

Dowsers Society of NSW Inc.

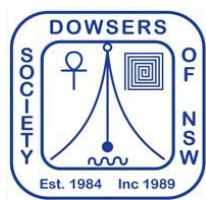
Newsletter

April 2022

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

No Speaker for April 17th, 2022
Meeting Cancelled
Due to Easter



Happy Easter to All

From the Editor

Our March meeting was our AGM day. It was hosted by Returning Officer Rai Krumm-Heller. Our newly elected president is Jane Ruehmkorff; Martine Negro, our previous president, takes the role of vice-president and Patricia Rose takes the role of Secretary.

We would like to take this occasion to thank Martine, Robyn and the entire committee for their efforts and achievements during the difficult times we have experienced in the last few years, and to welcome Jane, Patricia and the new committee members into their new positions. I hope that we can all help and support them in their new roles.

Last month I suggested that as a group we all spend 6 minutes a day to pray for peace in Europe, in our own way. I did it myself, and I enjoyed it very much, knowing that I was doing something to bring some peace in this world in a small way. But I am curious to know how many of our members had a chance to do that. Let me know if you have a chance.

Talking about hard times, everyone experiences difficult periods at times in our lives. I had an example close to me where an entire family got sick with covid. There was little I could do physically for them and they ended up being fine after a week or so, but one of our members sent me a letter he wrote to a friend in need and I thought it relevant for us. So I have printed it on page 24.

Health is a huge asset in our lives, so I have included a few articles about keeping our health in top condition. You can have all the gold in the world, but no amount will buy you another breath when your time runs out. So good health is even better than gold in the bank, and far more secure these days.

Wishing you all a good Easter. For many people it is meant to usher a new beginning, a renewal of energy. Let's hope that the men and women in charge of the destinies of the countries of the world wake up and start working for the common good.

Until next time,

François

Forbidden Cures

About Georges Lakhovsky, Bioelectric Pioneer (1869-1942)

By Canadian writer Ken Adachi

Reprinted from the Dowsing Society of Victoria Inc. March 2022

What George Lakhovsky discovered was astonishing. He postulated that all living cells (plants, people, bacteria, parasites, etc) possess attributes which are normally associated with electrical circuits. These cellular attributes include resistance, capacitance, and inductance.

These 3 electrical properties, when properly configured, will cause the recurrent generation or oscillation of high frequency sine waves when sustained by a small, steady supply of outside energy of the right frequency. This effect is known as resonance.

It's easiest to compare it with a child swinging on a playground swing. As long as the parent pushes the swing a little at the right moment (the correct 'frequency') the child will continue to swing high and continuously. In electronics, circuits which generate these recurrent sine waves can be called electromagnetic resonators, but more commonly they are referred to as oscillators.

Georges Lakhovsky tells us that not only do all living cells produce and radiate oscillations of very high frequencies, but they also receive and respond to oscillations imposed upon them from outside sources. The outside source of radiation or oscillations are due to cosmic rays which bombard the earth continuously. This stupendous realisation, achieved during the golden years of radio, not only led to a new method of healing



by the application of high frequency waves, but broadened appreciation for the new emerging field of hidden science known as Radionics or Radiesthesia.

When these outside sources of oscillations are in sympathy, that is when they are exactly the same frequency as that produced by the cell, the strength and vigour of that cell will be reinforced and become stronger. If, on the other hand, these outside frequencies are of a slightly different frequency, rather than reinforce the cell's native oscillations, they might dampen or weaken them, resulting in a loss of vigour and vitality.

The cells of disease-causing organisms within an infected person produce different frequencies than that of normal, healthy cells. For people or plants suffering from disease conditions, Lakhovsky found that if he could increase the amplitude (but not the frequency) of the oscillations of healthy cells, this increase would overwhelm and dampen the oscillations produced by the disease-causing cells, thus bringing about the demise of the disease-causing cells trying to '*set up shop*' in the body.

If he pumped up the amplitude of the disease-causing cells, their oscillations would gain the upper hand and cause the person or plant to become weaker and more ill. Lakhovsky viewed the progression of disease as essentially a battle between the resonant oscillations of host cells versus the oscillations emanating from pathogenic organisms.

He initially proved his theory using plants. In December 1924, he inoculated 10 geranium plants with a plant cancer that produced tumours. After 30 days, tumours had developed in all of the plants. He took one of the 10 infected plants and simply fashioned a heavy copper wire in a one loop, open-ended coil about 30cm in diameter around the centre of the plant and held it in place with an ebonite stake.

The copper coil acted as an antennae or turning coil, collecting and concentrating oscillation energy from extremely high frequency cosmic rays. The diameter of the copper loop determined which range of frequencies

would be captured. He found that the 30cm loop captured frequencies that fell within the resonant frequency range of the plant's cells.

This captured energy reinforced the resonant oscillations naturally produced by the nucleus of the geranium's cells. This allowed the plant to overwhelm the oscillation of the cancer cells and destroy the cancer.

The tumours fell off in less than 3 weeks, and by 2 months, the plant was thriving. All of the other cancer-inoculated plants – without the antennae coil – died within 30 days. In his book, Lakhovsky shows pictures of the recovered plant after 2 months, 6 months and 1 year. Three years later, with the original coil left in place, the plant grew into a very robust specimen.



Taking his cue from the geranium experiments, Lakhovsky then fashioned loops of copper wire that could be worn around the waist, neck, elbows, wrists, knees, or ankles of people or animals) and found that (given enough time) much relief of painful systems were obtained.

These simple coils worn continuously around certain parts of the body, would invigorate the strength of the human cells and increased the immune response which in turn took care of the offending pathogens.

