

Dowsers Society of NSW Inc.

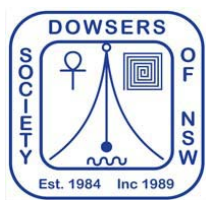
Newsletter

May 2023

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Views expressed in articles herein and by the monthly speakers, are the opinion of the individual author only, not necessarily the collective view of the Society.

Speaker for May 21st, 2023

- Zoom Meeting with Nicole Bijlsma -
- Building Biology -

Our homes are making us sick. Systemic failures across multiple industries have created what can only be described as '*the perfect storm*'. Nicole will explore what these factors are that have significantly increased the global population's exposure to toxicants, mould and man-made electromagnetic fields, and provide simple tips on how to reduce our exposures.



Nicole is a Healthy Home Expert or building biologist. She is a best selling author (*Healthy Home Healthy Family*) and founder of the Healthy Home (Building Biology) movement in Australia. She established the Australian College of Environmental Studies in 1999 to educate people about the health hazards in the built environment.

Nicole has lectured at tertiary institutions for 30 years, has published in peer reviewed journals and is regularly consulted by the media to discuss the impact of mould, electromagnetic fields and toxic chemicals, and lectures in Australia and abroad about environmental health issues.

Her research explores the impact of environmental exposures to toxicants and electromagnetic fields on human health, and their ramifications for clinical practice.

Nicole Bijlsma PhD (pending), ND, BHScAc(HONS), Grad Dip OHS, Dip.Building Biology.

Nicole can be contacted at nicole@aces.edu.au

From the Editor

This month we have some mixed news, as we have awarded our 2023 Dowser of the Year Award to Rai Heller. Sadly Rai passed away shortly afterwards. See pages 22 and 23.

Human life is short, shorter than we think when we are in our 20's. Did you know that if you live to be 100 years old, that is only 36,500 days? If that was how much money you had, that would be just enough to buy a decent car. Yet we mostly behave as if we had all the time in the world.

So this month we have a few articles to help us learn how to make the most of the time that we have. For example: Learn to dowse so you can 'tune in' to Higher Intelligence, or Universal Knowledge on page 4, and 'Dowsing and Letting Go' on page 9.

Some further guidance to be more effective with 'Words of Power' on page 11, and 'Be Fully Who You Are' on page 20. These articles have valuable advice and guidance. I know myself that I forget, so I often re-read past Dowser's Magazines. There is a wealth of knowledge stored there. It is so easy to read these articles, and forget them.

Often interesting learning happens when you re-read them and fully dive in. Yes, you will forget them again, but something sticks and some of it will magically stay in your being, altering your behaviour, so you will have changed and evolved.

Someday later you may re-read them and find that "Yes, I have changed, and I have integrated that information into my life. Now I am a little different, though I may have forgotten the initial information". I have seen that in the trainings that I have attended over the years, particularly when the training has some behavioural components.

Remember that next month is a Zoom meeting

Until next time,

François

First Steps

By Faye Hueston, Santa Barbara, CA

Reprinted from The American Dowsers Quarterly, Winter 1993

My introduction to dowsing took place at a seminar held in a Catholic centre in Hertfordshire, England, on a cold December weekend in 1979. I was vaguely familiar with the concepts of water divining, ley lines, ‘*noxious streams*,’ and the use of the pendulum. But apart from some desultory experiments with the pendulum, I had made no serious attempt at dowsing.

The tutors at this seminar were two distinguished dowsers who took us through the basic steps for finding underground streams, hidden pipes and invisible energy lines. One even showed us how he swung a pendulum over his food at lunch to determine whether a dish was good or bad for him to eat at that moment. A shade ‘*far out*’, I thought, but fascinating stuff.

My credulity had wavered only once, when the subject of map dowsing was introduced. We were told that any skilled dowser needing to find well water, or a broken pipe, or whatever, on a property, however distant, could find it as easily on a map of the property as on the site assuming, of course, that such well water or pipe existed.

Why this should be so, not even dowsers could explain. But, the tutor added, “*Most professional diviners prefer to map douse a site first; it saves them hours of time and the slog of walking around a field with a dowsing rod.*” To demonstrate the method, the tutor invited anyone in the group who felt uncomfortable in their home to draw a rough map of the house, marking the location of the beds and any spot, such as a chair in front of a desk or the TV, where they spent much time. One man, who said he’d had a long term problem in his home, was asked to draw a plan of the house on a large sheet of paper.

This was pinned onto the display easel, so that we could all watch as the tutor who explained that he was searching mentally for a black stream dowsed the property, holding a pendulum in one hand and a pencil in the other.



With the pendulum swinging in a neutral oscillation, he scanned the map slowly with the pencil, marking the spot each time the pendulum went into a clockwise spin. When the whole property had been dowsed in this way, it was found that two lines, or ‘streams,’ ran through the house, crossing at a certain point. The owner confirmed that his discomfort had been strongest in that area. For the sceptics amongst us, the tutor insisted that were he to dowsed the house on site, he would find these same energy lines within a foot of where they had been located on the map.

