

Dowers Society of NSW Inc.

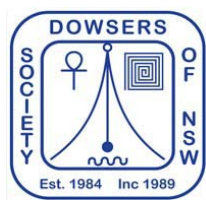
Newsletter

November 2022

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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 November 20th, 2022

Martha Heeren

- Sacred Geometry -

Sacred geometric patterns exist all around us, creating the fundamental structure and templates of life in the universe.

It is the geometric code that connects us with the divine and underlies everything.

We can see sacred geometry in all plants and animals, architecture, weather, music, planetary orbits, art, crop circles and much, much more.



All the old places of worship, locations and dimensions, were based on sacred geometry to create a connection with the divine for the attendees.

Martha will show us how nature bases its intelligent designs on a coherent set of mathematical rules which we can learn to see and decipher.

Martha Heeren is a retired educator and librarian who loves doing research. She has travelled extensively to sacred places and followed many earth energy lines.



From the Editor

We are blessed to have a very active Committee, including Martine, our speaker coordinator. Over the years they have made a tremendous effort to organise interesting and relevant speakers. To a great extent and to our members benefit, they have largely succeeded in that endeavour.

However sometimes the unexpected happens, as was the case last month. Following investigation into some of the claims made by our October speaker, the committee feels unable to fully endorse this presenter. As dowsers we always need to remember to use our discretion, and dowsing skills to check the suitability of any treatment presented by our speakers, before we decide to undertake the said treatment.

On a brighter note, in November we have Martha Heeren who has spoken to us before. She is a very learned and seasoned presenter, and I can highly recommend her presentation.

If you are a dowser or aspiring to be, chances are you have already worked on yourself, your intuition and your connection to Spirit. So this month we have some articles to help you protect your energy, feel supported and grow within yourself.

So many highly respected authors have said “If you want to help the world, then work on yourself.”

If you are a dowser then you need to practise your art, it will evolve as a result, and you will be surprised to see how you will grow, even in areas that do not seem connected to dowsing. Who does not want to have better intuition, better connection to their inner needs, being physical, emotional or spiritual.

There is so much to discover. By the way, if you need help with any dowsing related issue, you are always welcome to talk to any of our members at the monthly meeting and ask your question. If they do not know the answer, they surely will point you to a member who does.

Self-Care for Lightworkers and Empaths

By Shelly Wilson

Reprinted from the Ozark Research Institute, Autumn 2022

Taking responsibility for our own well-being is essential on this spiritual journey, especially for Lightworkers and those that are Empaths and sensitive to energies. We often overlook our own physical health and mental/emotional well-being in order to assist others.



According to Google, the definition of self-care is “*the practice of taking action to preserve or improve one's own health. The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.*” Self-care is any activity that we do deliberately in order to take care of our mental, emotional, physical and spiritual health.

Self-care is taking care of and honouring our body, mind and spirit in a way that activates our best self. For many of us, we desire to help others. None of us should feel guilty or feel selfish for practicing self-care. Self-care involves taking care of ourselves, so we can then give our best and provide value to the world by living our purpose and sharing our gifts with others.

The analogy, you cannot pour from an empty glass, so take care of yourself, is a gentle reminder to keep our glass full by practicing self-love and self-care. Devoting time and energy to others is pouring from our proverbial glass.

Our phone shows us the ‘*battery level*’, and reminds us when our phone needs charging because the battery is low. The fuel gauge on our vehicle

indicates how much fuel is remaining and alerts us when the tank is approaching empty, so that we can fill our vehicle's fuel tank. Many of us pro-actively charge our phone rather than letting the battery get too low. We also tend to get gas when it is convenient to do so rather than running the risk of being potentially stranded. Both of these metaphors encourage us to remember to '*charge our own battery*' and '*fill our own tank*'.

Self-care involves engaging in the activities that are required to maintain an optimal level of overall health. In addition to physical health, overall health includes psychological, emotional, social, professional, environmental, financial and spiritual aspects of an individual's well-being. We'll touch briefly on each of those now.

