowers and Astrology
Marie Moon
Tel. Marie 0796 7386715

Durham 8 Sep
Colder than Here
a Taboo theatre presentation
Martinsey Isle Trust
Tel. 01913342884

Glastonbury PLG 9 Sep
Imagery for Health
Chrissie Holmes
Tel. 01458 833128

Weymouth & Dorchester 9 Sep
Portland and Sacred Sites
Gary Biltcliffe
Tel. Roma 01305 816644

London (CPS) 9 Sep
Arthur Molinary in Conversation with Sir Arthur Conan Doyle
Arthur Molinary
Tel. 0207 589 3292

Roadwater 10 Sep
the Myths and Magic of Birds of Prey
Richard and Addy Bloodworth
Tel. Edward 01984 640147

Bryon Bay, Aus 11 Sep
Gateways Seminar
Chris Bourne
www.openhandweb.org

Taunton 14 Sep
Crystals: History and Uses for Humans and Animals
Mechelle
Tel. Yarrow 07974 649794

Bournemouth PLG 14 Sep
the Universal Archetypes
Sarah Livesey
Tel. Sue 01202 581898

London (IPC) 15 Sep
Karma and Kundalini - Your Way to Enlightenment
Alyson Lawrence
Tel. 0207 736 4187

Glastonbury 15 Sep
Seasonal Celebrations
Penny Billington
Tel. 01458 835518

Glastonbury PLG 16 Sep
Food, Seasons and Cycles
Diana Romrig
Tel. 01458 833128

Yeovil 16 Sep
Clairvoyance
Mark DeVillie
Tel. Colleen 01935 477756

Taunton 18 Sep
the Experience of Therapy for People with Learning Difficulties
Clare Le Roux
Tel. Vanessa 01823 665798

London (CPS) 18 Sep
Psychic Surgery
Wayne Lee
Tel. 0207 589 3292

Glastonbury 19 Sep
Mayan Equinox Evening
Claudie Planche
Tel. 01458 835506

London (TS) 20 Sep
Seeing Through the Illusion
Derek Thorne
Tel. 0207 563 9815

Bristol 20 Sep
the Stand Up Philosopher
Tim Freke
Tel. Lea 01225 722963

Bath 21 Sep
Bath Story Telling Circle
Tel. Kevan 01225 334204

Woodshaw 21 Sep
Bonfires and Freedom
November 5th in the Bonfire Capital of the World
Andy Thomas
wds@wyverndowsing.freeserve.co.uk

Bournemouth PLG 21 Sep
Prayer Energy
Mark Bennett
Tel. Sue 01202 581898

Bath 22 Sep
the Well Under the Sea
Book Launch Event
Tel. Kevan 01225 334204

Glastonbury 22 Sep
Pagan Discussion Group and Forum. Tel. 01458 835518

London (LEMC) 22 Sep
Theosophy: the Perennial Wisdom
Ron Wallwork
lemc@ic24.net

London (CPS) 22 Sep
Earthstars: London City of Revelation. Sacred Sites and Sacred Geometry
Chris Street
Tel. 0207 589 3292

Glastonbury PLG 23 Sep
the Art of Tea Leaf Reading
Ruth Marie
Tel. 01458 833128

Glastonbury 25 Sep
the Template: Sacred Geometry
Claudie Planche
Tel. 01458 835506

Cheltenham 25 Sep
the Sacred Sky: Good, Evil and
the Souls Ascent to the Stars
Nick Campion
wendy@insearchofthesacred.com

Totnes 27 Sep
Tapestry of Light
Graham Blackwell
Tel. 01803 868744

London (TS) 27 Sep
the Reshel Grids: Gateways to
Awakened Consciousness
Jackie Queally
Tel. 0207 563 9815

Bournemouth PLG 28 Sep
an Exchange of Love
Madeleine Walker
Tel. Sue 01202 581898

London (CPS) 29 Sep
How to Develop Your 7th Sense
Heidi Sawyer
Tel. 0207 589 3292

Glastonbury PLG 30 Sep
Psych-K
Mary Trenfield
Tel. 01458 833128

Dorchester 30 Sep
Meeting of the Pagan Moot
Tel. 01305 251646

Sherborne 30 Sep
Fairies
Hugh Le Provost
Tel. Jean 01963 220323

Yeovil 30 Sep
Tibetan Masters
John Clements
Tel. Colleen 01935 477756

WORKSHOPS & COURSES

Global Meditation Event
1 Sep 9pm
www.networkofflight.org

Tiptree 1 Sep
Spiritual Friends Service, Guest
Medium, Healing, Workshop
and Discussion
Tel. Carole 01621 869567

Wimborne 3-6 Sep
Diploma in Regression Therapy
Andy Tomlinson
Tel. 01202 841522

Chaco Canyon, USA 4 Sep
Full Moon Sacred Site
Ceremony
Grand Mayan Itza Council
yokhahmaya@hotmail.com

