

Wessex Research Group Network *Newsletter*

VOLUME 10, ISSUE 8.

August 2015



August sees the launch of Voices of the Future. Based in Worcester, Voices of the Future is a youth project underpinned by love that empowers young people to be at the forefront of global change and innovation so that they can act as key agents for development and peace. It is being co-ordinated by Miguel Dean who is currently recruiting young people who are interested in taking part in the project. The age range is between 15 and 25 (this is not set in stone).

The final event will be a bit like an open mic night crossed with inspirational TED talks, musical performance and magic by young people. Ideally the candidates will have a story to share about themselves, a passion to share, a perspective on the world, the future, society etc.

If you know of any young people who may have the raw materials then point them in Miguel's direction. They don't need to be brilliant, confident presenters, they just need some courage, the desire to improve their skills and confidence and a passion for stretching themselves to grow into their full potential. FFI Telephone Miguel on 07846 697924 or email coaching@migueldean.co.uk

Messages within a Meditation **By Dana Molecki**

Having decided, spontaneously, to do some meditation, I was immediately drawn to use my Opalite sphere. This was a gift to me from My Reiki Master, who taught me my Reiki III and Teacher level. She is an amazing teacher and I owe her much, why I was drawn with strong conviction to seek out this stone I have no idea.

For those who know my home, they will confirm that in my conservatory I have bowls and dishes, plates and all sorts of interesting containers, filled with a variety of crystals, yes I collect them, more for pleasure than work, though sometimes I am drawn to use them in healing, for myself and others.

I can't remember where every specific crystals sits, though I do tend to arrange them in colours – ie; soft pinks, lilacs, blue will be placed together, whilst stronger colours of orange, red, brown nestle together, etc. I found the small Opalite, which is the size of a small marble, glowing in a huge crystal bowl, bequeathed to me by my Polish family, and amongst an array of stunning stones of natural quartz crystal through to a palm stone of Lepidolite. The finding of the Opalite was exciting, for as I searched, I saw each crystal through new eyes, they never cease to amaze



Above: Opalite – The Stone of Eternity

me in their natural beauty each one individual and unique, even if it is from the same family.

I started my meditation and sat quietly watching my breath – it was then it came to me, each crystal is stunning and different, showing varying qualities and that is how we are, people that is. It would be narrow minded to always surround ourselves by the same kind of person, each one of us has something unique to offer. Like crystals we have our less attractive parts but mostly we are beautiful. When mined, the crystal in its raw state can sometimes be dull and a little shabby but once it is cleaned and in some cases tumbled and polished it becomes an item of undeniable beauty. There are tiny crystal beads and huge crystal Geodes, fascinating colours and tiny shapes within the main structure. Crevices and veins of minerals are visible in some and others are smooth and opaque.

If we share our lives with a variety of people and look, really look with detachment, let go of our judgement and pre-conceived ideas, we will see the imperfections, the scars, the misshapen limbs, discolouration of age, perhaps the weariness of life - but also we will see the shining light of a baby, which reminds us of how we started this life. We will sense the sadness, the dis-comfort and dis-ease, but seeing each person through new eyes, we will also see the perfection of creation, the luminescence of the Soul. We can reach beyond the hardened shell to see the tiny veins of hope, crevices of faith and most of all we can touch on the softest centre of love.

Messages within a Meditation continues on Page 4.