Physical Self-Care

Taking care of our physical body is primarily what self-care concepts have been based upon. Physical self-care involves movement of the body, health, nutrition, sleep, rest, physical touch and sexual needs.

Psychological Self-Care

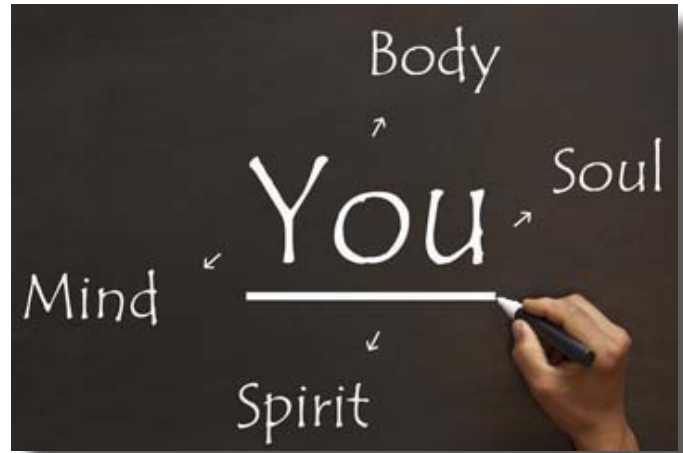
Our mental health is just as important as our physical health. Becoming aware of negative self-talk and addressing the emotions and triggers that affect us are essential. For those individuals experiencing symptoms, or are diagnosed with a mental health disorder, self-care may involve taking prescribed medications and having counselling sessions.

Emotional Self-Care

Emotional self-care is strongly connected to our psychological self-care because there is overlap between the psyche and the emotions. For those individuals experiencing stress or overwhelming grief, emotional self-care may involve taking the time to properly grieve the loss of a relationship or loved one. In addition to speaking to a professional, journaling one's feelings may also be effective.

Social Self-Care

Social self-care entails connection with others, which offers a sense of belonging and connectedness. Social interaction includes communication, expressing our needs, talking effectively through conflict to avoid miscommunication and also addressing the emotional needs of the people we love.



Professional and Environmental Self-Care

The workplace environment, whether we work from home, in an office space or outdoors, must include a practice of self-care, especially when we are providing services to others. The living/home space and workspace environments need attention as well, and are deemed environmental self-care.

Financial Self-Care

Financial self-care involves being responsible with our finances and having a conscious relationship with money.

Spiritual Self-Care

Spirituality is defined as any aspect through which a person finds meaning, hope, comfort and inner peace. Spiritual self-care includes the beliefs and values that are important to us and guide our life. Spiritual self-care may entail spending time in prayer, meditation, reflection and introspection as we explore who we are and why we are here. Religion may offer the social support and spiritual self-care individuals need as well.

As a reminder, self-care is an active choice to participate in the activities that are known to increase our overall physical, emotional, psychological,

social and spiritual well-being. We may be guided to take some time to truly consider how to integrate intentional self-care into our daily life. In doing so, we will likely realize that we feel so much better physically, mentally, emotionally, energetically and spiritually. As we know, a small intentional effort will have many lasting benefits.

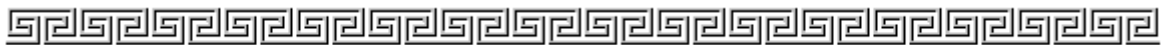
Subsequently, it should be noted that our perception of self-care and preferences may differ from another. We have free will and the power to choose what is right for us in all areas of our life. As we change and grow, our self-care needs and practices may change as well. Therefore, it is essential that we are receptive to being adaptable and flexible with these changes.

