

Dowsers Society of NSW Inc.

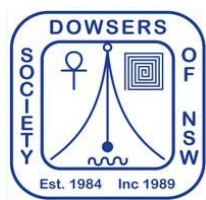
Newsletter

August 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.

Speaker for August 21st, 2022

Dexter Cutinha

- Access Bars[®], Tools and Techniques -

Dexter's life has never been the same since working with the Tools of Access. He is able to use the tools and techniques every day in his life, and he can't imagine what his life would be like, if he did not have the Access Tools & Techniques.



The Access Bars[®] are a set of 32 points on the head which, when lightly touched, stimulate positive change in the brain and defragment the electromagnetics of stress, thoughts and emotions.

This gentle, non-invasive technique works on releasing both physical and mental blocks stored within the body. It is currently used in businesses, schools and even prisons around the world to facilitate greater health and wellbeing.

The effects of Access Bars[®] are scientifically verified, are individual to each person, and differs from session to session. Access Bars[®] can help with the following:

- Improved physical health
- Greater mental clarity and reduced stress
- Enhanced motivation and easier communication
- Significant increase in feelings of joy, happiness, gratitude, kindness and peace
- Deeper relaxation, and positive effects on migraines and insomnia
- Enhanced mental health: reduced symptoms of depression, panic attacks, ADD, ADHD & OCD.

From the Editor

We are not the only ones who sense and respond to invisible influences, most insects do too. This week we will look at the bees. In most countries they are in danger from radiation, pesticides and parasites. Since they are a big factor in the pollination of fruits and vegetables, our future depends on the activities of these busy little workers.

You will read how dowsing helps tremendously with the location of the hives along energy lines, for the best protection of bee colonies.

Unfortunately, Kerry F. McCurdy has passed away since the article was written, but he was able to pass his knowledge and business to a group of dedicated workers who are now continuing his work in New Zealand. The website mentioned in the article is still active.

I recently learned that one of our long time members and friend, Jim Pennycook is now in palliative care. It would be a good time to send him love and healing prayers. Maybe the physical part is no longer open for healing, but there is so much more to us than just a body. Prayers can tremendously help both our loved ones and their families.

If you want to do this as part of the Dowzers Society Healing Group, please contact Sally Lamont by email at (leo4019@gmail.com), but it is fine to sit by yourself and ask the angels of healing to help remove the pain, soothe the spirit and allow acceptance for our friend Jim.



Did you know that August is
'Bring a Friend for Free' month at the Dowzers?

So please take the challenge and
bring a friend to the next meeting

They may be grateful for life!

Until next time,

François

The Bee Keeper

By Clif Sanderson, our Founding President

“Bees are smarter than people,” says New Zealand professional beekeeper and dowser, Kerry F. McCurdy, *“bees know about survival, so listen to them.”*



Yet it is true that all over the world bee colonies are collapsing. There is much finger pointing happening between big industry players, expensive research and grand plans but nothing has changed, bees are still dying. The bees may have got fed up with the industrialisation of their lives through massive sweat-shop apiaries, and are saying *‘enough is enough’*. Whatever the cause, some reports say that if they do leave, we, the perpetrators, will not survive beyond five years without them.

Bees are responsible for bio-diversity over the 26 million years they were on the planet before us; without bees, biodiversity will vanish. Already Kerry sees black holes for bees around NZ country areas, where monocultural rural thinking has made an un-assisted bee life impossible.

Kerry knows his bees and he is concerned but believes there are ways to help. He has developed a thriving business placing designer hives in people’s backyards and gardens, teaching a new wave of wise organic beekeepers.

For him, one of the major ways is to support, teach and practice professional dowsing, which he has done in other countries and is preparing special teaching DVDs. He suggests dowsers to step up, prove your skills to yourself then help local beekeepers and garden landscapers get it right. *“Without dowsing, I could not get the bees to be so healthy and, yes, happy,”* he exclaims with enthusiasm.

When I asked him about the dance bees do when they return loaded to the hive, he smiles a little. They live in a '*field*' which doesn't relate to our way of navigating, the dance he sees often is a little dance of exuberance, a kid's kick-up of the heels, a joyous happy-to-be-alive feeling. They have, he assures me, a huge sense of humour. Kerry is learning all the time, not stuck in the old ways.



Sitting for the interview within arm's length of a buzzing hive, in a noise like an old time treadle sewing machine, he shows that his hives do not have the conventional landing platform at the base of the hive.

That platform means that the heavy bee had to climb all the way up, right through the middle of the traffic jam inside the bulk of the hive, all the way up to the top section, then all the way down to get out again.