Wessex Research Group Network

Frome WRG
Marina 01373 465848

Glastonbury WRG
Jacqui 07516816915

Weymouth & Dorchester
Roma 01305 816644

Yeovil Psychic Society
www.yeovilpsychics.org.uk

Dorset Earth Mysteries
www.dorsetmysteries.org

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

Bristol Dowzers
www.bristoldowzers.co.uk

Joyous Isle workshops
www.joyousisle.com

Axminster Awareness Centre
www.awarenesscentre.org.uk

Stoneseeker Tours
www.stoneseeker.net

www.dragonseeker.co.uk

Centre for Pure Sound
www.centreforpuresound.org

The Martinsey Isle Trust
www.martinsey.org.uk

Hawkwood College
www.hawkwoodcollege.co.uk

Angelight
www.angelight.co.uk

Taunton Association for
Psychotherapy
www.taplimited.org.uk

Wrekin Forum
www.wrekinforum.org

Theosophical Society in Scotland

Findhorn Foundation
www.findhorn.org

Dowsing Spirits
www.dowsingspirits.co.uk
www.theswa.org.uk

www.unicorn-at-rainbows-end.org

Totnes WRG
Jeffrey 01803 866349

Aquarian Age Community
www.aquaac.org

Totnes Astrology Group
David 01803 867145

The Gift of Sound
www.thegiftofsound.co.uk

Crewkerne Awareness
anacolourastro.wordpress.com

EVENTS

Wimborne 5 Aug
Gaunts House
Summer Gathering
a Celebration of
Music, Yoga, Art and Dance
www.gauntshouse.com

London 7 Aug
Open Evening
College of Psychic Studies
www.collegeofpsychicstudies.co.uk

Tucson Arizona 15 Aug
World Congress
on Illumination 2015
www.eraofpeace.org

Glastonbury 21 Aug
Labyrinth Faery Ball
www.faeryevents.com

Glastonbury 29 Aug
Chalice Well Healing Weekend
www.chalicewell.org.uk

TALKS

Fareham 3 Aug
Stolen Images.
Pagan Symbolism in
Christianity
Peter Knight
Tel. 01249 823287

Poole PLG 4 Aug
Live From and Follow the
Guidance of Your Authentic Self
Dennis Lindsey
Tel. Sarah 07919343613

Glastonbury PLG 5 Aug
Instant Manifestation
Use the Law of Attraction
to Enjoy Life Now
Michael James
Tel. Glen 01458 833950

Glastonbury 5 Aug
Meeting of the Pagan Moot
Tel. Tim 07747 897 621

Godalming 5 Aug
Find Out How to Dowse
Waverley Dowzers
Tel. 01252 541639

Frome 6 Aug
Evening of Mediumship
Shaun Gray
Tel. Marina 01373 465848

DEMG at Stapehill 6 Aug
Ley Lines, Templars and
Destiny amid Our
England Landscape
Mark Herbert
Tel. Dave 07977 144147

Glastonbury PLG 12 Aug
Accelerate Your Evolution
with the Knowledge Book
Rick Mughal
Tel. Glen 01458 833950

Slimbridge 13 Aug
Stolen Images
Pagan Symbolism in
Christianity
Peter Knight
Tel. 01249 823287

Bath 17 Aug
Bath Storytelling Circle
Tel. David 01225 482170

Woodshaw 17 Aug
How I Learnt to Dowse
and Saved the World
Pete Cox
wds@wyverndowsing.freeserve.co.uk

Crewkerne 17 Aug
Meditation
Rachel Rendell
collingridge1@sky.com

Glastonbury PLG 19 Aug
The Sound Journey
Connect to Your True
Source of Power
Sika
Tel. Glen 01458 833950

Glastonbury PLG 26 Aug
Inner Sport
Paul Weston
Tel. Glen 01458 833950

WORKSHOPS & COURSES

Newport loW 1 Aug
Sound Experience
Lorna Heath
Tel. 01590 642994

Thakeham 1 Aug
Angelic Reiki 1 and 2
Justine van de Weg
Justine@angeldivinity.com

Forres 1 Aug
Spiritual Practice
Energy Healing
Maria Olsthoorn
Tel. 01309 690311

Middle Piccadilly 1 Aug
the Hummingbird Rises
Luminous Warrior
Weekend part 3
Elaina Harvey &
Annie Whittaker
Tel. 01963 23468

Alweston 1 Aug
Wheel of the Year
Lammas Celebration
Pauline Elsworth
Tel. 01963 23705

Forres 1 Aug
Whole Body Focusing
Alex Maunder
Tel. 01309 690311

Worcester 2 Aug
Voices of the Future
Miguel Dean
Tel. 07846 697924

Stroud 7 Aug
Dance the Circle Round
Stephanie Rose
Tel. 01453 759034

Thakeham 7 Aug
Angelic Reiki 3 and 4
Justine van de Weg
Justine@angeldivinity.com