At the time, when news spread of the success achieved with these '*Lakhovsky Coils*', many Europeans were clamouring to get their own and often had to wait for months due to the backlog. If you are interested, you can make your own Lakhovsky coils. One of the main reasons why so many people find copper wrist bracelets effective and beneficial is because the bracelet is functioning as a Lakhovsky Coil (it's also providing

minute trace amounts of copper to the body, which helps too). To achieve the Lakhovsky effect, it's important that the coil or bracelet) is "open" and made of copper. Closed rings apparently don't work.

Lakhovsky's Multi-Wave Oscillator (MWO)

Georges Lakhovsky's publication of the English version of '*The Secret of Life*' at the very outbreak of World War 2 went unnoticed and little reviewed, but Lakhovsky's reputation for obtaining dramatic results with his amazing Multi-Wave-Oscillator (MWO) gained world wide attention nevertheless. By 1941, he had made his way to New York, escaping the Nazi occupation of France.

Mark Clement in '*The Waves that Heal*', describes how Lakhovsky was approached by many people and organisations hoping to capitalise on his MWO therapy. A film was made by an "*enterprising beautician which featured several cases following treatment with the MWO that proved to be both interesting and convincing*". Lakhovsky was also approached by several hospitals in New York hoping to test his apparatus experimentally.

Remarkable results were obtained from a seven-week clinical trial performed at a major New York City hospital, and that of a prominent Brooklyn urologist in the summer of 1941. Later editors of '*The Secret of Life*' detailed many of these cases. What seemed like a promising development in the use of the MWO in America quickly faded after Lakhovsky unexpectedly died in New York in 1942 at the age of 73. His equipment was removed from the hospital and patients were told that the therapy was no longer available.

Except for this brief trial in New York, Lakhovsky's work remained completely unknown to the American public. Even the spectacular success of the New York cases were quickly forgotten, an unlikely lapse of memory in the natural scheme of things. It seems that hidden hands were at work when it came to obliterating the memory of Lakhovsky's Multi-Wave Oscillator in America.

The Beck Rescue

Lakhovsky's name and achievements probably would have continued to remain unknown in America had it not been for the efforts of Dr. Bob Beck. Dr. Sc. In 1963, Bob found an original Lakhovsky MWO stored in the basement of a well-known hospital in southern California. He managed to gain access to the machine and opened it up to see what was inside.

He undoubtedly examined Lakhovsky's US patent of the Multi-Wave Oscillator as well (US patent #1,962,565). He then wrote a series of articles that were published in the Borderlands Journal that explained how the MWO worked. A number of people began building their own MWO's based on Beck's articles in Borderlands.

Later, in 1986, Borderlands put together a big manual called '*The Lakhovsky Multiple Wave Oscillator Handbook*' that was updated and revised again in 1988, 1992 and 1994. The Handbook includes a compilation of informative articles by many authoritative researchers on the MWO, including translated articles by Lakhovsky himself.

MWO in Operation

The MWO works by producing a broad range of high frequency pulsed signals, that radiate energy into the patient via two round resonators: one resonator acting as a transmitter and the other as a receiver. The resonator is constructed from a series of open ended circular copper tubes terminated with ball shaped knobs. The copper tube rings nest one inside the other but none touch each other. The ring assembly is held in place with silk thread in Lakhovsky's original design. Each ring has its open-ended termination place 180 degrees opposite from its adjacent ring.

The machine generates a very wide spectrum of high frequencies, coupled with static high voltage charges applied to the resonators using spark gaps. These high voltages cause a corona discharge around the perimeter of the outside resonator ring that Nikola Tesla referred to as an '*electric brush*', but Lakhovsky used the French word, '*effluvia*' or '*effluve*'.

The patient sat on a wooden stool in between the two resonators and was exposed to these energies for about 15 minutes. These amplified, artificially produced multiple frequency waves sped up the recovery process by stimulating the resonance of healthy cells in the patient and in doing so, increased the immune response to the disease organisms.



Lakhovsky's early experiments with radio frequency generators used a device he called the Radio Cellular Oscillator, but later switched to an older 19th century design static generator called a Rhumkorff Coil, which was able to sufficiently excite the resonator coils while avoiding the potential for thermal damage to the patient, which greatly concerned Lakhovsky.

The MWO produced fundamental waves from 750,000 cycles per second, up to 3 billion cycles per second, with the harmonics of these fundamental frequencies extending the covered range much higher yet.

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The circuit design and materials used by Dr. Beck are not exactly the same that Lakhovsky used, but Beck's design reportedly achieved good results. The design of Beck's resonators vary in a number of ways from Lakhovsky's. Bob mounted his nesting rings as flat copper foils on a PC laminate board, rather than using open suspended copper tube rings as Lakhovsky did.

Bob was looking for a strong enough discharge energy to cause corona flashing between each of the copper foil rings, while Lakhovsky's corona was only seen on the outer ring assembly. Lakhovsky's tubing coils hung suspended in space by the silk thread, allowing them to physically and electrically vibrate at their natural resonant frequency, a significant point of design.

Article by Canadian writer Ken Adachi

<http://educate-yourself.org/be/lakhovskyindex.shtml>

Reference:

<https://www.electromedicineresearch.org/georgeslakhovsky.html>

Dr Bob Beck: <https://www.electromedicineresearch.org/bobbeck.html>



You can experiment with this emitter by cutting it out and using it as a coaster for your drink or cup of tea. You can laminate it if you want.

The other side of the page is blank so you can cut it out without losing any of the article content.

Be sure to make a few colour copies before using it.

Water

By Teresa Wienken

Ozark Research Institute – Winter 2021

We are living in an interesting time. Many new and revisited ideas are at the surface of our lives. We are finding ourselves going back to ‘basics’, regrouping and recalibrating our belief systems.