That a symbolic representation of a place miles away can yield hidden knowledge about that place is a challenge to our received concepts of images, energy and space. The map dowser works with the paradox that “*things have not only to be seen to be believed, they must also be believed to be seen.*” In 1933, Korzybski, in *Science and Sanity*, wrote: “*The map is not the territory.*” Korzybski, it appears, was wrong. In the strange world of dowsing, the map is the territory.

To test our newly-learned skills, a group dowse had been arranged for Sunday morning in the grounds in front of the centre. Our task was to find the subterranean pipes and streams that ran to the building, these having been located beforehand by the tutors. A light snow that began to fall on Saturday afternoon had intensified during the night, and by Sunday morning had become a swirling blizzard.

In the circumstance, hunting for hidden water with a dowsing rod seemed like an exercise in absurdity. Undaunted, we set forth in our anoraks and

'wellies', with dowsing instruments at the ready.

Someone had thrust a pair of angle rods into my hands. I did not like them much. Made from wire coat hangers, they swivelled around in my grip, refusing to stay still, so that it was impossible to make out what, if anything, they were indicating. Plodding along with the others, I felt foolish as my coat hangers swung this way and that, while cries of success rang out all around me as somebody's rods crossed smartly over a stream or a pipe.

Long before the exercise ended I had given up, feeling cold and disheartened and convinced that whatever the gift was, I hadn't got it. In fact, I had tried to use a pendulum two years earlier, with equally humiliating results. When I had asked it to give me a "Yes" or "No" answer to a question, it had hemmed and hawed, swung obliquely, and behaved so equivocally that, discouraged, I had put it away in a drawer.

Later, when dowsing had become a daily part of my life, a possible reason for this confusing initial response was discovered: my polarity, it seems, is the reverse of the norm. That is to say - a clockwise swing, which for most dowsers means "Yes," means "No" for me, while a counter-clockwise rotation, which generally means "No," means "Yes" to my perverse reflexes. (Ed. note: This is not unusual; everyone is different.)

Sometime after the dowsing seminar, when I had discovered, unwittingly, the effects of sleeping in crossed energy lines over polluted water, an incident occurred which impelled me to give my dowsing response another try.

In December of 1981, the plastic frame of a double-glazed windowpane in my bedroom came apart at the corner. I rang the double-glazing firm to inquire about its repair. They asked if the installation was still covered by the five-year guarantee. I didn't know. The firm said it would need to know the date the windows were installed and paid for, to determine if the guarantee was still in effect.

I groaned at the thought of having to search through months of old cheque book stubs. Suddenly, it occurred to me to see if I could dowse for the information; if it worked, it would save me hours of time. I got out the pendulum and held it in the palm of my hand for a few moments, affirming my legitimate need for this information, as well as my expectation that it would be provided.

I then ‘*tuned in*’ to Higher Intelligence, or Universal Knowledge, or whatever one wants to call it, and asked in which year the bill had been paid.

Was it in 1975? “*No*”. 1976? “*No*”. 1977? The bob scudded into a neutral oscillation, then gyrated slowly to the left.



This surprised me rather, but I thanked it politely. Which month, please? January 1977? “*No*”. February? A “*Yes*” swing again. I got out my box of old cheque books and found the one for February 1977. On the first page of the detail sheet was the company’s name and the date of the installation. The repair was just covered by the five-year guarantee.

The ease with which this information had been obtained compelled me to reflect: On the one hand, it seemed absolutely astonishing; on the other, it seemed perfectly natural. Why shouldn’t we be able to tap into a higher source of knowledge for information that exists beyond the boundaries of consciousness - as long as the need is legitimate and the gift is used with respect? After all, the pendulum is merely an indicator, a device to register the connection we are making to our own inner knowing.

A different example occurred some months later. I had done the morning marketing and had bought some stamps at the post office for the Christmas cards I was going to send. After putting away the groceries, I looked

for the stamps, but they were not in my shopping bag. I searched the pockets of my coat, but they were not there. I knew they hadn't been lost, because the post office had been my last stop. Turning to the pendulum for help, I asked it to lead me to the stamps. To my bewilderment, it led me to my bedroom, and to a specific closet therein.

Knowing that the stamps couldn't be there, I opened the closet door, and saw on a shelf the gift carton in which a bottle of cognac had been received. I had kept it because of its attractive decoration: gaily coloured stamps strewn all round the box.



I burst out laughing at the trick my mind had played on itself. What better way to learn the pitfalls of a carelessly formed question, or an indistinctly held image? I returned to the kitchen, and this time asked to be led to the stamps I had bought that morning at the post office.

This time I was led to the closet in the entrance hall. Once more I searched the coat pockets and the shopping bag, to no avail. Then I remembered the zippered pocket on the outside of the shopping bag. The stamps, of course, were there. In the years since those first incidents, I have found a number of missing objects in this manner. I have also failed to find others using the same procedure.

Why it should work on some occasions and not on others I don't know. I only know that the successful occasions were not 'coincidence.' Perhaps the failures were due to my question not being worded precisely enough, as in the case with the stamps; or perhaps the need was not sufficiently urgent.

Or perhaps we need our failures to keep us humble. For as every novice dowser discovers early on, our mistakes teach us more than our triumphs.