Middle Piccadilly 7 Aug
Gifts of the Seer Kawak
Gifts of the Seer
Healing and the
Shamanic Arts Module 3
Elaina Harvey &
Seersha O'Sullivan
Tel. 01963 23468

Milford on Sea 8 Aug
Well Being Sound Event
Lorna Heath
Tel. 074769272193

Iona 8 Aug
Summer Retreat
Neils Paulsen
Tel. 01309 690311

Stroud 10 Aug
Summer Restival
Margot Henderson &
Katie Lloyd Nunn
Tel. 01453 759034

Forres 15 Aug
Spiritual Practice
Nature
Katharina Brocke
Tel. 01309 690311

Forres 15 Aug
Biodanza
Dance of Life
Nadasree Geogete Gadas
Tel. 01309 690311

Stroud 16 Aug
Create a Singing Bowl
Summer School
Tom Akkermans &
Carolina Schomper
Tel. 01453 759034

Avebury 16 Aug
Shamanic and Dowseing
Workshop
Peter Knight & Sue Wallace
Tel 01249 823287

Milford on Sea 19 Aug
Drumming Circle
Lorna Heath
Tel. 01590 642994

Wimborne 19 Aug
Regression Academy
Andy Tomlinson
Tel. 01202 841522

Cevennes 22 Aug
Writing the Bright Moment
Roselle Angwin
Tel. 01548 821004

Thakeham 22 Aug
Spiritual Painting Retreat
Justine van de Weg
Justine@angeldivinity.com

Forres 22 Aug
Children of the Elements
Caretakers of the Earth
Katharina Brocke
Tel. 01309 690311

St Helens IoW 22 Aug
Introduction to Earth Energies
Dana Molecki
Tel. Judith 01983 875870

Glastonbury 22 Aug
Mayan Calendar
Divination
Claudie Planche
Tel. 01458 835506

St Helens IoW 22 Aug
Introduction to Angel Healings
Dana Molecki
Tel. Judith 01983 875870

Sherborne 23 Aug
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

Stroud 28 Aug
Astrosophy
Juliette Elgrably
Tel. 01453 759034

Glastonbury 28 Aug
the Template
Sacred Geometry Workshop
Claudie Planche
Tel. 01458 835506

Forres 29 Aug
Loveability
Learning How to Love
and Be Loved
Robert Holden
Tel. 01309 690311

Stour Row 29 Aug
the Language of Light
Dean Carter
Tel. Dean 01935 389655

Stroud 30 Aug
Kabbalistic Tree Building
Johnathon Clark
Tel. 01453 759034

Stour Row 30 Aug
Divine Union Soundbath
Dean Carter
Tel. Dean 01935 389655

LIGHTWORKER GROUPS

Global Meditation Event
1 Aug 9pm
www.networkoflight.org

Bridport 10 Aug
Earth First Group
bridportearthfirst@gmail.com

Frome 20 Aug
Wessex Light Collective
Tel. Marina 01373 465848

Thakeham 28 Aug
Meditation Evening
Justine van de Weg
Justine@angeldivinity.com

Poole (1st Sunday)
Dialogues of the Heart
Tara Divina Brown
Tel. 01202 604340

Bournemouth (Alt thursdays)
The Spiritual Exchange
www.meetup.com

Weymouth
Earthbound Bug or Butterfly.
Spiritual Development Group
Tricia Davis
Tel. 0783 3164615

Alweston
Meditation Group
Pauline Elsworth
Tel. 01963 23705

Bournemouth
(3rd Thursday of month)
Universal Law of Attraction
monthly meet up
sallyehallum@yahoo.co.uk

Ringwood (weds)
Yoga & Meditation
Tel. 07976547606

Totnes (fridays)
Astrology Group Meeting
Tel. David 01803 867145

Sturminster Newton
Safe Journey Resource
and Drop in Centre
Martinsey Isle Trust
Tel. Judith 01258 475125