Stoke Trister 5 Sep
Meditation & Colour Day
Mary Adams
Tel. 077599 42110

St Leonards 5 Sep
Fundamentals of Tarot
Lucy Setters
Tel. Lorraine 01424 729518

Brighton 5 Sep
Energy Healing Open Day
School of Energy Healing
Tel. 0870 800 7060

Portadown 5 Sep
Angel Insights
Chrissie Astell
chrissie@angelight.co.uk

Stoke Trister 5-6 Sep
Kinangiology: Co-working with
the Angels to Heal Emotions
Sue Vaughan
Tel. 077599 42110

Stoke Trister 6 Sep
Energy Awareness and
Intuitive Massage
Jan Trewartha
Tel. 01753 867877

Ballymoney 6 Sep
Discovering Angels
Chrissie Astell
chrissie@angelight.co.uk

West Mersea 8 Sep
Spiritual Friends Service, Guest
Medium, Healing, Workshop and
Discussion
Tel. Carole 01621 869567

Maynooth 11-13 Sep
Heart and Soul Retreat
Chrissie Astell
chrissie@angelight.co.uk

London 12-13 Sep
Essence of Healing
School of Energy Healing
Tel. 0870 800 7060

Rock Valley, Aus 12-13 Sep
Gateways Workshop
Chris Bourne
www.openhandweb.org

Cullompton 12-13 Sep
Enneagram (part II)
Veronica & Chris Croft
Tel. 01884 855759

Edinburgh 12-13 Sep
Channelling with Crystal Skulls
& Connecting with All That is
White Elk Woman
Tel. Sharon 01634 270307

Edmonsham 12-13 Sep
Animus Anima: Collagraph
and Monoprinting
Frances Thomas
Tel. 01202 885294

Weymouth 13 Sep
2012 What's That?
Ruth
Tel. Tricia 01305 784348

London (CPS) 13 Sep
Intuitive Healing
Sue Allen
Tel. 0207 589 3292

St Leonards 13-18 Sep
Enhance Your Mediumistic
Abilities
Sandy Baker
Tel. Lorraine 01424 729518

Yorkshire 14-19 Sep
Starting to Write
Roselle Angwin & John Lyons
Tel. 01202 841522

Glastonbury 18 Sep
Birth and Death: Exploring Big
Questions
Carmella B'Hahn
Tel. Judith 01275 475125 or
Camella 01803 867005

Wimborne 18-25 Sep
Exploration in to Creativity
Meriel Hoare
Tel. 01202 841522

Stroud 18-20 Sep
Creating Health. Mind Body
Medicine and Mindfulness
Dr David Beales
Tel. 01453 759034

Bristol 19 Sep
Energy Healing Open Day
School of Energy Healing
Tel. 0870 800 7060

Hampshire 19 Sep
Energy Healing Open Day
School of Energy Healing
Tel. 0870 800 7060

Blandford Forum 19 Sep
Become an Inspired
Entrapeneur
Nick Williams
Tel. 01202 885294

Marlborough 19 Sep
Channelling Your Animals
Spirit Guides and Angels
Brigid Reilly
Tel. 0800 977 4767

Ilton 19-23 Sep
Unicorn Healing Practitioner
Course
Unicorn Centre
Tel. Margaret 01460 53699

Dublin 19-20 Sep
Journey Intensive
Debs Burgess
Tel. 01656 890400

London (TS) 20 Sep
How to know Yourself
Derek Thorne
Tel. 0207 563 9815

Liverpool 20 Sep
Crystal Skulls, Shamanism &
Connecting with All That Is
White Elk Woman
Tel. Sharon 01634 270307

London (IPC) 20 Sep
Breakthrough: Life Changes
and How to Make Them
Bryan Craig
Tel. 0207 736 4187

Bath Storytelling Circle.
Tel. 01225 334204

the London Forum.
www.londoncircles.net

Bournemouth PLG
www.powerofpositiveliving.com

www.body-spirit.co.uk

www.fire-in-the-head.co.uk

www.chalicewell.org.uk

www.unicorncentre.co.uk

Mysticklight.com

www.thamesvalleydowers.org.uk

www.libraryofavalon.org.uk

Glastonbury PLG www.shiny-happy-people.co.uk

www.theosophical-society.org.uk

www.fisu.org/en

www.theantiquariansociety.com

www.Loveandlight.co.uk

www.hospiceoftheheart.org

www.openhandweb.org

www.stargaia.com

www.white-elk-woman.com

www.holisticchannel.co.uk

www.thehouseoflife.co.uk

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

www.Psychic-Sanctum.co.uk

www.Enneagram-uk.com

www.sacredconnections.co.uk

www.revolutionof2012.net

www.networkofflight.org

www.megalithictours.com

www.iamfoundation.co.uk

www.saahera-centre.org

www.gaunts-house.com

www.educationaid.net

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

www.collegeofpsychicstudies.co.uk

www.wyverndowsing@freeserve.co.uk

www.brli.org

www.kabbalahcentres.com

www.insearchofthesacred.com

www.valehealing.co.uk

Dublin 21 Sep
Advanced Skills
Debs Burgess
Tel. 01656 890400

Kelvedon 22 Sep
Spiritual Friends Service,
Guest Medium, Healing,
Workshop & Discussion
Tel. Carole 01621 869567