Many of us are redefining our priorities. As we are going through a special time, we are looking at everything with NEW eyes. I find myself discussing the importance of water, with everyone.

The written history of dowsing starts in 1518, by Martin Luther, finding water and minerals. However, evidence of dowsing is found in the murals in the Tassili caverns of the Atlas Mountains of North Africa which depict a painting of a dowser, holding a forked branch in his hand searching for water. Carbon dating indicates that the murals were at least 8000 years old. The importance of water has not changed. If anything, water is even more important now.

Water is needed by all living organisms. You can look at all plants and animals, and without water, they will dry up and die. Also, many mechanical objects need water to function. Batteries have cells, that contain water. Water is what allows conductivity between the cells of living things and machinery.

The world is going through a birthing process. Going through change, at all levels. Think about the birthing process, the more liquid, the smoother the process.

There are ramifications of not drinking enough water. Headaches, poor sleep, constipation, swelling, rashes, sinus issues are all labels of discomfort and will accelerate with less viscosity of the body. What is the first thing the hospitals do with all diagnoses? Start an IV and give fluids. Why? Because water will stabilize the body, so it can heal itself.

The frequencies of Earth are ever changing. Water is creating a conductivity through our bodies and adjusting as needed to increase our vibration. Water is the most abundant molecule in the cells at 70% or more, with 2/3 inside the cell and 1/3 outside the cell. All movements are easier with the lubrication of water.

The body of scientific research by Masaru Emoto published in his book, 'The True Power of Water', is worth noting. In his experiments water was programmed with words, frozen and observed under a microscope. The research showed the seemingly infinite variations in the structures formed by the water crystals based on each word. The movie, 'The Miracle of Water', also has very interesting information about the history of water throughout the ages.

Words and thoughts vibrate throughout our bodies, through the fluids inside and outside the cells. Water increases conductivity and holds a particular frequency more easily and for a longer period of time.

So.....what to do, going forward?

Q: How much water should we drink a day?

A: Your body weight in ounces, of water. If you weigh 90Kg you should be drinking 3.5 litres a day.

What if you are not thirsty? Go by the clock. Sip water every hour. You will be surprised how much water you will have taken in by the end of the day. The need for water is not only driven by thirst. We are living in such a fast-paced world that we may need to schedule everything. That includes drinking water and elimination. As a species we have stopped honouring the basic needs of our bodies.

Dowsing skills will be bettered by increasing conductivity. Increased water consumption and being properly hydrated will increase conductivity.

The frequencies to the future, through the shifts of change, are carried in and around the molecules of water.

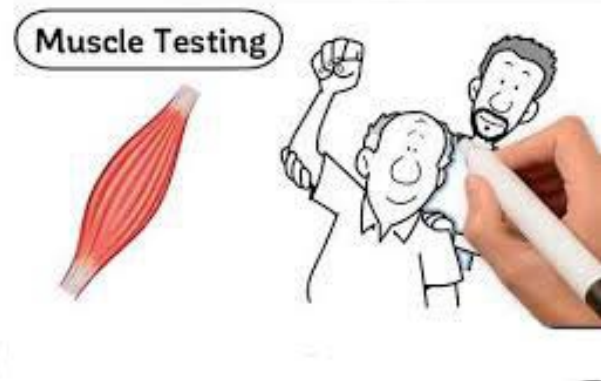
Dowsing with the Body

By Chris Goin-Anderson

Reprinted from the American Dowsers, Autumn 2021

Dowsing with the body makes a lot of sense because everyone has one, and it's a great way to develop a better relationship with your body.

Also, it's really hard for doubters to dispute when done with Applied Kinesiology, which is why you can get a degree in it all over the world (even the U.S.).



The Sway Test is a great technique to do if you are all by yourself. A.K. (Applied Kinesiology) is a great technique if you have a partner. I have demonstrations for both of these on my YouTube channel under CHRIS GOIN. If these techniques didn't save my life, they at least gave me peace of mind.

I was hospitalized in early January with AFib. After three months and many tests, the doctors could only tell me what was NOT the problem. I was sick for several weeks, so I was not thinking too clearly.

After about 3 weeks I started understanding a few things on my own. There was something in the air that was causing my body to not receive oxygen. This made my heart pump faster in order to get the oxygen that it needed. So AFib was just a symptom, not the problem. Every time I went outside for fresh air and sunshine, per doctor's orders, I was actually contributing to my problem.

I'm most confident using A.K. because I can't cheat. If I were to ask any other dowsing technique if chocolate is good for me, I'm going to get a

positive response. However, using A.K., where I can't influence the answer, I discovered that milk chocolate is not good for me, but dark chocolate is good for me. (Now I can eat dark chocolate guilt free!)

So in February I used this technique to get well! I asked my husband to test me on everything from food, to air, to prescriptions. During something like this it's important to test often. One of my prescriptions was important for me to take only in the beginning.

Ultimately, I learned what foods and beverages to avoid, and that I needed to move to a less populated area, with less traffic and less pollution.

On my YouTube channel I have a demonstration for A.K. called '*Demo for Energy Testing*'. To do this technique, stand facing your partner.



The tester (B) puts one hand on the shoulder of the person being tested (A).

Person A extends the other arm out to their side. Person B tests A's strength by placing their hand on the wrist of the arm extended.

This placement should be right on the wrist bones, but not over the bones of the hand. Too far onto the hand will always give a weak response, and too far to the elbow will always give a strong response. Have person A make a true statement, such as "*my name is _____*". Then test their strength. Then have person A make a false statement using the same category.

