



# Wessex Research Group Network *Newsletter*

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January 2020

January 2020 and an interesting month ahead not least because of the Saturn Pluto conjunction on January 12<sup>th</sup>. More information about the conjunction can be found on Page 3.

## ***Treading a Noble Path in to the New Year***

***By George Appleton***

“Let thy love go out to all created beings,  
to those I love, and to those who love me,

to the few I know and the many I don't know,  
to all of every race, to all the living in this world,

and to all the living dead in the next world,  
may all be free from evil and harm,

may all come to find love,  
and know the blessedness of loving their fellows,

let the small love of my heart go out with all embracing  
love, for the sake of him that first taught us love”

The lines above are a representation of my thoughts, and my life's journey as a Christian theologian and a scholar of Buddhism. It is a mantra offered to Wessex readers for the New Year and the year(s) ahead. My belief is that the wisdom held in the traditions of Christianity and Buddhism (indeed all the world's religions) still provide us with tools that can help us as we look forward into a New Age.

One of the main differences (in my opinion), between Christianity and Buddhism is that Christianity places emphasis on worshiping one God; a divine being; whereas the Buddha's teachings put emphasis on the development of the self; the emphasis being placed on the self rather than on a divine figure.

The Buddha, born into a wealthy life, decided to become a homeless one so that he might look deep within himself to find truth. He understood that human life can be marked by imperfection, impermanence, lack of direction, physical suffering, anxiety, permanent value, meaninglessness, frustration and lack of purpose but suggested that these provide the challenges implicit in the journey of physical existence; mechanisms that enable us to grow spiritually.



The Law of causality is the logical consequence of our deeds; all that we are is the result of our thoughts. Fundamental to overcoming lifetime of challenges is the relinquishment of desire, greed and attachment. Here we find an overlap between the Buddha's teachings with Christian teaching through the Gospel of St Paul and the Epistle to the Galatians - “The fruit of the spirit (keeping the spirit within us) is love, peace, patience, gentleness, faithfulness, joy, self-control, discipline and the crucifying of the lower nature”.

Traditionally New Year provides an opportunity to reset and re-group. “How do we envisage our thoughts and deeds unfolding into 2020? What resolutions can we make to guide this process? and will it be enough to lead us to nirvana - the stopping of becoming and the perfection of being (a Buddhist interpretation) or a knowing of God in a Christian sense.

The Buddha put the emphasis on looking forward on doing right deeds now, as a way of producing good consequences and outcomes later. Not just right deeds; but right views, right thought, right speech, right livelihood, right effort, right mindfulness, right contemplation.

Once again we find a similar message in the Gospel of St Paul and the epistle to the Galatians - “What so ever a man sows he shall reap. For if he sows from the lower nature he will from the flesh reap corruption. But he who sows from the spirit will from the spirit reap eternal life”.

Weymouth & Dorchester  
Roma 01305 816644

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

Bristol Dowzers  
[www.bristoldowzers.co.uk](http://www.bristoldowzers.co.uk)

Joyous Isle workshops  
[www.joyousisle.com](http://www.joyousisle.com)

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

Stoneseeker Tours  
[www.stoneseeker.net](http://www.stoneseeker.net)

Centre for Pure Sound  
[www.centreforpuresound.org](http://www.centreforpuresound.org)

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

Hawkwood College  
[www.hawkwoodcollege.co.uk](http://www.hawkwoodcollege.co.uk)

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

Taunton Association for  
Psychotherapy  
[www.taplimited.org.uk](http://www.taplimited.org.uk)

Totnes WRG  
Jeffrey Gale  
01803 866349

Findhorn Foundation  
[www.findhorn.org](http://www.findhorn.org)

Dowsing Spirits  
[www.dowsingspirits.co.uk](http://www.dowsingspirits.co.uk)

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

Aquarian Age Community  
[www.aquaac.org](http://www.aquaac.org)

Totnes Astrology Group  
David 01803 867145

One Spirit Alliance  
[www.onespiritalliance.net](http://www.onespiritalliance.net)