Dowsing and Letting Go

By Jo Anne Eadie,

Reprinted from the Canadian Society of Dowsters date unknown.

Everyone is a Dowser, they just don't know that they are.

I began to dowse in the mid-nineties. I didn't trust my answers enough to dowse anything I considered important in my life. I wasn't sure why I was a dowser. I wasn't sure why I kept trying it. Where was this all leading? Would anyone ever take me seriously as a dowser?

I didn't even take myself seriously. I just kept at it, dowsing issues and items where it really didn't matter if I got the right answer or not. I began to notice that my answers were correct more and more of the time when I didn't care. This is the ultimate letting go. If you don't care what the answer is, you let go of the outcome and the result is that more often than not, you are correct.

I also began to notice that sometimes I knew the answers just as my pendulum began to swing in the direction of the answer. Then the answers began to come without even using my pendulum. My body sometimes begins to sway in a positive or negative way even when I am not using that method of body dowsing, and the answer is there.

Dowsing is an exercise in opening up your intuition, that has often times become dormant because of the logic and science we have had drummed into us in life and school. In school we are taught that $2 + 2 = 4$ and the way you prove that is $4 - 2 = 2$. From then on, we must have all answers proven out. They must make sense. We cannot just make things up in our head.

We are also programmed by school and life in general to 'get things right' and a lot of people give up on their dowsing because they don't get what they consider are the '*right*' answers. It makes them uncomfortable when

they perceive that they are *'wrong'*.

I think that my dowsing is always correct on some level, in some dimension, on some planet, at some time or place. If I can give myself that cushion, it is another way of letting go of the outcome. One day a couple of years ago, while leaving my farm and driving just three km to the stop light that leads to the highway, there were five or six dead animals on our country road. I said "*God bless you*" as I passed each one, but it bothered me that so many had been killed.

All of a sudden, I just made mental fences in my mind, that would keep the animals at the side of the road when a car was approaching. In the next few weeks, I didn't see any more dead animals on the road, and even saw live animals approach the side of the road and either wait, until I passed, or turn and go back into the field away from the road. My mental fences were working. For several months afterwards, the road seemed clear of dead animals.

Put a mental protective bubble around your car, a nice big rubber bubble. When someone is following too closely, mentally push the bubble out the back of your car. Imagine it going out just like when you blow a bubble when chewing bubble gum. Then look into your rear view mirror. The car behind you moves back. (Be careful doing this, as your attention is looking into the rear view mirror. You might be so astounded that this works, you may look too long and become the one following too closely yourself.)



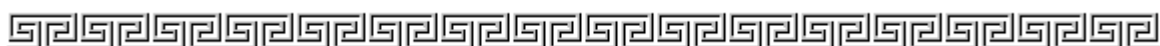
Sometimes when I'm driving in the middle lane on a highway, someone begins to move into my lane because they haven't properly checked to see if anyone is coming and I am in their blind spot, and I will often see them bounce off my bubble. You may say that they see me at the last

minute and make a correction, but I have had it happen often enough that I believe it is my bubble they bounce off.

In these mental exercises, I have to let go of the outcome and trust that it will work and it does. A few years ago, dowsing became more and more useful in my life as I began to use it in my business, more for clearing non-beneficial energy rather than for making choices. I also like to clear or change the frequency of things physical or mental. I can easily trust that the clearing is being completed at least on some level.

If you can't prove it out at the current moment, then you can suspend the judgment and let go of the outcome. It is most exciting when you have done a clearing, and days or even weeks later, you discover evidence that your dowsing was correct and beneficial for someone or some issue.

Your dowsing is only limited by the limits of your imagination.



Words Of Power

By Shelly Wilson

Reprinted from the Ozark Research Institute – Winter 2022

The thoughts that we think and the words that we speak are energetic emissions. Once we are able to recognize the incredible power we behold, and that everything is indeed energy, we can truly become conscious creators.

To begin with, it is essential to become aware of when we feel unable to express our self fully, or are fearful of how our words will be received by others. In his best-selling book, 'The Four Agreements', don Miguel Ruiz provides four principles to practice in order to create love and happiness in our life.

1. Be impeccable with your word.
2. Don't take anything personally.
3. Don't make assumptions.
4. Always do your best.

Clear Communication

Communicating clearly and choosing to infuse love into our communication is beneficial.

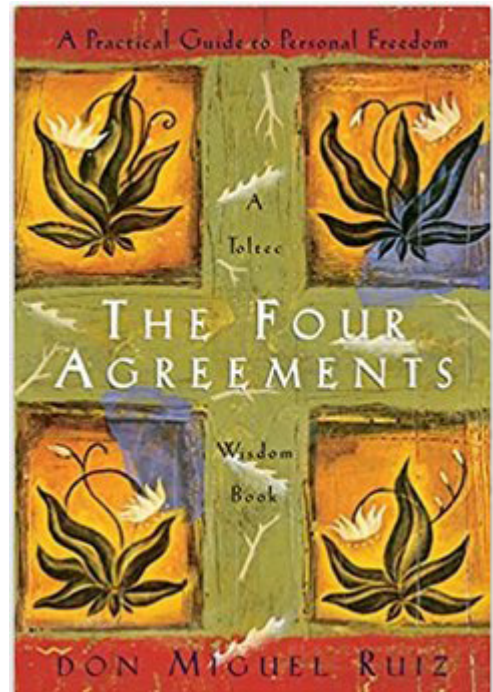
The 1st Agreement – *‘Be Impeccable with your word’* - reminds us to speak with integrity and with positive intention. This includes saying what we mean, speaking our truth and doing our best to come from a place of love. It is also a reminder to become aware of our self-talk and also what we express about others.