So first he would state his real name for the strength test in the format of "*My name is _____*". Then he would state a false name and be tested again. Practice with this until you are confident. When stating a lie, as though it's truth, the energy leaves the body; therefore, the strength leaves the

body. The energy loss is instant. The energy restoration takes just a little longer. Please note that the statements are in the form of true and false. Not yes and no. It gets a lot more complicated when asking yes and no.

Then you can move on to person A holding a food in question in front of their solar plexus and test strength. For instance, test on water and then Coca-Cola. (If you get a strong response for the Coca-Cola, then your polarities are reversed and that should be corrected before continuing.)

When placing a food, drink, or prescription in front of the solar plexus you are communicating directly with the small intestine, asking it if it can easily be digested. A strong response means it can be easily digested. A weak response means don't ingest it.

After you build confidence with this, then you simply write the subject down on a piece of paper and hold that in front of your solar plexus. Or you can put your finger on a map and test if that area is good for you. And so much more!

My hope for each of you is that you will dowse regularly and stay on top of how the world around you is affecting you. Don't wait until the universe kicks you in the butt like me! Everything that happens in life is an opportunity to learn to choose love instead of fear. For the glory of God, I send you Peace and Blessings on this Sacred Day.

Chris Goin-Anderson has been Certified in Natural Therapies for over 20 years. Her primary goal is to restore homeostasis in the body without drugs and surgeries. Chris is the author of 2 books 'Dear Bonnie, My Life at Lake of the Ozarks' (Self-Healing Techniques to Bridge the Gap between Heaven and Earth) and 'Dowsing to Heal Body, Home and Earth' 2015.

Chris may be reached at www.ChrisGoinTherapies.com and 573-746-0864.

Long Distance Call

By Anna Guerrier

British Society of Dowsers - March 2019

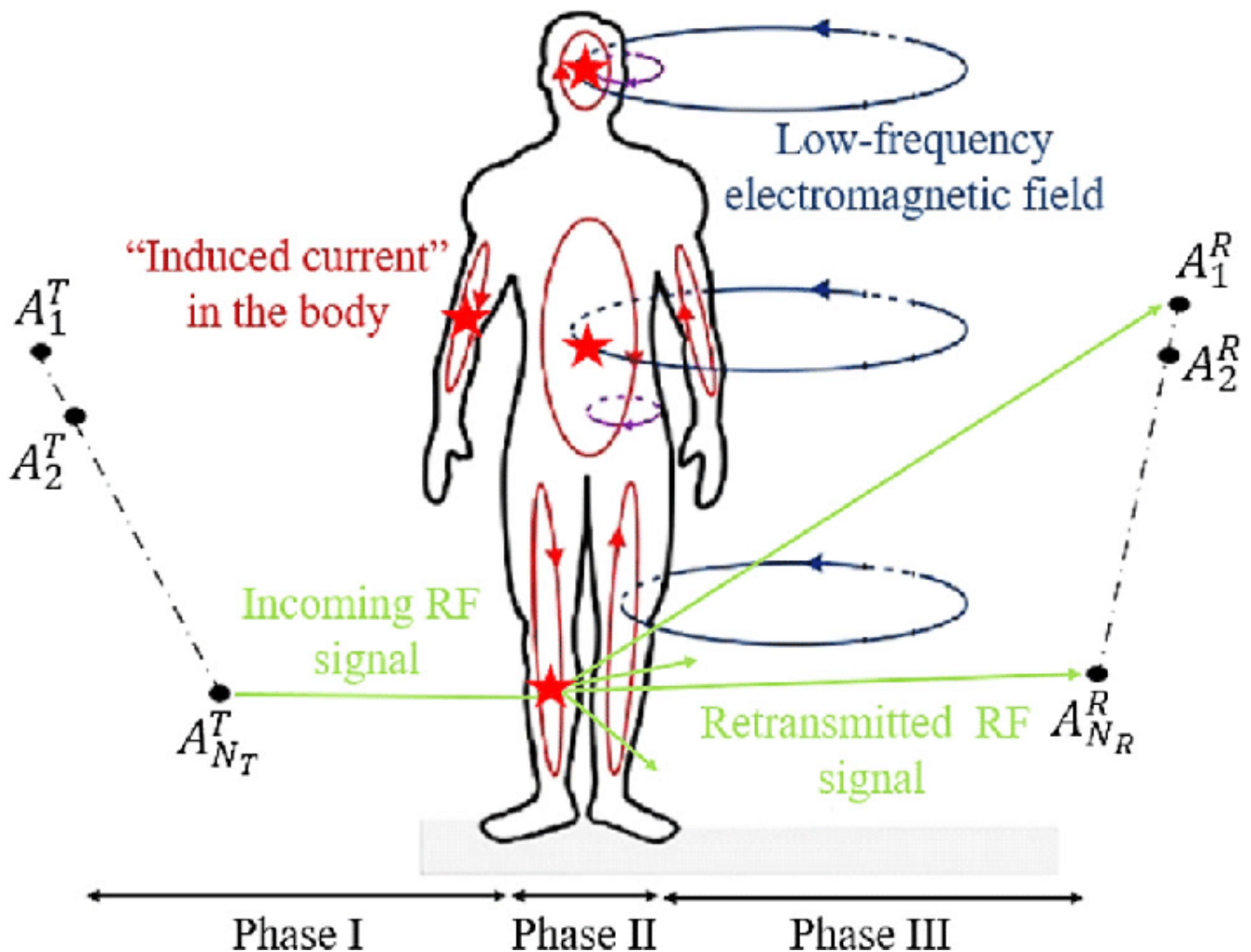
Whatever happens to one particle will immediately affect the other particle, wherever in the universe it may be. Einstein called this ‘*Spooky action at a distance.*’ Amir D. Aczel – ‘*Entanglement, the Greatest Mystery in Physics.*’

Why is it we don't question the picture on our television screen beamed from a satellite in space into our sitting-room? We don't question our ability to send a photo from our mobile phone to the other side of the world. We feel cut off and lost when our internet connection goes down or our Wi-Fi router packs up. But do we ever question what this signal is or how it works? No.