Crewkerne Awareness  
[anacolourastro.wordpress.com](http://anacolourastro.wordpress.com)

Ryde PLG  
Dana 07879 021521

Wellspring – Rode  
Tel. Caroline 01373 831046

Network of Leyhunters  
[www.networkofleyhunters.com](http://www.networkofleyhunters.com)

Bath PL  
[bathpositiveliving.co.uk](http://bathpositiveliving.co.uk)  
Sian 0758 2111971

The Y files  
[www.meetup.com](http://www.meetup.com)

Burnham on Sea  
Pagan Group  
Sue 07776306125

**Fire in the Head**  
[www.roselle-angwin.co.uk](http://www.roselle-angwin.co.uk)

## EVENTS

**Godalming** 16 Jan  
Christmas Dinner  
Waverley Dowzers  
[www.waverleydowzers.co.uk](http://www.waverleydowzers.co.uk)

**London** 20 Dec  
Winter Solstice  
Gong and Drum Event  
[www.gaunthouse.com](http://www.gaunthouse.com)

**Glastonbury** 21 Dec  
Winter Solstice Celebration  
and Meditation  
[www.chalicewell.org.uk](http://www.chalicewell.org.uk)

**London** 22 Dec  
Winter Solstice Celebration  
[www.collegeofpsychicstudies.co.uk](http://www.collegeofpsychicstudies.co.uk)

## TALKS

**DEMG at Stapehill** 2 Jan  
Dartington and the  
Sirius Connection  
Mark Herbert  
Tel. Steve 01258 881008

**London** 3 Jan  
the Essence of Non Duality  
Rupert Spira  
Tel. 0207 723 4400

**Godalming** 10 Jan  
Homeopathy  
Benefits in Health and  
Wellbeing  
Chris Jacobs  
Tel. 01252 541639

**Torquay** 12 Jan  
Endings and Beginnings  
Light in the Darkness  
David Matthews  
Tel. 01803 867145

**Hampstead** 13 Jan  
Ways to go Beyond and  
Why They Work  
Rupert Sheldrake  
Tel. 0203 468 2034

**Chulmleigh** 14 Jan  
Mary and Michael Pilgrimage  
Kay Caldwell & Anne Jones  
Tel. 07395 145007

**London** 14 Jan  
Astrology of the  
Year Ahead 2020  
Demian Allen  
Tel. 0207 589 3292

**Ryde** 14 Jan  
A New Year through Astrology  
Angela & Peter  
Tel. Dana 07879 021521

**London** 17 Jan  
Let's Wake Up the World:  
Planetary Transition, Super  
Physics and the New  
Consciousness  
David Ash  
Tel. 0207 589 3292

**Totnes** 17 Jan  
Capricorn  
David Matthews  
Tel. 01803 867145

**London** 17 Jan  
New Aging  
Patrick Dixon  
Tel. 0207 723 4400

**Taunton** 17 Jan  
Working with Trauma and  
Emotional Dysregulation from  
a Skills Perspective  
Mark Conway  
Tel. 01278 663215

**North Hill** 19 Jan  
Past Life Therapy. How Past-  
Life Therapy has been shown to  
heal present-life conditions  
Chris Hytch  
Tel. 01566 774902

**London** 20 Jan  
the Temple Legend  
Dr Sue Peat  
& Adrian Hotton  
Tel. 0207 723 4400

**Bath** 20 Jan  
Bath Storytelling Circle  
Tel. David 01225 482170

**Crewkerne** 20 Jan  
Demonstration of Mediumship  
Cheyenne Webb  
[collingridge1@sky.com](mailto:collingridge1@sky.com)