Furthermore, the 3rd Agreement – *‘Don't make assumptions’* - encourages us to ask questions and to express what we really want. Through open, honest communication, we can more easily avoid misunderstandings due to miscommunication. With just this one agreement, we can completely transform our life.

Both of these Agreements are powerful reminders for us to speak our truth. Whenever possible, we should avoid making hints or having the listener or reader *‘read between-the-lines’*. Communicating clearly may take practice, but is well worth the time investment.

Healing through Words

We must allow ourselves to heal in order to fully embrace our magic. Our healing may entail speaking our truth, saying what we mean to say and communicating our needs and desires to others. However, this process isn't always an easy one or one we choose to pursue.



Some people may choose not to forgive those that have hurt them when they feel wronged or abused and to them, the reason may be justifiable. No one should tell us what is personally right for us. However, from my perspective, practicing forgiveness provides us with an opportunity to free ourselves from the ties that may bind us to another in regard to the anger, frustration, disappointment, pain and other emotions that we are also holding onto.

If possible, we may choose to reach out to those individuals we need to in order to express our truth. Ideally, face-to-face is best, but may not be realistic initially. Formulating our thoughts and feelings in a letter or email is wonderful, too. Otherwise, a phone conversation will work just as well. I do suggest refraining from communicating via text in this particular instance as it can easily lead to miscommunication.

As part of the healing process, we may also consider writing a love letter to our self, from our self, or from someone we need to hear from. Putting thoughts into written form establishes a deeper level of communication with our heart and spirit. If at any time we have felt hurt, shunned, invisible, without a voice or disempowered in the past, our inner child and Higher self are always willing to be a part of our healing journey. When we offer a statement of love to our self with kindness, patience and tenderness, our heart will open up and share with us the wisdom that promotes healing, growth and expansion.

In addition, we may be guided to spend some time in reflection. Feel into these questions and answer them authentically without fear of being judged:

What are the words I never heard that I always wanted to hear?

Who in my life caused me to feel hurt and pain?

What do I need to hear, so that I can move forward from this pain and begin to heal?

Consequently, when we notice a tightness in our jawline and recognize that we may grind our teeth or clench our jaws, this can be an indication of holding in feelings of frustration or other emotions. It may also mean that there are words that we are holding back and not expressing.

If we realize that we are not expressing our self fully and are unable to verbalize the words, we may be guided to at least say what we need to say, telepathically and energetically.

When we are feeling annoyed, bothered or triggered, in that moment, state aloud or within our mind, “*This bothers me. This is affecting me. I feel annoyed.*” Express whatever wordage that would apply. In doing so, we are choosing to clear the energy in that moment rather than allowing it to build.

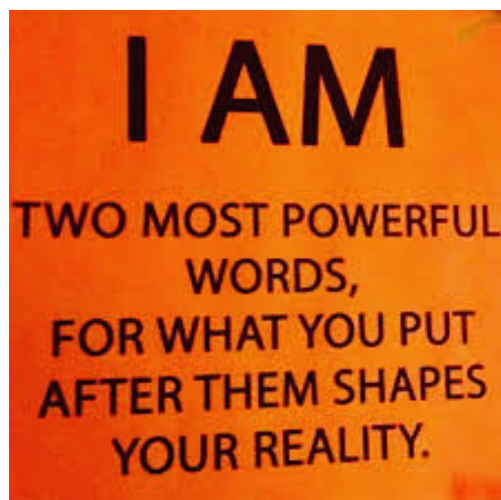
Who are you? - The Power of I AM

The words ‘*I am*’, which we use to define who we are and what we are capable of, are expressions of the highest aspect of ourselves.

Every time the words ‘*I am*’ are thought or spoken, we are knowingly or unknowingly directing the Universe to manifest what we are saying, thinking or feeling. Rather than focusing on lower vibrational energies and negative thoughts, aspire to focus on higher vibrational energies and positive thoughts.

With that said, we need to become more conscious of our own self-talk, especially, as that is typically when we unknowingly invoke the ‘*I am*’ in a lower vibrational way. Some examples of this include the statements: “*I am stupid. I am ugly. I am fat. I am lost. I am struggling. I am a loser. I am such a disappointment to my family.*”

These statements may be words we have spoken about ourselves when we



were feeling frustrated, disappointed, angry and unloved. Undoubtedly, these are words we may have heard others speak, or they may have been directed towards us at one point in our lives. To put it simply, negative self-talk encompasses any thoughts or spoken words about our self, that may be demoralizing and inhibiting our ability to believe in our self and what we are capable of. Ultimately, these self-limiting beliefs may prevent us from achieving our full potential.