Kerry has no such arrangement, I can see at each level he has 15mm round holes; therefore the worker bees arrive at the penthouse, spend little time unshackling their pollen or nectar and off back to work, logical according to Kerry when you think it through.

As well, a bee's rear legs are longer than the front ones, so landing on a flat surface is awkward, whereas it is comfortable to land with the front legs clinging to the edge of the round hole, and then '*legging it up*' into the arrival hall. What's more, the short transit time means that possible piggy-backing varroa mites are not in a good area to climb off their bee's back, and are thus carried back outside and away.

I am watching Kerry closely and with a little concern, because he is walking towards a five stack hive that he has selected to open to gather some fresh honey for us. I am just beginning to wonder if we might be best to wait

inside the car with the windows securely closed, when he laughs at our discomfort.

Where are the ‘*spaceman’s*’ beekeeper’s protective gear – the gumboots, the rubber gloves, the head covering? He has his shirt open, shorts and no hat at all. “*Oh,*” he says, “*Why would they sting me, they know me like your chook and cat know you, plus I love them.*” And sure enough, gingerly, my wife and I edge closer until we too are leaning over the hive.

The thousands of bees seem to be ignoring us, Kerry says it is because our energy fields, that bees see, shows calmness and love. He explains, that the little smoke he is using is not to put the bees asleep but to disguise the smell of the pheromone they will produce when disturbed, so the colony does not panic. Isn’t that such a lovely picture?

Over-smoking by unknowing honey gatherers may create havoc, putting the bees into survival mode, eating honey ready to leave... but with us there are no nervous sudden flights of retreat. No one gets stung. No angry attacks. What an incredible feeling of being at one with this colony of – can I say – sacred beings? An intense relationship with the thriving life force.

Let’s revisit Kerry’s opening comment – “*bees are more intelligent than humans.*” Don’t get me wrong, this man is no New Age flower person (although it wouldn’t be surprising to see him wearing a flower in his hair). He has lived a very full life, coming to beekeeping only after many years of natural farming and world travel.

Now he manages his 600 hives by himself, creating his own path through all the difficulties and joy of following no one else’s approach. Depending only on the amazing results he achieves between himself and his ‘*friendly teddies*’ – the quiet colonies he has responsibility for.

Many accepted facts about beekeeping are not facts at all but mis-interpretations. What one bee knows all bees know! They are a single body spread out, but still in touch, returning each evening to be a single body.



natural selection, sugar feeding, long distance moves for generation after generation is weakening the species. Varroa mites have wiped out the gene pool of our regular honey bee, *api-malifera*, and therein lies the problem industry is creating for the species.

Most commercial apiaries average 30kg of honey per hive harvesting once a season, Kerry harvests three times a season; with his best colonies delivering about 90kg of honey each season. Industrial beekeeping is about money and systems, not environment or the best interests of bees.

Dowsing. Using dowsing knowledge, costs are brought down, bee health and honey crops improve by a '*gestimated*' 30%. Kerry declares his success "*..has a lot to do with dowsing.*"

He carefully dowses for each colony's energy field, ensuring the hive sits correctly on intersecting ley lines, the same method for tree planting he says. Varroa mites like people, do not like to live on ley lines, though cats and plum trees do. Even the direction of the hive plays a big part in the happiness of the colony inside, as it would with us, again this vital information from dowsing, like talking to the bees themselves.

Negative energy flows occur in 4 of 5 locations he works with, these are seen with dowsing rods of course and eliminated with crystals, as plain as the nose on your face. Zillions of cell phone messages, remote control signals and WIFI systems, are like endless electronic rain for bees that eventually flows like water down valleys, but electrostatic follows the earth's magnetic lines.

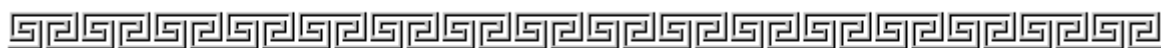
He has designed a simple electronic device (purchased from Dick Smith)

which he places under the hives, all sound through his lap-top program gives a colour picture of the colony's noise. This colour picture of each colony tells everything to Kerry's practised eye, but remote dowsing is where his future lies, he believes. Just practice, practice, practice.

He loves to get requests to remove any swarm, because he is sure that the health of the queen bees are much better if they have grown up in their local surroundings; bees learn the timing of every food source in their 40 square kilometre feeding range, this knowledge is cumulative, and it takes 3 or 4 years for a colony to be fully mature.

He is ready to give advice, and as a dedicated dowser, would love to see everyone offering their skills, not just to beekeepers, but by helping others to accept we each have the power to move the world in a better direction.