**London** 21 Jan  
Yoga Nidra  
Experience the Art  
of Psychic Sleep  
Grainne McAnallen  
Tel. 0207 589 3292

**London** 24 Jan  
Gerrie March Presents  
her Students  
Gerrie March  
Tel. 0207 589 3292

**London** 25 Jan  
LOGOS Source and Goal  
of all Existence  
Petra Meyer  
Tel. 0207 563 9817

**Axminster** 25 Jan  
Stay Well this Winter  
with Therapeutic  
Essential Oils  
Tel. 01297 32331

**Beaconsfield** 26 Jan  
the Rollright Stones  
Their History and  
Spirit of Presence  
Ron Dudley Smith  
Tel. 01494 813214

**London** 28 Jan  
the Living Wisdom of Trees  
Fred Hagenader  
Tel. 0207 589 3292

**Burnham on Sea** 28 Jan  
An Evening with Carole Carlton  
Carol Carlton  
Tel. 07776 306125

**Ruishton** 30 Jan  
Exploring Past Lives  
Charlotte Daniel  
Tel. 07703 660884

## WORKSHOPS & COURSES

**Stroud** 3 Jan  
Rest and Restore  
New Year Retreat  
Mel Skinner  
Tel. 01453 759034

**Stroud** 3 Jan  
Mindful New Year  
Meditation Retreat  
Sam May  
Tel. 01453 759034

**London** 8 Jan  
the Prosperity Download  
with Kundalini Yoga  
Gemma Bliss  
Tel. 0207 589 3292

**London** 10 Jan  
Sacred Sounds Gong Bath  
Olaf Nixon  
Tel. 0207 589 3292

**London** 11 Jan  
Fundamentals of Energy  
Sharry Clarke  
Tel. 0207 589 3292

**Erraid** 11 Jan  
Isle of Erraid Retreat  
Findhorn Foundation  
Tel. 01309 690311

**London** 11 Jan  
Heartbeat  
Monthly Drumming Collective  
Olaf Nixon  
Tel. 0207 589 3292

**London** 12 Jan  
the Transformational Series  
Healing Harmful Habits  
the Sacral Chakra  
Anna Parkinson  
Tel. 0207 589 3292

**London** 18 Jan  
Get Real About Your Chakras  
Sarah Tyler Walters  
Tel. 0207 589 3292

**London** 18 Jan  
Mystery and Mastery of the  
Crystal Skulls  
Edwin Courtenay  
Tel. 0207 589 3292

**Wimborne** 19 Jan  
Divine Union Soundbath  
Dean Carter  
Tel. Dean 01935 389655

**Ashburton** 19 Jan  
Emotional Health  
Sean Ferris  
Tel. 07395 145007

**London** 25 Jan  
the Art of Astral Projection  
Jade Shaw  
Tel. 0207 589 3292

**La Palma** 25 Jan  
Arise Divine Being  
Retreat  
Chris Bourne  
Tel. 01458 830443

**London** 25 Jan  
Working with the  
Goddess of Imbolc  
Sarah Jane Dennis  
Tel. 0207 589 3292

**Oborne** 26 Jan  
Divine Union Soundbath  
Dean Carter  
Tel. Dean 01935 389655

**London** 26 Jan  
the Brilliance of Your Soul  
Daniel Pitt  
Tel. 0207 589 3292

**London** 26 Jan  
Native Power Plants  
Seed Sistas  
Tel. 0207 589 3292

**Stroud** 27 Jan  
Advance Your Gong  
Playing Techniques  
Aiden McIntyre & Tim Byford  
Tel. 01453 759034

**London** 29 Jan  
Balancing Your Hormones  
with Kundalini Yoga. A  
Workshop for Women  
Gemma Bliss  
Tel. 0207 589 3292