Therefore, knowing that words are power, it's time to acknowledge and then banish the negative self-talk, which is often detrimental to our psyche, well-being and overall physical health. Then, we can make the choice to re-direct the energy emission to one of self-love, compassion, positivity, empowerment and kindness. Actively choosing to engage in positive self-talk will make us feel good about ourselves and the life we are living.

Subsequently, we must see ourselves as the beautiful, miraculous creations that we are. We can then accept our uniqueness and dismiss any perceived flaws or imperfections because we are perfect just the way we are. We are energetic beings who have chosen to experience life in physical form and that involves having human life experiences.

Individually, we can each choose to accept and embody the unlimited power of our inner spirit by declaring an empowering statement, such as one of the following statements: *“I am unconditional love. I am energy. I am beautiful. I am amazing. I am confident. I am empowered. I am joyful. I am successful. I am smart. I am attractive. I am resourceful. I am healthy. I am creative. I am financially stable. I am happy. I am loved. I am wonderful. I am making a difference in the lives of others.”* What words do you wish to embody?

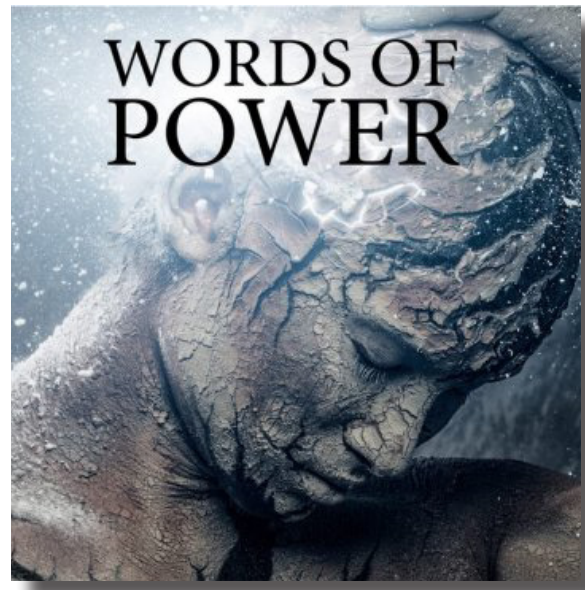
Setting Intentions with Power Words

The power of choice involves invoking the energy of words through clear, honest communication. In turn, we can use this same power to create consciously, and it begins with setting intentions.

Setting intentions involves working with our intuition and requires an awareness of our inner desires. The process includes connecting fully with our being - body, mind and spirit - in order to align with a desired aspect of life or feeling. As part of this practice, we are choosing to create an intentional statement or word of declaration. In addition, the action of setting intentions also requires addressing our resistances.

Invoking the energy within, pause for a moment and then allow all of your desires, dreams, aspirations and intentions to fill your conscious mind. Bask in the emotions you are feeling at this moment.

Focus on how you want to feel and let the Universe work its magic through you. Some power words we may choose to embody include: joy, love, peace, creation, connection, magic, happiness, whole, healthy and so on.



In addition, we can formulate a power statement or intention by combining a series of words. A few possible examples may include: *'embrace the magic, attain peace within, embody love, create consciously, be happy, let love lead'* and so forth. The options are endless. What words or statement do you wish to embody?

As a reminder, everything is energy and words are power. It's time to realize just how powerful you truly are!

Shelly Wilson is an author, intuitive medium and conscious creator who is passionate about helping people wake up to their greatness. She supports others as they navigate their own journey into consciousness to experience aliveness.

www.ShellyRWilson.com

www.EmbracingTheMagicWithin.com

Square One

By Enid Smithett

Reprinted from The New Zealand Society of Dowsing & Radionics, 1988

It has always seemed that it is better to associate with people who know more than I do than to show off to those who know less. With the information picked up in this way one can go on to further knowledge by doing one's own research. There are literally dozens of instances of ancient knowledge, such as the stone used must be native to the place, and not shaped or cut with an iron tool because that would mar the stone.

Dowsers have a good deal of folklore which is derived from these instructions and have found that stones have polarisation - there is a right and wrong way for them to be placed. If they are correctly placed, as they faced in the quarry from which they came, they will literally grow together and remain standing for hundreds and thousands of years. If they are placed anyhow, they will fall down again because they repel each other, as magnets do.

One sees workers in stone handling each stone for some time until it faces in the right direction, but I have found in talking to them that they do it instinctively and get the feel of it, which is, of course, a form of dowsing. One notices that many stone walls are constantly falling down, because they are not properly placed.

From this very ancient practice of putting up altars at special places where something important has happened, people have gone on to put up towers and needles, columns and church spires. All this is to commemorate something so that it will be remembered, or some great person honoured and not forgotten. If these monuments are in carefully chosen places, the permanent influences are enhanced, but if they are not exact, this is reversed and the place becomes out of balance, uncomfortable, even dangerous.

In nature the earth influences flow laterally and these we can learn to follow. Cosmic flows, however, are vertical and in the ancient writings we have frequent accounts of heavenly beings coming down to Earth and departing spirits being taken up. In our own experience we are able to travel along the surface of the earth under our own power but levitation is extremely unusual, however, it is possible for individuals who have learned to use the cosmic forces.