Self-Care Simplified

- A Always do your best
- B Boundaries are necessary
- C Cocoon as needed
- D Don't take things personally
- E Everything is energy
- F Forgive yourself, and others, to free yourself
- G Give thanks
- H Honour your emotions
- I Invest in you
- J Just breathe
- K Kindness matters
- L Love yourself fully
- M Minimize effort while maximizing results
- N No is a full sentence
- O Organize and simplify your life
- P Practice self-care

- Q Quiet your mind and meditate
- R Relax and restore your spirit
- S Strive for balance
- T Thrive and do more of what you love
- U Unwind from the tensions of the day
- V Voice your desires
- W Wellness for physical health and mental/emotional well-being
- X 'eXempt' and 'eXcuse' yourself from negativity
- Y You matter
- Z Zap the doubt and fear

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. ShellyRWilson.com



Making the Invisible Accessible

By Alice Harwood

American Society of Dowsers, 2022

Have you read Alice in Wonderland? Here's an interesting snippet from the CliffsNotes:

In a soliloquy, Alice addresses the Mouse: “*Oh Mouse,*” a phrase which reminds her instantly of a Latin grammar exercise in her brother’s Latin textbook: *amo, amas, amat*. Then she recalls the English translation rather than the Latin conjugation



of the verb for love, and what follows is a confusing of a noun declension: 'A mouse — of a mouse — to a mouse — a mouse — O mouse!'"

I'm leading you down a rabbit hole with this article, offering a new vision of 'dowsing,' or, as I prefer to refer to it: 'divining:' "*Divine, of the Divine, to the Divine, the Divine - O Divine.*" The etymology? According to Etymology.com: '...from Latin *divinus* of a god; from *divus* of or belonging to a god, inspired.'

As a diviner, I know I have access to information and answers beyond my own filtered consciousness. This knowing is a necessary premise and foundation for all dowsers/diviners.

Over 15 years ago, I started with simple 'Yes' and 'No' questions, which strengthened my psychic muscles. Now, the precise formulation of each question creates an alignment for receiving a fully inspired answer. The more I intentionally engage with this process, the more I find myself in synchronistic flow...

Perhaps you've studied the law of attraction—the concept of '*like attracts like*,' that similar things are attracted to one another. Or, have you ever wondered why you seemed to be almost magnetically drawn to a location? I love it when this happens, having become increasingly aware that nothing is random.

Upon waking in the morning, I consciously choose to align my '*free will*' with '*divine will*,' connecting into my source-self or quantum/divine-self. Then, I trust this quantum/divine-attraction to magnetize me to those people, locations and situations where I can actively participate in clearing, healing and balancing energy.

Quantum physics is a way of explaining and understanding how this occurs—everything is connected ... even when it's not visible.

When did I begin more actively engaging with the quantum field? About two years ago, a dear friend passed. My grieving process expanded my

high-heart connection into greater realms of non-physical dimensions. My friend started '*showing up*' occasionally to vicariously enjoy a cup of black coffee with me! He reminded me how much help was available from the other side of the veil and how much everyone was wanting to assist us here on Earth ... they were just waiting for an invitation. I started acknowledging the existence of spirit guides, ancestors and divine assistants and respectfully requesting their participation in every interaction, phone call and meeting.

Once I did, I felt an energetic shift, a confirmation that contact had been established. Invariably, I'd be given an intuitive insight, image or idea that came directly through for each situation, meeting or location. If and when I forgot to extend this invitation, I would begin feeling the constriction of things unfinished.

Quantum physics is like grid paper underlying an architectural design. It doesn't matter what's drawn—the grid underlies everything. I imagine a grid of waves and particles like toothpicks and marshmallows ... everything exists in completion, while simultaneously as pure potential just waiting to be utilized!

This pure potential responds to our levels of awareness, creating that which we align with mentally, emotionally and especially with physical action. So, how can we more accurately create and design the life we'd like?

I believe pure potential is activated by questions; that my neural connections are like the network between waves and particles. Every time I align my '*free will*' with '*divine will*,' I'm working consciously with the whole quantum field.