**London** 31 Jan  
Greet the Returning Light  
Gong Bath  
Diana Vernon  
Tel. 0207 589 3292

### LIGHTWORKER GROUPS

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

**New York** 10 Jan  
Capricorn  
Transforming Planetary  
Consciousness Webinar  
[UN@aquaac.org](mailto:UN@aquaac.org)

**Axminster**  
Meditation Group  
Tel. 01297 32331

**Bath** (Weds & Sundays)  
Celtic Healing Circle  
Tel. Jane 07533 383162

**Axminster** (Wednesdays)  
Buddhist Chanting  
Mantra Group  
Tel. 07779946444

**Forest of Dean**  
Shamanic Sundays  
Mandy Pullen  
Tel. 01594 541850

**London**  
Weekly Meditation Meeting  
Tel. 0207 563 9817

**Penzance** (Tuesdays)  
Kriya Yoga  
Tel. 01736 362 371

**Totnes** (Fridays)  
Astrology Group Meeting  
Tel. 01803 867145

**Bournemouth**  
(Alt Thursdays)  
The Y Files  
[www.meetup.com](http://www.meetup.com)

**Axminster** (Fridays)  
Spiritual Awareness Group  
Tel. 01460 221522

**Poole** (1<sup>st</sup> Sunday)  
Dialogues of the Heart  
Tara Divina Brown  
Tel. 01202 604340

**Wanstrow** (alt Tues)  
Lightworker Group  
Tel. Marina 01373 465848

## Wessex Research Group Network

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

Bath Storytelling Circle.  
Tel. 01225 482170

Earthstars Sacred Space  
[www.earthenergynetwork.co.uk](http://www.earthenergynetwork.co.uk)

[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)

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

Thames Valley Dowzers  
[www.thamesvalleydowzers.org.uk](http://www.thamesvalleydowzers.org.uk)

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

Glastonbury PLG  
[www.glastonburyplg.co.uk](http://www.glastonburyplg.co.uk)

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

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

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

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

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

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

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

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

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

[fifthdimensionalnetwork.net](http://fifthdimensionalnetwork.net)

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

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

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

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

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

Wyvern dowzers  
Bea Menier 01793 694943

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

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

[www.caduceus.info](http://www.caduceus.info)

[www.ihf.ac](http://www.ihf.ac)

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

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

[www.tamar-dowzers.co.uk](http://www.tamar-dowzers.co.uk)

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

Society of Leyhunters

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

World Peace Mission  
Tel. 01736 362371

Glastonbury Pagan Moot  
Tel. 07747 897621

## The Saturn-Pluto Conjunction of 12<sup>th</sup> January, 2020

By Andrew Smith

Saturn makes a rare and powerful conjunction with Pluto during January 2020. It starts on New Year's Day, reaches a peak on 12<sup>th</sup> January and fades out after the 23<sup>rd</sup> January. The peak is a veritable crescendo as both Sun and Mercury join Pluto and Saturn to make a four planet conjunction on the 12<sup>th</sup>. To add to the mystery, the dwarf planet Ceres joins the party from the 11<sup>th</sup> to the 15<sup>th</sup> of the month.

During this mega-transit, large institutions will go through pangs of organizational earthquakes, leading to major damage where there are currently major flaws present. At a personal level, there is a need for caution, patience and careful analysis of situations in the face of over-riding urges to leap out of the frying pan into the proverbial fire.

Take a look at your own natal chart and see whether you have any planets between 21degrees 45 minutes and 23degrees 46 minutes, whether in Capricorn itself or in Pisces, Aries, Taurus, Cancer, Virgo, Libra or Scorpio. These are the signs in which your planets would be directly affected by the Saturn-Pluto-Sun-Mercury-Ceres conjunction. If you have one or more qualifying planets in these signs, observe in which house or houses the planet(s) are located as an indication of which parts of your life will be primarily affected.

Overall, Pluto can amplify the natural contraction tendency of Saturn, separating the essential from the non-essential, revealing more personal awareness of our options and choices moving forwards. The intensity of Pluto and Saturn in conjunction helps in our development of inner focus, determination and courage.

## What Is Energy Healing?

By Emma Morris

As an Energy Healer a question that I am often asked is how does Energy Healing differ to Reiki or Spiritual Healing? All healing comes from the same universal consciousness that naturally moves towards health and well-being. We all have that universal intelligence within us and we are all surrounded by a dynamic force-field of energy that is designed to feed us with life energy. All forms of healing tap into this consciousness but in different ways. One might say that there is a spectrum of energetic frequencies available for use in healing. Different healing methods are attuning to certain bandwidths within that spectrum.