The accounts of this usually describe the person as one who meditates or is very 'other worldly', extremely religious or sanctified, but other accounts take a different view and suggest 'the Devil looks after his own'. The stories of witches flying on broomsticks to Sabbaths at stone circles by night, presumably to do as much mischief as possible, give credence to the latter viewpoint.



To more thoughtful people who study the forces of nature and have learned what can be done with more useful results, the broomsticks would not be necessary or desirable, nor would midnight parties be the right occasions.

Although we are of this earth and subject to its power and influence, we cannot live by it alone and need the cosmic power blended with the earth forces in perfect balance. Where this union occurs is in the special places which were known to the builders of the stone circles, and the knowledge of them was passed down for thousands of years.

What are called pagan sites were respected and preserved into the Middle Ages and are occupied by all the great cathedrals and many old churches, though imperfectly now, for they have been changed from their original designs and measurements in the effort to keep up with the times. Coventry Cathedral is the prime example of this. The important site is still

the ruins of the old one.

When one visits Coventry, it is very noticeable that there are always many people from all parts of the world, quietly sitting or standing on the old site; and there is certainly a wonderful feeling shared by all, of harmony and peace in spite of the evidence of mindless destruction in the past, which makes one feel that the source of harmony cannot be destroyed and is there to be discovered by succeeding generations.

Everything which stands has its own force field. When it falls, this is changed. A tree, for instance, has a ring of influence around it, the radius of which is equal to its height. A standing stone, if placed above underground water, has a radius equal to the depth of the water. Each stone has its own ring equal to its height and these rings are linked to form a closed circle. When in time one of these fell by accident or interference, it caused a break and the energy which had built up within the tight circle, began to leak away. This information can be gained by dowsing.

In the same way, the basic plan of early Christian churches was very clear. There was a place for everything, the first and most important was the altar; in fact, the church was built around it and it stood on the exact site of its predecessor and was the centre. Immediately opposite at the west end, stood the font. Later, other more elaborate details were added but the positions remained true.

Later still, additions began to alter the basic form and that is where the breaking of the pattern changed the atmosphere, because the knowledge, so long preserved into what seemed merely legend, was disregarded. That it lasted so long is the amazing thing and, perhaps, that is the reason for the revival of the ancient knowledge.

We are re-living the story of Pandora's box and would like to believe the end of the story, and find the hope that we can learn to put right the damage that has been done in ignorance and arrogance.

Be Fully Who You Are

By Mikaya Heart,

Reprinted from Inspire Me Today, December 2022

If I could share 500 words of wisdom to summarize what I've learned so far in life, these are the important things I'd want to pass along to others...

We are not physical beings trying to be spiritual, we are already magnificent beings of spirit, choosing to play around with the experience of being in physical form. Experience life fully.

Embrace all of life. Allow it to flow through you and manifest however it needs, no matter how unconventional that may appear.

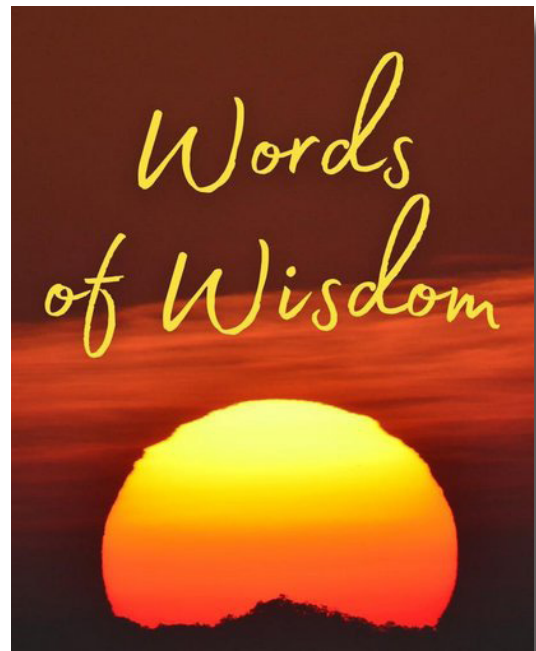
Life, energy, force, power: they are the same thing. The sensation of life flowing is sometimes alarming when you are not used to it, and most of us have been used to quelling it in an effort to appear adult and rational.

Let your true self shine

Start allowing it now. Let your true self shine. Scream, cry, shout, paint, dance, run, sit, look, be still: be who you are called to be, be who you really are. We are human beings, not human doings. All doing must arise first out of being. Don't just do something, sit there. A lot of running around doing is about running away from yourself.

Trust that all is well

Trust. Trust that all is well. Step back into a broader perspective of life, so that you see the long term. Everything changes, and that's fine. Embrace



change. If things don't go the way you thought they should, be pleased that you are offered new opportunities. Move beyond your old limited thinking. Our potential is unlimited.

Know you are guided

Know that you are guided. Allow that guidance to come through your heart and your intuition, not via your rational brain, which cannot compute truly deep knowing. Wisdom is a physical sensation. Cultivate awareness of that sensation of right and wrong that you feel in your gut or in your heart or perhaps in your throat.