<http://www.beezthingz.co.nz>



Alternate Plan Bee

By François Capmeil

In 2010 we visited Kerry F. McCurdy, the New Zealand bee keeper. As you know, bee colonies all around the world are under threat, and by extension this will affect our food supply. Bee pollination is an essential step in growing fruits and vegetables. Many bee colonies around the world are performing poorly and collapsing. So far no one is really sure why.

Some of the possible threats considered are:

- Industrial mass breeding and manipulation of bees outside the normal scope of which bees can cope. Also poor quality artificially produced queens, at a time when the feral gene pool died of varroa infestations.



- The Varroa mite, related to the common head lice, is carried into the hive on the back of returning bees, infects then destroys the entire colony.
- Exposure to EMF from mobile phone towers and power lines, the radiations might disorient the bees affecting the colonies' health.
- Exposure to insecticide spread on crops, or genetically modified pollens which might compromise the bee's immune system.

New Zealand is no exception, most beekeepers there are struggling to survive, by contrast Kerry's hives are thriving. He manages some 400 healthy hives spread out around Auckland, mostly in people's properties, rented or purchased for their enjoyment. Kerry visits and maintains them regularly, harvesting honey on site.

So, naturally, we asked Kerry for his big secret. He smiled and took us to his workshop where he builds his own hives.

He has come up with a simple design:

There is no landing board or bottom entry preventing access by other insects or wasps. He uses thicker timber for insulation, a screen base for mites to fall out of the hive and essential oils to deter mites from staying there. The real secret, he said, is proper hive placement and orientation of each individual bee colony.

When I ask him to demonstrate his method, he takes us outside to the garden. He pulls out a simple set of L-rods, made of fencing wire, he tunes into the bees energy first, then asks some simple yes/no questions in his head following the tuning in. Each colony has its own energy field personality it seems.

He then walks around the area he wishes to place the hive, dowsing for a positive energy spot. When he reached one, his rods crossed. He then placed the hive he was preparing for a client on that location.

The bees did not seem to be bothered at all. I had some on my hands and I did not get stung. Once the hive was in the right spot, he re-tunes to the queen bee again until his rods closed, and then looks for the correct orientation of the entrance hole. To do this, he walks around the hive until he finds the place where the rods close. He then rotates the hive so the entrance hole faced that way.



City hives need protection. I am not sure protection from what, but it could be from EMF or cell towers radiation, but Kerry's guess is remote controls, YFI and cordless phones, all being clearly trackable with his 12 gauge wire dowsing rods.

When negative energy flows are located, he places a small piece of laminated paper with 16 lines, like a barcode, on the affected side of the hive. When I asked him where he found it, he said that Albino Gola (another

dowser from New Zealand) had given him the design, and that it worked wonders to protect the hives.



code, it is an offshoot of my Biogeometry training.

I found that quite funny, because I had shown that pattern to Albino when I went to New Zealand for the NZ Dowsers Society's Jubilee, some years ago; I call it God's bar-

According to Kerry, the Varroa mites have a different preferred '*spot*' than the bees. To demonstrate the point, he tuned into the mites, like he did for the queen bee, and looked for a mite-friendly spot. He found one, on the same positive earth line, just a few feet away from the spot for the bees.

So if he had placed the hive on that mite-friendly spot, the earth energy would have favoured the mites to the detriment of the bees. In the current bee-friendly location, the inverse was true, the bees were favoured over the mites and the hive would be less attractive to mite infestation.

After lunch and a testing of his delicious honey, Kerry took us to the back of his truck, loaded with several hives, ready to deliver to clients. I was right next to him, taking photos. He opened the closest hive and lifted one of the frames holding the wax and honey, covered with working bees. The bees started to swarm around us, not agitated at all it seemed. I was a little bit taken by surprise, but feeling Kerry's confidence, I relaxed.

The bees were flying all around us, buzzing. Neither Kerry nor I had any protection. A bee landed on my hand, and proceeded to do a full cleanup regime: antennas, eyes, body, abdomen, legs, one by one. As a child I had been bitten/stung by a wasp, so I know how painful that can be, but here I felt relaxed, so did the bee, by the look of it.

The cleanup completed, the little bee flew away, as Kerry showed me the other bees undisturbed at work on the wax frame he was holding. I felt a



connection with that little bee, it did trust me and I trusted it. I could understand Kerry's love of the bees, and the friendly relationship which binds them.

So you probably guessed that Kerry never uses covering protection, to gather his honey, which, by the way tastes fantastic. It was so heart warming to see this conscious teamwork between man and insect, benefiting both, as teamwork does. Kerry's success is obvious, his honey is great, his hives thrive.

He is a great example of practical use of dowsing. Kerry is ready to give advice and help anyone who wants to learn his skills.