I acknowledge the trinity of wave, particle and pure potential, actively triangulating with geographical locations, moments in time, body and earth, reflections of the divine as another person, spirit guides, etc.

What have I noticed, you ask? What results did I experience? I've experienced greater time flow, time travel and increased creativity; psychic dreaming; clearing of density, which allowed me to have more energy; meetings with like-minded, open-hearted people, and new relationships.

This process continues to allow me to see the perfection of all that is while simultaneously allowing me to hold gratitude for extremes—because everything is needed as blessed contrast for personal and empowered choice. Waves, particles and potential. Quantum, source, and the divine. All represent energy, which connects, reflects and flows. As part of this, let's remember and honour our invisible connections—making the unseen accessible for others as we continue to imagine a better world and intentionally engage in divine co-creation.



Creating a Sacred Space

How to Cast a Magic Circle

By Grahame Gardner

Reprinted from Ozark Research Institute, Fall 2022

What do a circle chalked on your living room carpet, a labyrinth, the ring of stones at Stonehenge, the interior of a Gothic cathedral, the King's Chamber in the Great Pyramid, and the passage cairn of Newgrange, have in common? They are all examples of sacred space.

Sacred spaces are where we go to step outside of our normal everyday lives. Places where we can be alone to commune with the divine, or gather together in groups for ceremony and ritual. They are places where we feel that our connection with

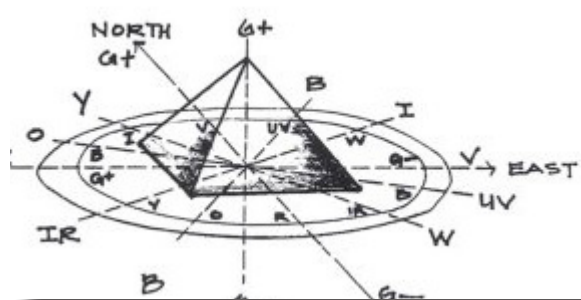


the spiritual is enhanced; places that inspire us or induce a sense of wonder or awe, places that we can use for retreat, self-renewal and spiritual advancement.

To construct a sacred space is to precisely position ourselves in 'Space and Time'. We are creating a psychic bubble of space that is a microcosm of universe. Thus, by marking out and orienting our space to the cardinal directions, we create very real energetic anchors to 'Middle World' (the Earth we walk on). By positioning the space on an earth energy power spot, we create links to 'Lower World', and by including astronomical alignments, such as a solstice sunrise, we can draw upon 'Upper World' energy.

For example, the Great Pyramid is oriented to the cardinal directions with a very high degree of accuracy, and if the southern base length of the Pyramid (756 feet or 440 'Royal cubits' of 1.718 feet) is multiplied by its height (481 feet or 280 Royal cubits), it produces a very close approximation of the length of the terrestrial degree (68.88 miles) at its latitude of 31 degrees. The Pyramid thus relates to its location on the Earth, while the passages within it locate it to the date of its construction through their alignments to key stars.

The Pyramid also includes many examples of sacred geometry in its proportions - too numerous to go into here - and by incorporating sacred geometry in the design, we create a subtle 'form resonance' that enhances the numinous qualities of the space. Thus, a properly constructed sacred space is indeed 'between the worlds' Permanent sacred spaces like Gothic cathedrals incorporate all these devices and more, and the space is constantly recharging itself through these energetic links.



There are many shapes that you can use for your sacred space, and each have their merits, but for the purposes of this tutorial, we shall be con-

centrating on the simplest space of all, the circle. A circle has inherent sacred geometry in the form of the irrational, transcendental number Pi (π , 3.14159...). Irrational numbers are an integral part of sacred geometry and expressions of the infinite. If either the circumference or the diameter of a circle is a whole number measurement, the other will always be an irrational number.