Energy Healing is a full-spectrum approach to healing, which works with a map of consciousness called the human energy field. It works by tracing symptoms back to their energetic causes within the subtle bodies. The Etheric Body is composed of the meridians and acupuncture points. This subtle body is a structured web of energy that maintains the health of our physical body. It can be weakened by various factors including: electromagnetic pollution, poor diet, sedentary lifestyle, genetic factors and karmic patterning in the astral body.

The Emotional Body is composed of clouds of emotional energy. If there is emotional suppression, there will be stagnation in the energy field, which will ultimately impact on the Etheric Body and lead to physical symptoms. The Mental Body is where we hold our thought forms. Thinking does not only happen in the brain, each cell in our body is conditioned by the thoughts we have. This web of mental energy affects our emotional and physical well-being. The Astral Body is an emotional body where we hold memories of all past experiences. This carries an imprint or conditioning that determines how we perceive reality. It is a creative imprint and functions like a mould so that we are constantly recreating the present out of old habits and patterns, until we clear the unhealthy conditioning.

The Etheric Template holds the divine blueprint of our true physical potential. In psychic surgery, it is used in conjunction with the Etheric Body to bring about healing on the physical level. It is also necessary to heal the emotional and spiritual bodies before full physical health manifests. The Celestial Body is where we find our inspiration and unconditional love for ourselves and others. This consciousness is always available to uplift us, yet sometimes we are surrounded by denser frequencies in the other bodies, which cloud our perception so we don't notice that the sun is still shining.

The Causal Body is the body of our divine wisdom. It is where we rest in being, knowing our true nature and feeling our connectedness to existence. We feel ourselves to be an integral, perfect part of the divine

symphony. We surrender to the mystery of it all. The question 'why am I here?' disappears and we are left knowing in wonder.

Understanding energy healing, can put on a profound journey of self-transformation through which we can become whole again. We can become embodied in all aspects of our being. We can clear the patterns in our energy field that keep us stuck in limiting patterns from the past. We can grow into our highest potential and be part of the expansion of consciousness that is happening on the planet now. We can learn to anchor the healing frequencies that are here with us now and use them to heal ourselves and others. We can help bring about planetary awakening. It is happening now, we are all part of it.

## Don't Worry – Love the Earth

By Marco Poganik

The people of the modern age, are alienated from the essence of our beloved planet; on the one hand they feel guilty for the ecological destruction humans are causing. On the other hand people fear the consequences of our civilisation's insensitivity to the life organism of the Earth.

Neither is right! Instead of bouncing between the feelings of guilt and fear, a change in the personal relationship to the Earth is needed. Accept that we human beings are part of the Earth, also part of her heart-consciousness. What we do, she is doing. She has no other hands to create upon the Earth's surface, than ours.

Even the destruction of the environment can be understood in a positive way, as a means, for example, of producing the necessary urgency for change. We are urged to change. Our civilisation has to move towards a greater wholeness, true freedom, towards a quantum leap in consciousness.

See how it is possible to collaborate with the ongoing Earth Changes instead of projecting a negative stamp on them. If the Earth is getting warmer day by day, we should also open our heart-consciousness and become warmer in our relationships towards each other, towards beings of nature, towards ourselves. Raise the heat of your heart and the heat of the planet will be revealed in its full meaning, enabling us and other beings of the Earth to make a quantum leap in our evolution! Look to where you can help to move away the obstacles on the path of change and transmutation. These may be obstacles on your individual path, obstacles created by the human fearful thought forms, or by the means of environmental destruction (I specifically mean the ones that damage the subtle etheric and emotional levels of life).

*To promote an event or submit a contribution to the newsletter email Robert at [robertmulliss900@uwclub.net](mailto:robertmulliss900@uwclub.net) or log on to [www.wessexresearchgroup.org](http://www.wessexresearchgroup.org)*