- François Capmeil

website: <http://www.beezthingz.co.nz>

Dowsing Protocol

By Maggie Lowe

This protocol will help with the eradication of varroa mites affecting bees in NSW, and foot and mouth disease in Bali.

Ask for the assistance of your unseen dowsing helpers and the Nature Spirits of Bees and Cattle. St Ambrose is one of many Patron Saints of Bees if you would like to invite his help, or bring in the Earth Mother or anyone else you communicate with.

Varroa Mites:

Spin your pendulum in the NO direction to remove all unwanted NEGATIVE emotions involved.

“I respectfully ask to scramble the frequencies and deactivate the life force of all non-beneficial thought forms, from political influences, media-fed hysteria and anything else contributing to increased fear levels about the current catastrophe for bees, their keepers and livelihoods.”

Wait until the pendulum stops spinning, then ask, with pendulum spinning in YES direction.

“For an impenetrable energetic barrier to be created around all present and possible imminent outbreaks of Varroa mite infestations in current NSW locations, expanding out to the entire country of Australia, to contain and prevent any further spread of the frequencies of infection.

Also, for any SUBSEQUENT INFECTION of bees and hives to be contained within this barrier, for any further infections to be disabled immediately, with COMPLETE IMMUNITY to the Varroa Mite in the future.

WITH the least compulsory destruction of bee hives, breeding stocks and damage to livelihoods for farmers and apiarists.”

Add in anything else you think of.

“I ask this now in Full Faith and Full Power and accept it NOW as MANIFEST. So be it!”

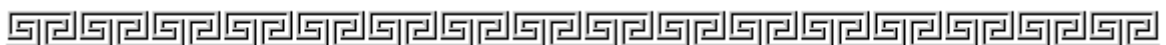
Wait for the pendulum to stop spinning and give thanks to your helpers.

Foot and Mouth in Bali for cattle and other cloven hooved animals.

Do as above then ask,

“For an impenetrable ENERGETIC barrier to the frequencies of Foot and Mouth Disease be placed around the individual farms and areas where Foot and Mouth disease is present, extending out to the borders of Bali, into all Indonesian territories, including all islands to the north of Australia, to protect all livestock prone to the disease.

And to emotionally support all farmers who have been seriously affected by this disaster.

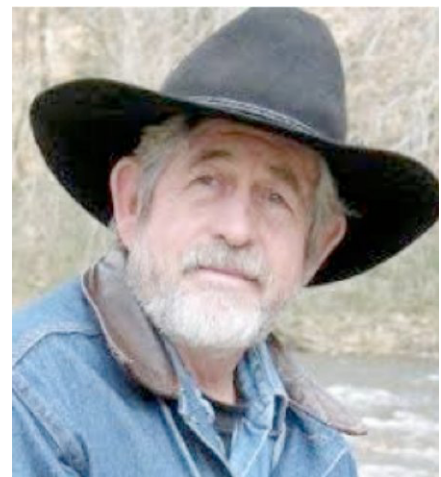


A Note from Raymon

Howdy Folks,

I really appreciate the comments on the recent newsletter so am continuing suggestions for self empowerment.

Suggestion # 8: Realize there is only one person you really have to live with ~~~~and it's YOU.



Yes, I believe in being polite and accommodating people ~~within reason~~ but not at the expense of giving up your freedom to make your own decisions. Way too many people contacted me about getting the

vaccine. I never told any to get or not get it, but told them to do what they thought best for them.

Their response was usually -- "*but my family, friends, co-workers, minister, guru and a long list of others want me to get it*".

My question was, whose body is getting it? Yours or theirs? Then it's YOUR decision and not theirs.

Suggestion #9: Wear clothes you like, regardless of what society demands.

Have never believed that men wear coats and ties to 'dress up' events on hot summer days, because they are comfortable.

Seems 'society' made a lot of rules that people have followed without question. I not only questioned society's rules-- I broke them.

I am living proof it is possible to reach people around the world, sharing simple information without owning a suit or tie.

Suggestion #10: Don't be offended or hurt because some people don't like you, not everyone liked Jesus.

I may not know all the rules for success but I know one rule for failure.

It is trying to please everyone.

Due to the overwhelming request for attending my Self Empowerment class, am offering another one on Oct. 8 & 9 to accommodate the overflow of people. THANK YOU for your interest.

Due to the classes, thousands of emails and summer farm work, I haven't been able to keep up with all the email requests. So don't be offended if I don't respond as fast as in the past. .

Find something to enjoy EVERY DAY.

Of Bugs and Mice

By Harold McCoy

Reprinted from the Ozark Research Institute Vol 1, 1994

When I retired from the Army, I bought 75 acres in the country. I bulldozed a place in the woods, one-quarter mile off the road, and we put in a house, a lawn and a garden.