So, why should people question the idea that the same type of wavelengths, energetic vibrations and frequency can be sent to help heal and rebalance people at a distance. But they do.

Of course, if Big Pharma could license it don't you think there would be expensive Internet Healing Cafes where you could tune in and receive healing on-line! But they can't license it and so instead the concept of distant healing is undermined. But don't be undermined, be confident, be healed . . . and people are. Despite not being in the same room, the same country or even the same hemisphere, people receive Absent or Remote Healing and are left speechless when from one day to the next they can feel a shift, a difference, an improvement, in short . . . they feel better.

Using dowsing protocols it is possible to make intrinsic differences to peoples' lives and there are scientific reasons why. To comprehend the possibility of long distance healing it is necessary to touch on the world of Quantum Theory. Wolfgang Pauli's ‘*Exclusion Principle*’ of 1925 states that pairs of subatomic particles, even when separated by considerable



distances, can instantly 'know' what the other is doing. This phenomenon was reconstructed in 1997 when physicists at the University of Geneva sent photons (light carrying particles) seven miles in opposite directions and then demonstrated that by interfering with one created an immediate reaction in the other. This type of behaviour has been named Quantum Entanglement and many experiments have been carried out with positive results, particularly with plants. (Read: '*The Secret Life of Plants*' Tompkins & Bird).

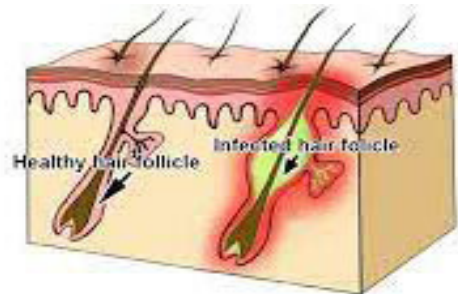
More recent research and evidence has been documented by the likes of Dr Bruce Lipton in his book 'Biology of Belief' and Lynne McTaggart in 'The Field'; and as dowsers we are more open to these concepts than most.

However, just to clarify: the human body has its own electro-magnetic field, which works in much the same way as a radio or TV antennae. This

means we are vibrating with our own personal frequency, creating a unique vibrational fingerprint or our own digital telephone number. Therefore a lock of hair or nail clipping, skin sample or blood spot will resonate with the vibration even when separated from the individual themselves.

Hair analysis is essentially the scrutiny of a hair sample. It can be the scientific examination of hair from a crime scene, or it can be hair taken from the back of your head and sent to a laboratory where it is checked for signs of health problems, or a lock of hair sent to your energy medicine practitioner or dowser to analyse for energetic imbalances and the resultant dis-ease found in mind, body and spirit.

The scientific basis for hair analysis is simple: when new hair cells are forming in the hair follicle, they take in traces of substances going through the blood stream of the individual.



Besides the hair itself, the sebum that coats the hair (from the sebaceous gland connected to the hair follicle) also contains traces of the drugs and minerals flowing through your body. And if the root or the root sheath is attached to the hair, it also provides a deoxyribonucleic acid (DNA) record.

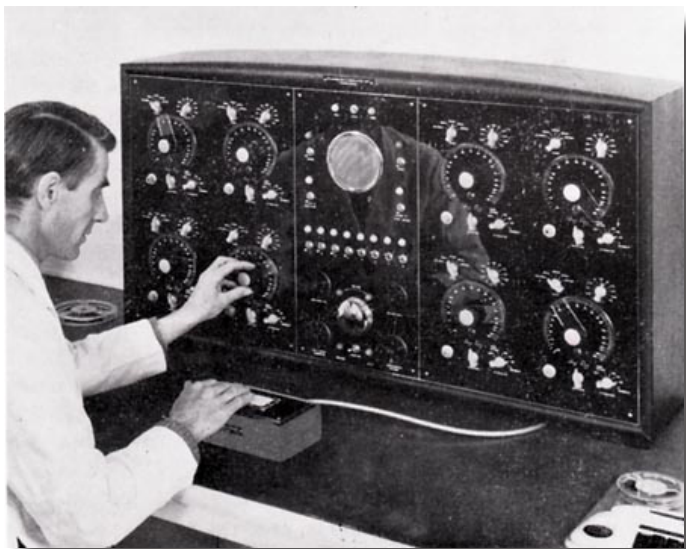
Add to this your vibrational fingerprint, along with the theory of Quantum Entanglement (*'spooky action at a distance'* - Einstein), and the practice of using a lock of hair to act as an accurate representation of an individual becomes acceptable practice.



This representation, or *'witness'* as they are known, provides the

opportunity for a practitioner adept in the practice of Radiesthesia (dowsing) or Radionics (see below) to diagnose and prescribe suitable remedies and practices (homeopathic, herbal, flower essences, Radionic rates, nutrition, functional medicine, etc.) without the patient being in the same room, the same country or even the same continent.

Radionics is an instrumental form of healing with the Radionic Computer.



It originated with an American physician, Dr Albert Abrams (1863-1924) of San Francisco and continued to be developed in the last century by a number of dedicated researchers and exponents across the globe: Ruth Drown, George de la Warr, T. Galen, Hieronymus, Malcolm Rae and David Tansley amongst others.