Most of us have old emotions from the past that we are trying to control, and keep hidden. It is always a great relief to let them flow, and when you do that, they pass quite quickly. To allow the flow, you must be honest, first and foremost with yourself. That requires courage. Be courageous, just because there is nothing more important.

Once you no longer have a backlog of emotions to deal with, you will find that all feelings are a very useful source of information. Investigate further when something brings up joy. Go the other way when you feel dread.

Live in joy

Make a commitment to living in joy; make it fully, with no qualifications. Spend time with animals and plants—they know about joy, and accept you as you are. Be like them. Move on from judgments of others, and accept what is, instead of trying to change it. You will be amazed how things change and improve of their own accord when you do that.

Love your body. It wants to please you, and it is your partner for this life. Learn to play. Love everything and everyone, even when you have to walk away. Love with all your heart and soul. And as that love flows through your body, let it move you to do and be whatever is required of you.

Dowser of the Year 2023 Award

The committee has voted to recognise Rai Heller, as the recipient of the 2023 Dowser of the Year award, in recognition of his outstanding service to the Society, and to the field of Dowsing in general.

Maggie Lowe was able to visit him at his home in the Blue Mountains before his passing, to deliver the award.

This Dowser of the Year Award appropriately and permanently enshrines the memory of Rai's work and values, into the memories of the Society.

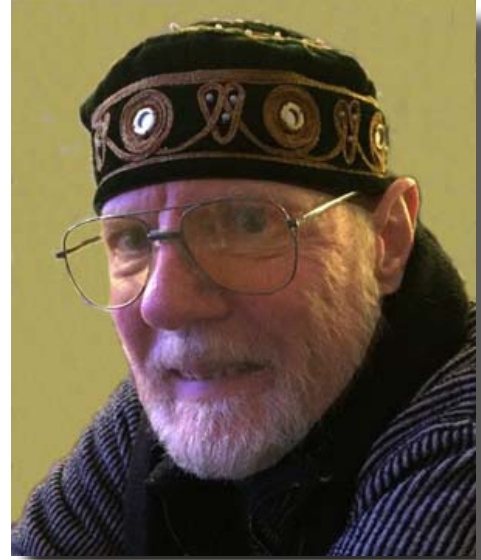


In Memoriam

Rai Heller

Rai recently passed away peacefully at home, surrounded by family.

Rai was one of the major facilitators of the inaugural ‘*Dowsing Down-Under Conference*’ in 2019, assisting with sourcing and arranging speakers, and pitching in with the preparations. During the Conference he did much of the heavy lifting, and being his usual enthusiastic self.



He established the Dowsers Society’s Facebook page ‘*Dowsing Australia*’ and worked daily to build its hundreds of members. He was always investigating interesting items to post and, even as he grew more and more unwell, was still constantly moderating and editing the site.

In his push to broaden our reach, since 2020, he and Dawn established and ran the Blue Mountains Dowsers branch of DSNSW. He brought his passion and dedication to this new project, which has been a huge success with its local audience. They appreciate the work he and Dawn have put in to bring interesting speakers to each meeting.

Rai was a force of nature! He was kind, funny, caring and full of great ideas for ways to promote dowsing for the benefit of others. He was a born communicator, a real free spirit and always recognisable in his jaunty hat!

Thank you Rai for your vision and hard work for the Society. You are very much in our thoughts and we pray that you are now cradled in the arms of the ‘*great dowser in the sky*’.

Our deepest condolences go to Dawn, his wonderful partner, their children and grandchildren.

Blue Mountains Dowzers News

The next meeting of the Blue Mountains Dowzers is scheduled for Sunday 4th June, 2023, 2:00 pm.

Address: The Lawson Mid Mountains Neighbourhood Centre,
9 New Street, Lawson.

The Essence of the Water Vibration

- Guy Kramhoft -

Guy Kramhoft, a Blaxland therapist and former Vice-President of the NSW Dowzers Society, has been dowsing health charts for the past 30 years.



Through the insightful work of Dr Masaru Emoto, David Icke and others, many of us are aware of how our thoughts and emotions are imprinted in water (and many other substances). Water has a memory and contains energetic information. It is present in all living organisms carrying the water vibration. From this, one can determine characteristics of the organism as plant, animal or human.

In this practical session, Guy will introduce us to his uniquely designed colour wheel which reflects the vibrations of water and expand on its variations in relation to certain objects such as herbs and different water samples.

He will also present a few photos of people we have no trouble recognising, so that we can dowse the water vibrations which they may be manifesting, so bring along your pendulum.



Library News

Chasing the Cosmic Principle by Robert Egby

This is the book that Ruth recommended during her talk at the March meeting.

Using Google Earth, Egby tracks incredible areas of influence surrounding pyramids which a spirit told him is a '*Cosmic Principle*.'