Stroud 25-27 Sep
Plant Spirit. The Roots of
Traditional Herbal Medicine
Nathan Hughes
Tel. 01453 759034

St Leonards 25-28 Sep
Psychometry: Stand Up and be
Counted
Eva O'Brien
Tel. Lorraine 01424 729518

Glastonbury 26-27 Sep
the Template: Sacred Geometry
Claudie Planche
Tel. 01458 835506

London 26-27 Sep
Dynamic Leadership
Debs Burgess
Tel. 01656 890400

Cadbury Castle 27 Sep
the Way of the Mystic Warrior
David Hand
Tel. 01202 429300

Edmonsham 27 Sep
Dancing the Rainbow: The Path
Back to the Heart
Lisa Bridge
Tel. 01202 885294

Stoke Trister 27 Sep
Forgiveness: Interfaith
Service
Sarah Cox & Mary Adams
Tel. 077599 42110

London (CPS) 27 Sep
A Gentle Introduction to
Astrology
Adam Smith
Tel. 0207 589 3292

St Leonards 30 Sep
Healing Energies and Relaxation
Patrick Farrer
Tel. Lorraine 01424 729518

LIGHTWORKER GROUPS

Bournemouth Tues / Weds
Channelling & Meditation
Tel. Gary 01202 418291

Weymouth Mon (eves) /
Thurs (mornings)
Lightworker Development
Tel. Tricia 01305 784348

Christchurch Weds
Lightworker Circle
Tel. David 01202 429300

TOURS & VISITS

Knowlton Henge 4 Sep
Full Moon Celebration
Stoneseecker Tours
Tel. 0775 408 2691

West Kennet 5 Sep
Moon Gathering
Stoneseecker Tours
Tel. 0775 408 2691

**Lake District South &
Coast** 5 Sep
Megalithic Tours
Tel. Neil 01772 728181

Berkhampstead Castle
6 Sep. Geoff Crockford &
Nigel Hughes
Thames Valley Dowsers
Tel. Susan 01494 813214

Lake District North 12 Sep
Megalithic Tours
Tel. Neil 01772 728181

St Michaels Mount 13 Sep
Cornwall Dowsers
Tel. Larry 01209 212864

Wiltshire 13 Sep
St Michael Ley Line and
Dowsing
Stoneseecker Tours
Tel. 0775 408 2691

Winchester 15 Sep
Sacred Winchester Walk
sue.peaceworld@yahoo.co.uk

Derbyshire 19 Sep
Ancient Sites Tour
Megalithic Tours
Tel. Neil 01772 728181

Bristol 19 Sep
Visit to Stanton Drew
Bristol Dowsers
Tel. Lea 01225 722963

Intuitive Massage. Tuning in and Letting Go. (continued)

Make sure that if you are aware of any feelings that are not yours (i.e. that you have picked up from the client) that you release them – a simple visualisation is to open your crown and imagine the feelings or sensations leaving your body, then close the crown again. When our own energy field is not as strong as it might be we are more liable to be affected by that of others so it is important to stay aware. At the end of each massage imagine a cleansing light pouring over you and inside you, taking away any residue of the work you have just completed, leaving you fresh and energised.

As our work develops we realise that less is more. The power of intention as we learn to focus our energy is as powerful as huge physical effort. Make notes of the effects of your 'experiments' on friends and this will give you confidence to change the way your work on your clients. The results will speak for themselves.

Jan will be running a one-day workshop on Intuitive Massage and Energy Awareness at the Vale Healing Centre, Stoke Trister on September 6th. This workshop is for therapists who wish to develop their technique as well as for non-therapists who have done some massage and wish to develop that work. For further information log on to www.bodyinharmony.org.uk or telephone 01753 867877

Resonator

Resonator is an event being organised for March 2010 in Newcastle upon Tyne. It aims to examine the importance of vibration to artistic, scientific and spiritual practitioners and hopes to create a collaborative experimentation and creative working environment; involving talks by the participants on each day, followed by an extended period of collaborative work, discussion and experimentation.

Sound is an ephemeral and intangible medium existing at the threshold of the material and the transcendent. Through sound, the imperceptible becomes discernable while material actions dissolve into the ether. In both materialist and spiritualist belief systems sonic and sub- or extra-sonic vibrations are often understood as connecting us to a Larger Vibrational Continuum (LVC), of which sound occupies a small part. Extensions of this understanding hear sound and vibration as an expression of, and metaphor for, more universal resonances.

Through a procedural performance-workshop and idea exchange, participants will investigate potential synergies between the physical and metaphysical. Theologians, developers, spiritualists, artists, mystics, holists and producers are pitted and paired towards the production of sonic ecologies and environments. Through flexible, open discussion and collaboration, participants will be active in the production of material relics through interaction with the medium of sound. If you would like to participate or require further information about the event contact Will Schrimshaw by emailing him at will@willschrimshaw.net

To promote an event or submit a contribution to the newsletter email Robert Mulliss at rmulliss@talktalk.net or log on to www.wessexresearchgroup.org