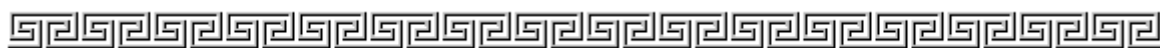
A Radionic practitioner is able to tune into the patient via the ‘*witness*’ with the Radionic Instrument, which is calibrated to measure energy frequencies. As with all holistic health care, Radionics looks at the whole body and its functions; careful analysis of each individual organ and system is carried out to ascertain the root cause for the illness or the imbalance within the patient’s vibrational frequency. Once this has been detected it is possible to transmit rebalancing Radionic healing vibrations to the patient.

Equally a health dowser or energy healer tunes into the vibration of their client, often with a hair sample, although it could be a photograph, autograph or blood spot, before working through a range of protocols to discover root causes and the appropriate ways to rebalance them. There are some well-known and respected proponents of these practices such as Susan Collins and Raymon Grace who have much of their work accessible on the internet for us all to learn and benefit from.

Almost all diseases and illnesses treatable by western conventional medicine could be enhanced by vibrational or energy medicine. Within the world of complementary health there are numerous healing tools: Homeopathy, Spiritual Healing, Reiki, Kinesiology, Bach Flower Remedies, Crystal Healing ... Each of these and many others have their own way of working with the bodies subtle energies and chakras to bring about healing in all its many forms.

These therapies, work well alongside conventional medicine to enhance healing on all levels: physical, mental and spiritual. If we have a broken leg we need a medical doctor to set it for us, but that's not to say that a homeopathic remedy, flower remedies or other vibrational medicine wouldn't be of great additional benefit to stimulate our body's natural healing process.

Roll on the day when doctors and patients can all agree that: *'mine is not a better way, mine is just another way.'*



Health Benefits of Epsom Salt

By Edward Morgan

Reprinted from the Ohio Buckeye Dowsers, June 10, 2019

Epsom salt is a potent mineral compound comprised of magnesium and sulphate. It is widely used to relieve many minor health issues. Soaking in a bath with Epsom salt can relieve achy feet and soothe sore muscles. Epsom salt is used in skin cleansers and hair care products to help naturally exfoliate skin and give hair more volume and shine.

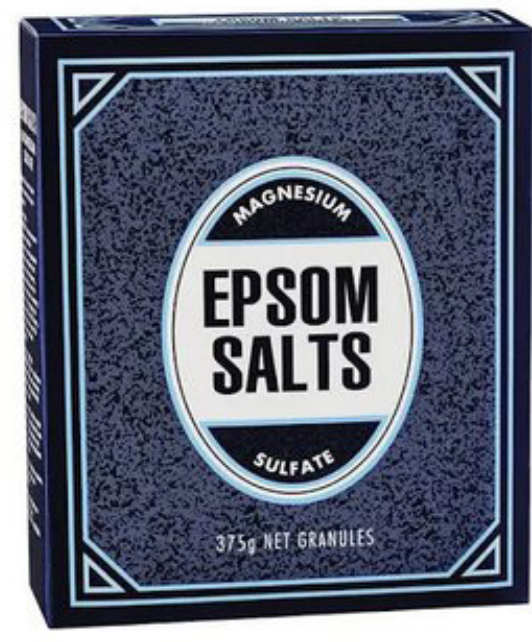
Many people also turn to Epsom salt as a remedy for occasional constipation as ingesting food grade Epsom salt flushes the gastrointestinal tract and encourages detoxification.

What is Epsom Salt?

Epsom salt is named after the English town of Epsom, where the substance was first produced.

Although it is referred to as '*salt*', it does not contain sodium and, despite sharing similar physical characteristics, has different properties from table salt.

For instance, adding Epsom salt to warm bath water makes your skin feel smooth and silky, while table salt has a drying effect. For this reason, Epsom salt is a common ingredient in bath salts that cleanse and soften skin.



Epsom Salt Benefits

- Soothes inflammation
- Relieves discomfort caused by sunburn
- Relieves itchiness caused by poison ivy
- Helps reduce stress
- Fixes magnesium deficiency
- Supports recovery after exercise
- Relieves occasional constipation
- Promotes radiant skin and hair
- Relaxes tired, aching feet
- Fertilizes your garden

Due to the beneficial qualities associated with magnesium and sulphate, Epsom salt is used as a natural remedy to support many health issues including inflammation, constipation, and strain from exercise. It may also help remove splinters, relieve a sunburn, and soothe the itch from poison ivy.

Bathing with Epsom salts is a healthy way to reduce stress, while at the same time promoting the elimination of environmental toxins from your body and increasing new cell turnover through exfoliation.

It is also used in beauty regimes and can even be added to soil for a healthier garden.