Glastonbury (1st Tues)
Ascension Exchanges
Meditation Group
Tel. 01458 830443

TRIPS, TOURS & VISITS

Wiltshire 1 Aug
Avebury Landscape
Lammas Walk
Stoneseecker Tours
Tel 01249 823287

Yorkshire 1 Aug
Amazing Megaliths Tour
Megalithic Tours
Tel 01772 728181

Wiltshire 1 Aug
West Kennet Longbarrow
Lughnassad Gathering
Shamanic Drumming
Stoneseecker Tours
Tel 01249 823287

S. England 7 Aug
Stonehenge, Glastonbury
and Avebury
Megalithic Tours
Tel 01772 728181

Anglesey 15 Aug
Mysterious Anglesey
Megalithic Tours
Tel 01772 728181

Wiltshire 29 Aug
West Kennet Longbarrow
Full Moon Gathering
Stoneseecker Tours
Tel 01249 823287

Stone Age Music

By George Essence

The geometry of Stonehenge suggests that ritual music was used during the year. Pentatonic scales were used to avoid tritones. For example if the key of C was used at the Spring Equinox, then the key changes at the summer solstice to A. At the autumn equinox to F# and to D# at the winter solstice.

Effectively the world existed between the upper and lower 4 dimensional oceans, on a shore as it were, while the upper ocean was represented by C, then the lower would be represented by F#.

In this way every note in one scale has an "opponent" as a tritone apart in the other.

The tritone was considered to be the "gateway" between the oceans, like the clashing rocks of Scylla and Charybdis, "noisy".

The keys I have chosen here are purely arbitrary, of course. If you start with another note for spring then of course the others follow, too. I am confident about this because the geometry of phase 2 of Stonehenge fits exactly into a zodiac and the 12 houses match the 12 notes of an octave. Curiously, it also fits the "green man" symbol exactly as well!

Wessex Research Group Network

www.Mindspiritnetwork.com

Bath Storytelling Circle.
Tel. 01225 482170

the London Forum.

www.body-spirit.co.uk

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

www.chalicewell.org.uk

www.unicorncentre.co.uk

www.thamesvalleydowsers.org.uk

www.libraryofavalon.org.uk

Glastonbury PLG

www.glastonburyplg.co.uk

Poole PLG

Sarah 07919343613

Bristol PLG

New Dimensions

Lea 01749 678834

Newport Isle of Wight PLG

Tel. 01983 874 645

www.positivelivinggroups.org.uk

www.theosophical-society.org.uk

www.fisu.org/en

www.faeryevents.com

www.openhandweb.org

www.stargaia.com

www.white-elk-woman.com

www.RILKO.net

www.Psychic-Sanctum.co.uk

www.Enneagram-uk.com

www.sacredconnections.co.uk

fifthdimensionalnetwork.net

www.networkoflight.org

www.megalithictours.com

www.gauntshouse.com

www.educationaid.net

Sea Spirit Centre

http://spiritual-courses.co.uk

www.collegeofpsychicstudies.co.uk

www.collegeofpsychicstudies.co.uk

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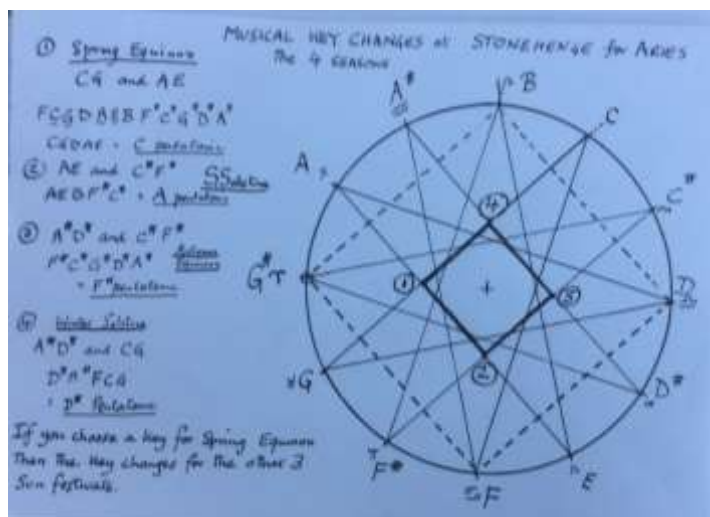
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Above: Musical Key Changes at Stonehenge for Aires