There were a lot of animals and insects around, and we couldn't walk out the door without the ticks and 'chiggers' (spider mites) just jumping on us. Anybody who has had anything to do with ticks and chiggers will tell you that they aren't very nice.

I was experimenting and I thought I could do something about this. I sat in my chair and started meditating. I built an energy bubble. I visualized this bubble emanating from the area of my solar plexus. I visualized the bubble getting bigger and bigger, soon it was so large that it encompassed the entire house, lawn and garden.

This energy bubble is nothing more than a thought form, and you can program thought forms. I programmed the bubble with an affirmation: "ticks and chiggers will be very uncomfortable in this energy bubble, especially near the centre, the further out they get, the better they will feel."

In a couple of days there were no ticks or chiggers anywhere in the yard. I could roll and play in the grass with the grand-children and never get a tick or chigger. But if I walk out past the edge of the yard where the bubble ended, the ticks and chiggers were all over the place. This energy field/thought form will stay there forever, or until I erase it.

...It can be used to remove mice and other insects as well.

The Genius of Walt Woods and The Dowsing System

By Susan Bryant

Reprinted from the Ozark Research Institute, Spring 2022

I had the good fortune of meeting Walt in the '90's at a South West Dowsing Conference in New Mexico, where I listened to his presentation based on '*Letter to Robin - A Mini-Course in Pendulum Dowsing*'.

Even though I had been dowsing for a few years and had worked with Hanna Kroeger, I decided to attend the beginning dowsing class and found out about installing the '*Primary Program*'. I really wanted to see what it was all about.

Later, I found myself standing behind Walt in the lunch line and seized the opportunity to ask him a question. So, I tapped him on the shoulder and said, "If I understood you correctly, I can ask '*The Dowsing System*' if they can and will do something about my brittle bones, from years of taking prednisone, and ask them to do it if they will....?" He looked at me and winked and said, "*That's right, try it and see what happens*".

I took '*Letter to Robin*' home, anxious to see what I could discover about '*The Dowsing System*' he had referred to. I was delighted to see how comprehensively the information was laid out and yet easy to follow. Step by step I began to program '*my dowsing system*' and could hardly wait to see if it would work for me the way Walt said.

I was totally captivated with the section in the back of the booklet, '*Over 100 – Interesting Areas to Explore - On Yourself*'. So, looking at all the areas covered in the '*Conditions Program*' was right up my alley. I had been taking prednisone systematically in large amounts for nearly 16 years for severe asthma. If I walked down the soap aisle with all its different odours

at the grocery store, I was taking a chance that I would likely end up in the ER having a breathing treatment that night.

So, as I went back to the '*Primary Program*' and read over the '*Communications and Support*' section, I had a heart-felt realization of who and what comprised my Dowsing System; my Super-consciousness, Spirit, Higher Self, My Awareness, Mind Systems, Subconscious and related systems, and all other levels of my Total Being and their Approved Spirit Guides/Guardian Angels, helpers and others chosen by me or any of the above. (I added my Spiritual Teacher, the Ascended Master Djwhal Khul).



Walt Woods

OMG! I mean that literally, what a line-up of support! From that point on I believed I could get well. I was no longer alone...I had my Dowsing System. Remembering that Walt said we could ask The Dowsing System if they can and will do anything about situations that come up and if the answer is Yes, then ask them to please make the appropriate corrections.

Well, I had the perfect test for the situation. Two years earlier, while sitting on the floor wrapping Christmas presents, I sneezed and my head went violently forward and I fractured vertebrae in my neck. (brittle bones, from all that prednisone).

So, I began diligently having my dowsing system make the appropriate corrections on that condition. After 6 months I had a bone density test and was informed that my least dense bones could be compared to that of a much younger woman. Wow! It worked...I was elated, no more fractured bones!

The next time I saw Walt, my enthusiasm could not be hidden. Explaining 'My Dowsing System' successful test, I told him that it had become

my new passion to teach and share 'Letter to Robin' all over the country.

With a big smile he said "Do it, improve upon it and get it out there. Oh, and get yourself a sound system. At some of the places you'll go, their equipment won't be so good".

With his gracious blessings, that's exactly what we did. My partner and I took our old motor home from coast to coast teaching Letter to Robin to groups as small as five people to over 40 folks.