Soothes Inflammation is a natural process in which white

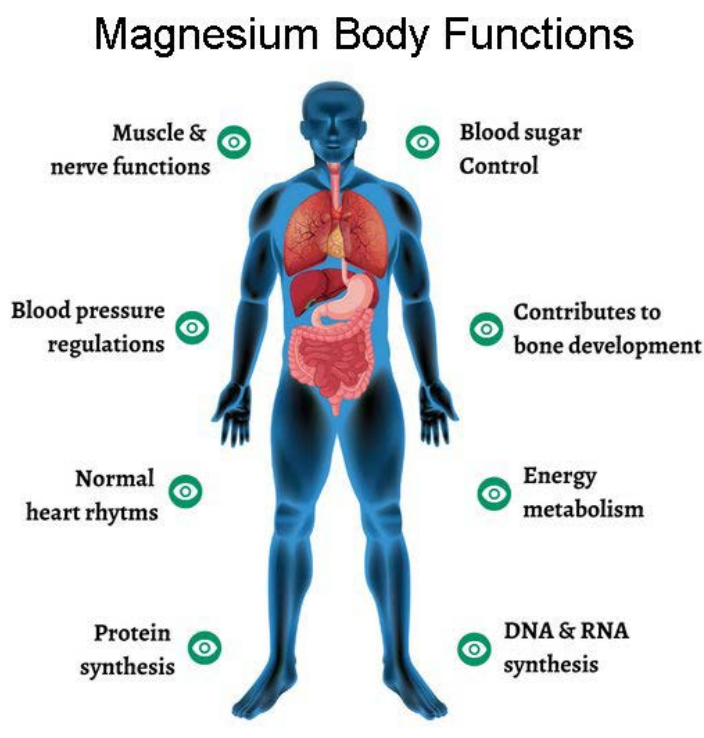
blood cells rush to the site of injury to counter foreign agents that might lead to infection. Evidence of this taking place is seen in localized swelling, bruising, itching, or redness. Adding two cups of Epsom salt to a warm bath breaks down this compound into its two components, magnesium and sulphate.

Since these minerals are readily absorbed through the skin, soaking in this solution may reduce discomfort and swelling from sore muscles and joints, aching feet, sprains, bruises, and minor skin irritations. While chronic inflammation may not immediately affect your health, it can be quite damaging over time.

One of the markers used to evaluate ongoing inflammation is the level of serum C-reactive protein (CRP). High levels are linked to an increased risk of cardiovascular disease, irritable bowel disease, rheumatoid arthritis, and other inflammatory conditions. Research shows that magnesium plays a significant role in inhibiting chronic inflammation and that insufficient intake of this mineral leads to elevated CRP levels.

Fixes Magnesium Deficiency

Epsom salt can help fix magnesium deficiency. Magnesium deficiency



can result from not getting enough magnesium in your diet. Additionally, the National Institutes of Health, warns that magnesium deficiency commonly happens as a result of medical conditions like kidney disease, diabetes, and Crohn's disease. People who use certain medications that interfere with the absorption of this mineral.

Other factors that can lead to low magnesium include excessive intake of alcohol or caffeine, consuming too much salt, heavy menstrual periods, and chronic stress. Symptoms of magnesium deficiency include, but are not limited to: Unhappy mood, Mental fog or confusion, Irritability, Muscle twitching or weakness, Insomnia, Nail disorders, Restless leg syndrome, Seizures.

Supports Recovery After Exercise: Soaking in an Epsom salt bath after intense exercise can help relieve muscle pain. Studies show that supplementing with magnesium sulphate before working out may enhance performance and stamina. An Epsom salt supplement before a round of calisthenics could help reduce lactic acid build-up in muscles during intense exercise, minimizing the risk of injury, cramps and inflammation, and post-exercise aches.

Promotes Radiant Skin and Hair

There are many ways to use Epsom salt in your personal care regimen. Many people enjoy soaking in a warm bath that contains Epsom salt bath crystals because it exfoliates their skin, reduces stress, and relieves aches. Epsom salt can also be combined with your favourite cleanser, a carrier oil such as sweet almond or melted coconut oil, or simply moistened with plain water to make a body and facial scrub.

Epsom salt may also be used for everyday hair care. Mixed with an equal amount of hair conditioner that has been slightly warmed, Epsom salt will soften and increase hair volume, especially for oily hair types. For best results, massage the conditioner mixture onto the scalp and through the hair, and wait 20 minutes before rinsing.

Letter to a Friend in Need

By Alfred Camilleri, one of our members

A negative emotional state is a state of mind frequently produced by external influences but oftentimes, of our own making, which then becomes a disturbing form of sadness, melancholia with the extreme being depression.

The worst symptom of this state is the loneliness it provokes. Hence the need for sympathetic friends.

The effect of sympathy is paramount and usually most effective, more effective than any artificial substances intake.



Unfortunately and ultimately the comfort of friendship can diminish when one is left alone, or when we have to sleep and are almost alone.

We are never truly alone though, as we can always call on the help of our invisible friends that are waiting for our call for help to assist us.

The effect of a silent prayer, I have seen change the course of karma. Either way my advice is to find friends, including spirit friends, that have broad shoulders.

Keep in mind that fortunately the sad emotional state is not permanent, it passes – as all things do pass. In the end, whatever the reason for the sadness it is important that the memory of the event is relegated to the past, where it belongs.

~Alfred



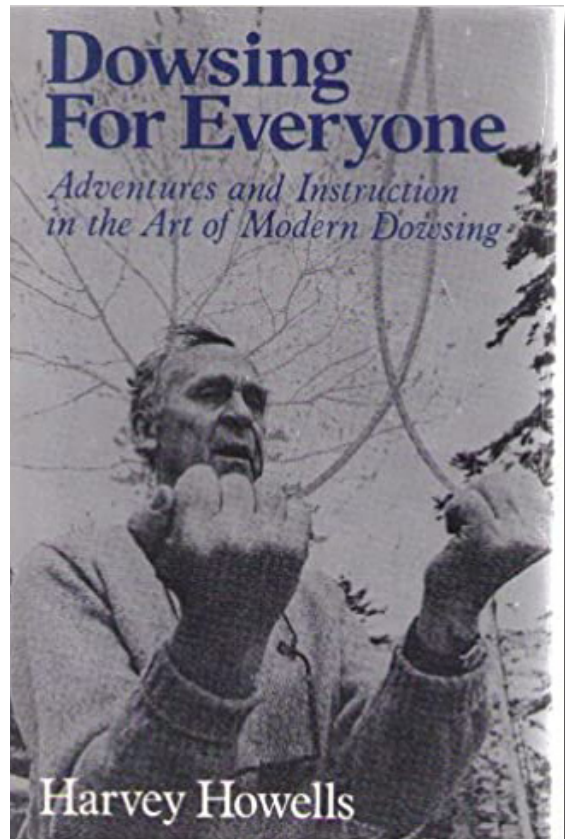
Library News

Book review: **Dowsing for Everyone**,
By Harvey Howells

This book was written in 1982, but is still relevant today, and gets good reviews, below being one such review.