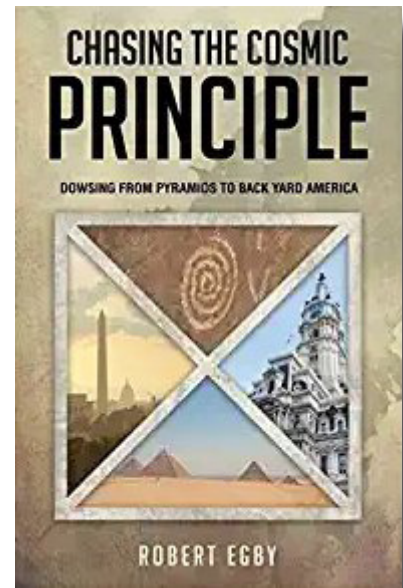
This Principle can be found not only in pyramids and Egyptian obelisks but in ancient designs, colours, a musical note, specific languages and particular words. Each will cause an involuntary counter-clockwise spin of a hand-held pendulum for no obvious reason.

Although written for dowsers, the book also encourages others to start dowsing and seek healthy Earth energies such as leys and '*geospirals*'. But it also pushes exploration past the regular aspects of dowsing, by encouraging closer examination of everyday items in our world, that seemingly have no connection with the Cosmos or its Principle.

Egby and his companion, Betty Lou Kishler spent three years dowsing and researching Earth energies, both on Google Earth and driving along ley routes, climbing towers and trekking across meadows and islands.

Also covered are ley lines, old Earth energy tracks frequently used by Native Indians to travel from one place to another.

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



-Helen

Speaker for June 18th, 2023

- Flower Essences for Emotional & Mental Support -
- Lis Conlon -

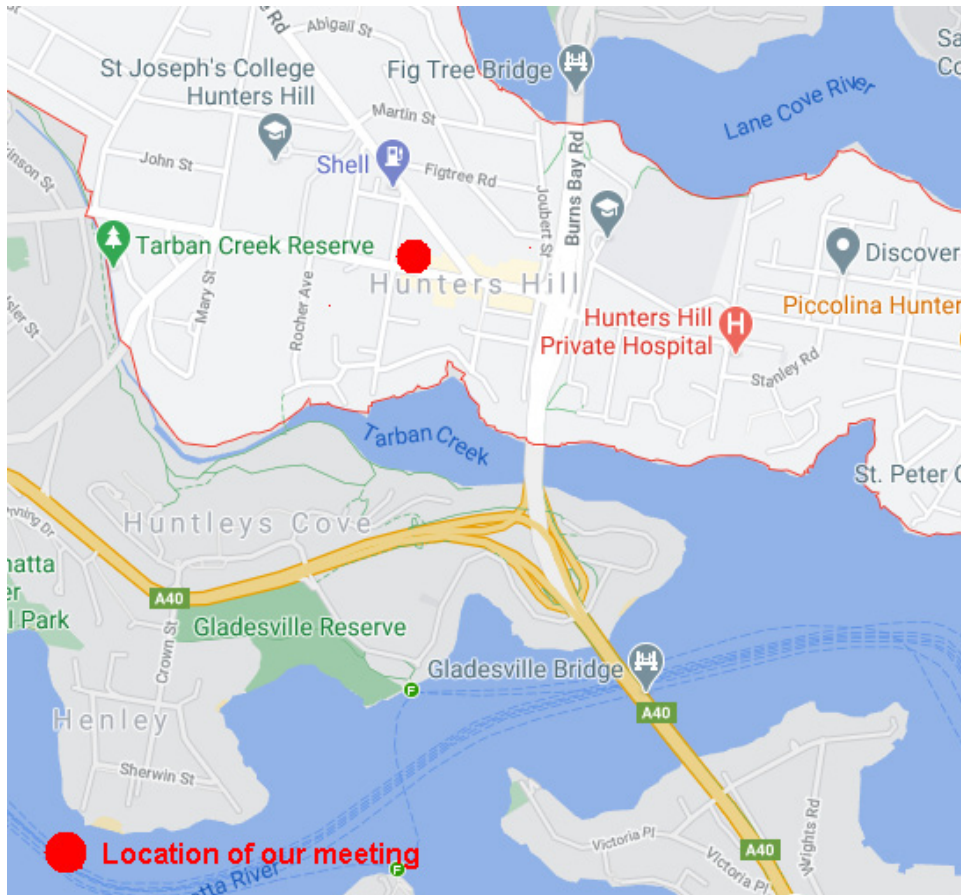
Lis Conlon is an accredited Herbal Medicine Practitioner. She is a fellow of the Australian Traditional Medicine Society. She is an experienced, passionate, and versatile educator and has taught naturopathic subjects to thousands of students in prominent colleges for the past 23 years.



She authored the textbook '*Iridology: a Beginner's Guide*' and runs supportive mentoring programs for postgraduate practitioners. She also presents community-based workshops for the general public.

Lis was one of the first Australians to qualify as a Certified Plant Spirit Practitioner. Lis connects with the consciousness and sentient nature of plants through deep and reciprocal relationship. This work resonates with her Celtic spiritual heritage, and she finds great joy in teaching others how to develop these relationships with plant beings. It is through this co-creative process that Lis discovers and develops plant essences and vibrational medicines.

In this one-hour presentation Lis will provide an overview of Flower Essences, and how they work to assist with balancing emotional states. Remedies for common scenarios will be explained. Information will be provided for attendees to access and use the remedies in their daily lives.



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