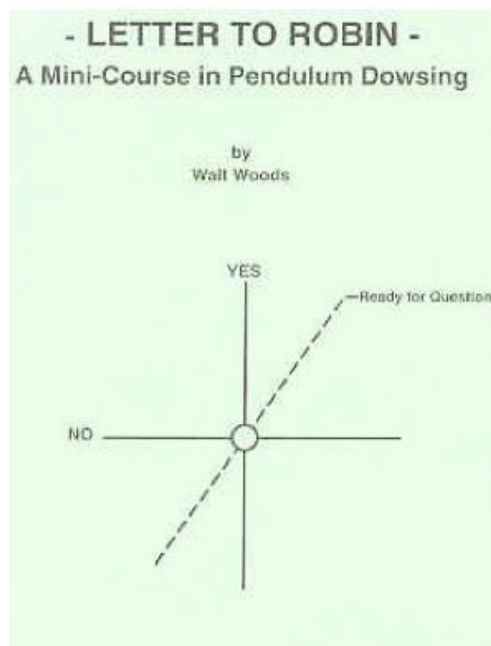
A Letter to Robin can be found with the link below
<https://www.ptangels.com/pdf/Lettertorobin.pdf>

Then we began lecturing and sharing my 'take' and experience with the Dowsing System to dowsing groups all over the country. It was truly an adventure!

Some of the most profound information that came from Walt has made a major impact on my life, and will be with me for the rest of my life. I remember him saying, "Your judgment is only as good as your information". To this day I dowse information to see "what percentage of it is in alignment with God's Truth". That has come in very handy lately.

He also said, "Energy is just energy...it isn't good or bad, it's all in how it's used that would make it good or bad". He talked about if someone or something was directing bad or harmful energy your way....why not ask the Dowsing System to convert it to positive energy...

I was completely taken by the thought of being able to do that and used Walt's information with my dowsing system to create the following conversion request, next page.



Conversion Request

Dowsing System and Holy Spirit, please run an ongoing correction to convert all energies, frequencies, vibrations, radiations, signals, microwaves, rays, thought forms, transmissions and projections from any source that is having a harmful, negative, non-beneficial, unhealthy, interfering or detrimental effect on....

[state name/s of people, pets, don't forget to include all honeybees and bumblebees, and their environments].

Please convert these to positive usable energies to heal our physical and energy bodies.

Thank you. In deep gratitude. And so it is.

Note: It is a good idea to speak this request daily.

What a concept...Imagine 5G, WIFI, EMF's etc. becoming positive energy...like Walt said, “*try it and see what happens...*”

May God bless us all and the Good Earth we live on, Susan.

Susan Bryant is a Master Energy Analyst with 37 years of dowsing experience. She learned to douse as a Field Engineer for GTE in Southern California.

Susan has captivated international audiences with her knowledge of the vast world of contemporary dowsing, and its associated field of subtle energy detection and measurements.

Keeping a Positive Perspective

By Andrea Schulman, July 2020

Reprinted from <https://dreamcatcherreality.com/positive-perspective/>

Having a positive perspective isn't always easy, is it?

If you're like me, you were a little late to the show on the '*positive thinking train*.' I didn't learn about the power of positive thinking and the Law of Attraction until my late twenties!

This means it can be easy to slide back into old ways, if you aren't careful. After 20, or 30 or 50 years of thinking negatively and focusing on what you don't like, it can be very seductive to fall back into these old patterns. When you've spent decades looking at the world negatively, sometimes those rose-colored glasses don't always feel so comfortable.

So, what's an old dog to do when he or she wants to learn new tricks? Here are a few plans I lean on when I feel myself creeping downward. Sometimes, just one will do the trick. Other times, it helps to use a few together. Practicing these exercises frequently will turn these strategies into habits, making it easier and easier to make the shift when need be.

1. Look for the prettiest/most beautiful object in your line of sight

This could be a beautiful sunset, a smiling child or a shiny new car. Find something that is naturally beautiful to look at and remind yourself, "*that is a part of my reality!*"

2. Think back on fond memories

Life has had its high points, and this is true for all of us. In a negative moment, stop what you're doing and look back with the intention of finding four or five fond memories. Keep searching for your high points until you feel yourself shift back into a more positive place.

For example, I might think back on the first time I met my husband, or a really magical and fun trip I took with friends to Savannah a couple of

years ago. I might think back on having my children, or a time when I opened my email and found lots of kind messages from my readers and clients.

3. Think forward to something exciting you will probably be doing in the future

Similarly to thinking back on fond memories, you can also look forward to things in the future. What do you have to look forward to as time goes on? These can be things in the near future or the far future.

For example, I'm going to be spending Christmas in Colorado so my Florida family can enjoy the snow and learn how to ski. I'm looking forward to hanging out with some good friends tonight and grabbing a few drinks. I've got a few projects in the works with my website that I'm looking forward to completing. I'm looking forward to dancing at my children's weddings. I'm looking forward to meeting my grandchildren someday.