'Dowsing for Everyone: Adventures and Instruction in the Art of Modern Dowsing' by J. Harvey Howells.

This book gets right down to the practical and will be instrumental in grounding the Dowser in the basic, yet essential skills that are required for future success. It is void of a lot of the *'mumbo-jumbo'* one may find in some manuals out there.



Harvey Howells teaches Dowsing on a personal level, making mastery of the Art accessible to everyone. This book even teaches you how to make your own instruments and instructs the reader in techniques in using them. Everything from finding potable water, diverting veins/streams underground, working with energy fields and beyond.

Remember, our catalogue is available online for browsing at your convenience at: <https://cloud.collectorz.com/271940/books>

You will need to type this into your browser the first time, then bookmark it for future use. There are various ways to view the books, from image to list form, and you can search by title/ author.

- Helen

Speaker for May 15th, 2022

Simonne Lee

- Animal Communication -

Pet Parenting is all about your energy when Communicating. Animals are our biggest mirror for how we're managing our own emotions and feelings. So, when Pet Parents ask me to check in on their animals, I know I'm checking in on the parents too.



Being able to communicate with animals is such a joy however, the true art of Animal Communication is being able to find a solution by negotiating between you and your animals.

Coming to an agreement and getting all parties to follow through is where I specialise, and am known for globally. After all, having a clear understanding between you and your animals is what makes or breaks a happy home right?

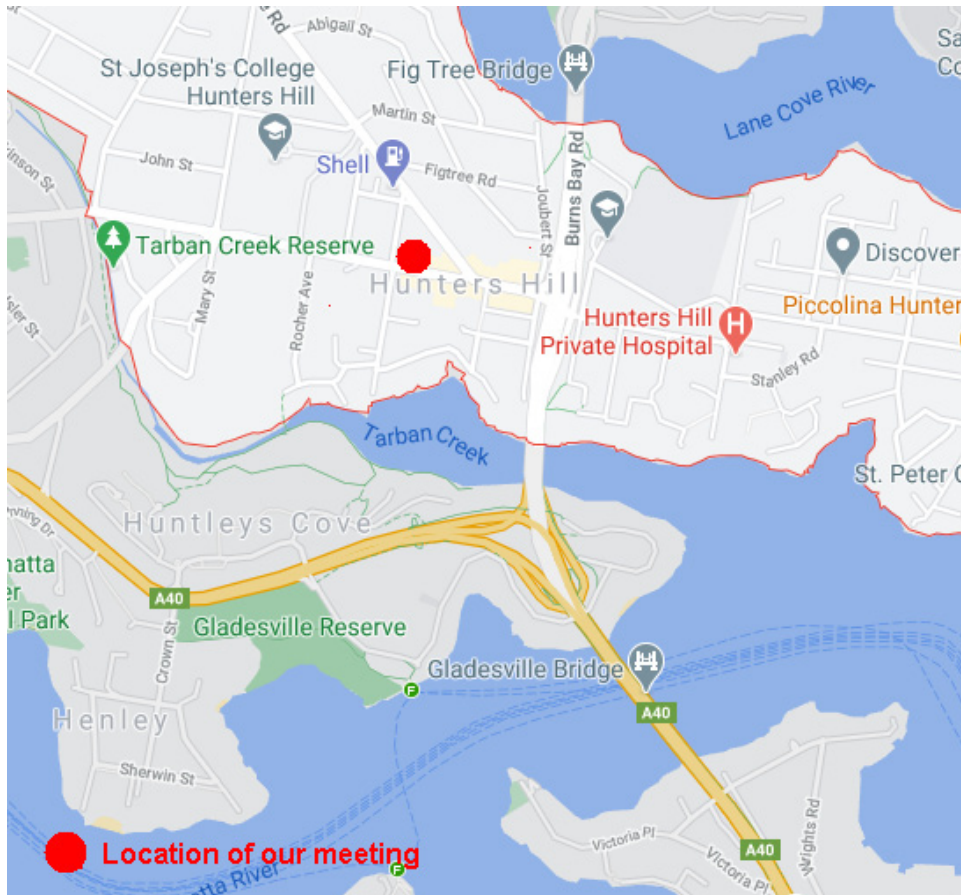
It's always happening between you and your pet already, but what if we took it one step further, you're able to get a YES / NO answer from your animal - would that change everything in your and your pet's world?

Then join me as I share with you a really simple way of connecting with your pet and deepening that beautiful relationship you already have!

Website for Animal Communication: www.simonneleemethod.com

Youtube: <https://youtu.be/EDQq75mjGjM>

Facebook: <https://www.facebook.com/SimonneLeeOfficial>



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

- 1. from City Town Hall, Bus # 506 goes from Town Hall House, Drutt St, Stand L, to Gladesville Rd, cnr of Pitt St, Hunters Hill;*
- 2. from Circular Quay, Bus # 506 to Gladesville, corner of Ryde Road, Hunters Hill;*
- 3. from City Station, Central to Rozelle, Bus # 501, then # 506 to Hunters Hill;*
- 4. from Chatswood, Bus # 536 goes to Hunters Hill .*

Please arrive at the meeting early so as not to disturb
and be seated by 2:00 pm

Website address: www.dowsingaustralia.com