Messages within a Meditation (continued)

Like the crystal we come in different sizes, shapes and colours and we resonate on different levels. Some are intellectual, some are academic whilst others are more artistic or more active but fundamentally, we all have characteristics that are similar and most of all, we all want to be accepted and loved at some level.

Next time we look around a room of people let us not dismiss those that appear not to be 'our type' those who appear misshapen or crooked, let us instead, try to see through the veneer and find the luminescent essence within, to reach out to everyone, as we are all one and inter-connected, when we reject others, we reject ourselves at a Soul level.

As I finished the meditation, which incidentally only lasted a few minutes I felt I had stepped through a door, perhaps I had made a quantum leap of understanding humanity from a more spiritual place, who knows! What I do know is that I felt compelled to share this experience. Thank you for reading this and letting me reach out to you.

Incidentally, after the meditation I 'Googled' Opalite to find out the properties of the stone and to find out why I was drawn to use it for this meditation, this is a small part of the stone's description.

Opalite: The 'Stone of Eternity' brings forth the understanding of the true-self, the true spirit, to free the spirit. The knowing that one can soar higher than expected can reach unimaginable goals and join as one with the ultimate all, the whole of who we are and why we are. "One must dream in order to grow one must have thought in order to reach."

For further information about Dana's work, the Isle of Wight Positive Living Group or the two workshops she is facilitating during August Contact Dana on 01983 874 645 or Judith Lock on 01983 875870

The Language of Light

By Dean Carter

The Language of Light is the sung language at the heart of all mantra work and the Ancient and Modern Sonic Mysteries. It activates and energises the *cakras* of the Subtle body (as they are known in the Vedic tradition) and the SePHIROTH of the LifeTree (as they are called in the Kabbalistic Tradition) through toning and overtoneing the sacred vowel sounds using the sacred languages of both traditions, Sanskrit and Kuldee (Hebrew).

Toning the *cakras* using sacred vowels is our starting point and it then leads naturally to Overtoneing, which is a matter of moving between the vowels while still toning on one pitch, making audible the cosmic archetype a present in our own voices: the Overtone Scale, from which all other scales are derived and by which all form is expressed in our universe, the basis of all sacred Geometry and science:

The overtone-rich Divine Names, which are combinations of these sacred vowels, are thus sung, toned and overtoneed, rather than spoken, which has the effect of generally raising the energetic vibrations, calling in Higher energies, and assisting in processes such as healing.

Some of the Divine Names from the KaBaLaH we work with in this way are listed below:

אהיה EHIeH 'Being' the Primal Cosmic 'I AM'

יהוה YHVH Tetragrammaton The Holy Family of the Fundamental and first three overtones

אלהים ELoHIM The Gods/Goddesses who sing Creation 'The EloHIm sing light, light is'-Genesis 1:3

יהשוה YHShinVH The Christ name The Solar Logos

We also work with *Cakra* mantra in the English language, which is after all is derived from both the above sacred languages, and becomes sacralised when used in this way and with consciousness and intent.

Furthermore in our analysis and method, we can discover our own soul or Hara note and Root Tone to then apply the correct pitches personally to our own *cakra* systems, enabling us to give ourselves a Pure Sound soundbath without having to buy expensive equipment. We all vibrate in different keys/at different pitches/rates of vibration and any system that reduces us all to one note (usually 'C!') does not honour our identity and disparity, our Unity through Diversity.

If you are interested in learning more about the Language of Light and developing your personal soul or root tone Dean will be facilitating a 2 day workshop at Stour Row in August. For further information log on to www.centreforpuresound.org

To promote an event or submit a contribution to the newsletter email Robert at robertmulliss@btinternet.com or log on to www.wessexresearchgroup.org