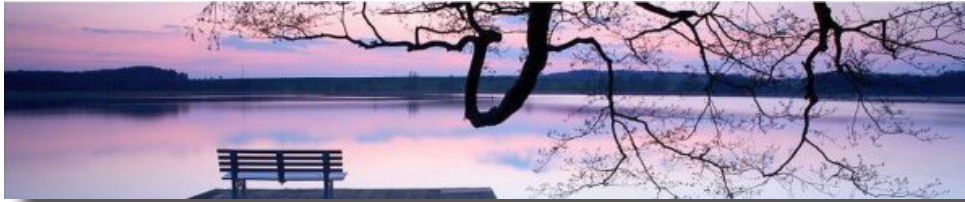
When you are in a negative space, sit down and think about what things you are looking forward to. Make a game of it, and keep adding more and more things to your list.

4. List out the things you have that you are most grateful for

When we are in a negative state of mind we are inevitably focused on something we don't have or something we don't want.

Shift this around, and give some attention to the things you do have and you do want. Even better, identify things that you are really, really grateful for. Focus on a few things that you already have that some people would kill to have.

This list might include things like your parents, your significant other, your children or your friends. It might include your home, your transportation or your main source of income. It might include a physical or personality characteristic that has made your life much easier.



Take some time with this list and add as many items as you can to it. Keep at it until you feel pretty good about your place in the world.

5. Imagine being hugged by the people you care about

Hugs are naturally rewarding. When we hug, oxytocin is released in our bodies, making us feel good. Did you know, though, that just thinking about being hugged can make you feel as if you are literally being hugged?

Close your eyes and really imagine receiving a big bear hug from someone you care about. Use your imagination to drum up all the sensations: what would it look like, how would it feel, what would you say to each other, etc. The more vivid you can imagine the hug, the more powerful the shift will become.

Practice this exercise a few times, and experience hugs from a few different people you really like or love.

6. Remind yourself: “I know things will look better when my perspective shifts.”

To me, this is the most important thing I can do to shift back into a positive perspective. I know for certain that it is my focus that determines how my reality looks to me.

When I’m feeling happy and excited to be alive, my world lights up. When I’m down in the dumps, things look bleak. It all starts with my perspective, and the rest falls into place to support whatever perspective I am holding in the moment.

Just taking the time to remind myself that it is my perspective that is determining how my life is unfolding is a very powerful thing to do. It reminds me that I have the ability to make positive changes in my life whenever I want.

Blue Mountains Dowzers



The next meeting of the Blue Mountains Dowzers is scheduled for Sunday 11th September, 2022, 2:00 pm at the Lawson Mid Mountains Neighbourhood Centre, 9 New Street, Lawson.

Speaker: John Slattery

- Prime Tuning -

Prime Tuning is a simple but powerful healing system, which utilises muscle testing and the stress release to diagnose and balance the body at its source, i.e. the trillions of cells which constitute the human body.



In simple terms, the Prime Tuning healing system diagnoses the health of the body's cells and heals them, by transforming their vibrational state from negative to positive.

To achieve this transformation, Prime Tuning uses two simple healing techniques, muscle testing for diagnosis and the stress release to make corrections; e.g. a person experiencing PTSD, can have the raw emotions causing the trauma erased.

John Slattery has been a practitioner (Level 4) of Prime Tuning since 1995, and is eager to introduce this modality which embraces all healing areas, and to share his healing experiences. John uses dowsing throughout the procedure to obtain optimal results, and adds that healing can be performed at a distance. Essential oils and herbs are also used.

John's clinic is based on the NSW South Coast.



Library News

Book review:

Dowsing: **Ancient Origins and Modern Times**, by Rodney Davies.

A compact and informative book, the text is broken up by a number of helpful illustrations.

It serves as a good introduction to dowsing and is written by a man obviously enthusiastic about his subject.



Our Society has been contacted by an author from Venezuela asking if our members would be keen to read her books.

There are no real reviews that I can find yet, but I will list them here should anyone like to look for themselves.