'Tried and tested' over the centuries by native peoples, shamans, magicians and other ceremonialists, the magic circle is the ideal construction for a temporary sacred space. It is easy to construct, and simultaneously both defines the working area and differentiates it from the rest of Universe by creating a local 'artificial horizon'.

There are numerous methods for casting a circle, and ultimately it is of course possible to cast one using nothing more than your imagination, if your visualisation techniques are strong enough. Because the space is only going to be temporary, we can rely more on our intent and will to create the correct working space. Yet the more correspondences we can include, the better the space will feel. A properly constructed space *'sings'* louder than one that is sloppily thrown together; so if you're new to this, you may find that following these techniques will give better results.

Step 1: Prepare the space. Establish where you are going to construct your circle. You may not have much choice in this; it may have to be your bedroom or living room floor, but if you have the opportunity to do it outdoors, dowse to find a natural power spot such as a blind spring, or the crossing point of energy leys. This will be your centre.

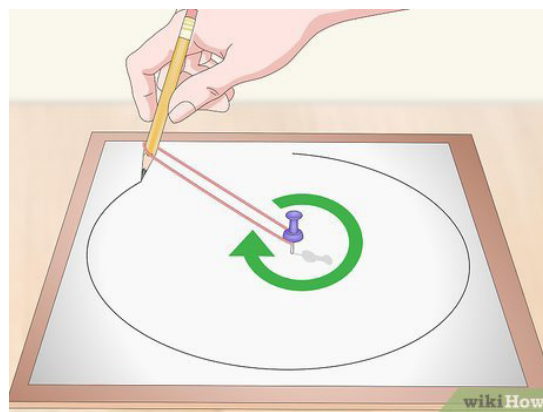
Physically clean the space by tidying up and vacuuming if indoors. It's a good idea to psychically clean it as well (particularly if you don't know the history of the space) by smudging with sage or using other space-clearing procedures. Smudge yourself while you are about it.

Step 2: Construct your circle. Place something on the centre point-that will act as a swivel. Outdoors, a wooden stake in the ground is by far the

easiest method. However, if you are lucky enough to be doing this on a power spot, be aware that inserting stakes into such points (*'pinning the dragon'*) is a powerful geomantic act and will affect the earth energies, so psychically protecting yourself before you do it is definitely recommended. Insert your stake with the intent that you are harnessing the earth energy to charge your space. Indoors, a heavy candlestick or an upturned terracotta flowerpot with a stick in the hole will work just fine as a centre post. As can the finger of a willing assistant, of course!

Now we need to establish the direction of True North from the centre point. You are probably going to have to use a compass to find North. Don't forget to compensate for magnetic deviation. Make a loop in one end of a rope and hook it over the centre point. Decide the radius of your circle and knot the cord at that point. A 9-foot circle is traditional (nine also being a significant number in sacred geometry), so the cord would be 4 feet 6 inches long, but you can make it smaller or larger.

Mark out the perimeter of the circle. You can use anything you like for this, chalk, salt, a ring of stones, even rope. The important bit is to make it as accurate as you can. I usually use salt if I'm indoors, both for its traditional psychic protection attributes and because it's easily vacuumed up from carpets.



Step 3: Mark the four Directions - which are traditionally called the 'Quarters'. Again, try to make these accurate. A reasonable sized carpenter square can work almost as well. It is important to try and get the Quarters correct as this sets up energetic connections with the surrounding land.

There are traditional elemental correspondences associated with each direction: going clockwise from North it's usually Earth, Air, Fire, Water. I like to also have a lit candle at each direction when invoking the Quarter.

So, I might have a crystal in the north for Earth, a feather, joss stick or bell in the east for Air, a candle or lantern in the south for Fire, and a chalice or bowl of water in the west for Water. Use what works for you.