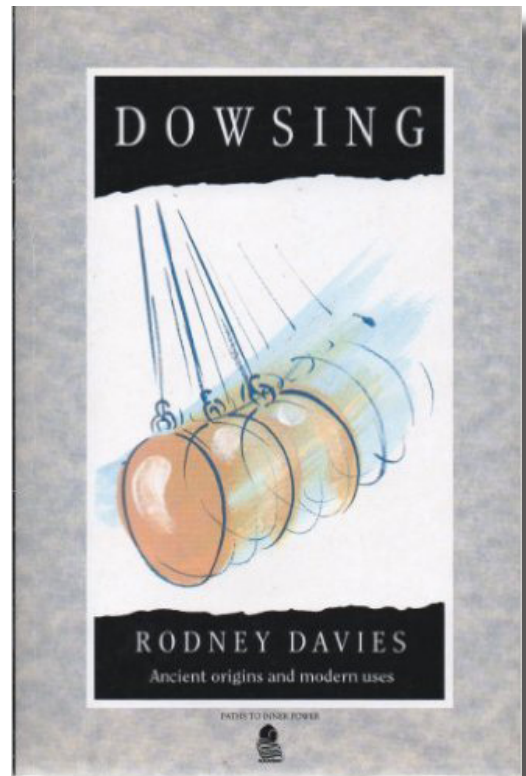
Rosendo Churion – Introduction to Modern Dowsing and Mental Power Techniques.

Library catalogue

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 September 18th, 2022

Megan Heazlewood

- Crop Circles -

In a magnificent Power Point presentation Megan will be focusing on the most obvious and stunning examples of crop circles as a vital communication to all of humanity, and will include the latest archived crop circles. We will have a question time with Meagan in the last segment. I am sure we all have so many questions.

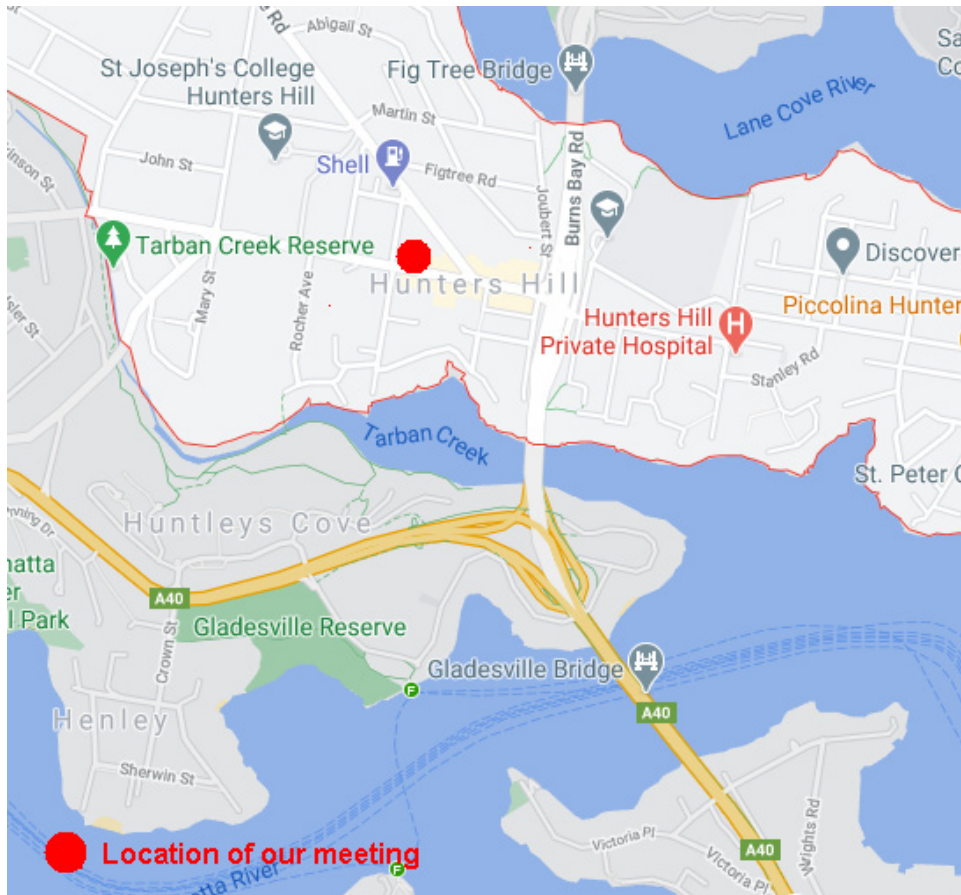


Megan has been researching the global crop circle phenomenon since the year 2000. She started off as a sceptic but was captivated by the exquisite harmony and complexity of the art form.

Whether you are a sceptic, just curious, or an enthusiast.... if you are an academic, student or passionate in the arts, science, agriculture, mathematics, ancient history, on a spiritual path, there is much in this phenomenon to surprise and confound you from all these disciplines.

For one day put aside any preconceived ideas about the phenomenon and allow yourself to open to your natural sense of curiosity and appreciation for beauty at the very least.

What is there to understand about the Crop Circle symbols, and do they have anything to do with our ancient ancestral heritage and wisdoms.



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, Druitt 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