Now that the physical part of construction is finished, gather together any items that you want to work with in the circle, and place them within. It's a good idea to use some sort of altar as focus for your work. Place this in the centre of the circle if you can, or if you need a bit more room you can place it at one of the Quarters. The North has traditional associations with wisdom and learning, but the East is more commonly used in classical magic.

On your altar you should at least have a representation of your chosen Deity or Deities, which at minimum can be a burning candle. You should also have any other tools or ingredients that you may need, such as incense, crystals, charged water, flowers and so on. An altar is a very personal expression, and it is the focal point of your sacred space, so it should embody all the ideas that you want to include in your space.

Step 4: Cast the Circle. This is the energetic part of the process that is going to be different-for everybody, dependent on your personal spiritual paradigm. Basically, you are focussing your intent to push energy into the circle so that it develops an energy body of its own. Before starting, stand in the centre of the circle facing your altar and take a deep breath. Imagine a column of light descending from above, passing through you and into the Earth. As you breathe out, picture this column extending downward right to the centre of the Earth.

On the next in-breath, draw energy from the Earth back up the column and into yourself. This is an important grounding step and also energetically connects you and the circle with the Upper and Lower worlds. Now extend your tool (or your finger) and visualise a stream of bluish-white light extending out from the tip, and direct this energy into the perimeter of the circle as you walk round. Visualise the circle as a glowing ring of neon blue-white fire.

State clearly your intentions, something like, “*I cast this circle to be a sacred space for...*”. Is it for protection, meditation, to send out healing energy, or what? Be clear about your intent. The usual way to cast is clockwise, or deosil, ‘*with the sun*’ in the northern hemisphere. (reverse your cast for the southern hemisphere).

Next, walk around the perimeter and consecrate the circle by flicking charged water containing a little salt, representing the elements of Water and Earth. Follow this up with a candle (for Fire) and incense (for Air). This brings the four elements into the circle.

Step 5: Invoke the Quarters. Face the direction involved, salute with your tool, and ask the guardians of the Quarter to be present and watch over the circle. So, beginning at the East, you could try something along the lines of, “*Guardians of the East, I welcome you to my circle with love and trust and ask that you protect it from all negativity*”. Continue clockwise around the Circle.

Visualisation is again the key here; if your guardians are the elements, visualise the floor shaking for Earth, a blast of heat in the face for Fire, and so on. If your guardians are the Archangels, you can see them holding the appropriate tools and wearing their coloured robes. The more vivid your visualisations, the better your circle will be.

Step 6: Invoke Deity or Deities. Light your candles on the altar and invoke by asking them by name to be present. The invocation of Deities is a procedure that some people may not be comfortable with, and if so, this step can be omitted.

Step 7: Raise energy. Sit with your eyes closed and mentally turn your attention to the energy of the circle. Go round it in your mind, checking that everything is done and visualising the energy of the circle swirling up higher and higher, faster and faster until it is as strong as you can get it. When you are satisfied that the energy is as good as you can get it, your sacred space is ready and you can begin work.

A properly constructed Circle should feel noticeably different from the surroundings; a bit like the energetic equivalent of filtered water. Perhaps it feels slightly warmer, or external noises seem lessened, the air might seem to sparkle or appear slightly misty, or you simply feel an increased sense of peace and well-being.

But there is a quite unmistakable difference between outside and inside the circle. If you have to leave your Circle for any reason before you have finished, don't just step over the boundary, as this will dissipate the energy. Use your tool or finger to energetically 'cut' a doorway in the air that you then step through, and seal it up again when you return.

Taking it all down is basically a reversal of the above process...

Release the Deities, giving thanks for their attendance. Blow out their candles. Release the Quarters in turn, starting at the East once more, and thanking the Guardians. Blow out their candles. Banishing pentagrams or symbols would also be done at this point.



Banish the Circle by walking round making cutting movements with your tool. Most people walk anti-clockwise (widdershins) for this. The important bit is to visualise the energy breaking up and either dispersing or going back into the earth. Clean up the physical traces of the circle.

Clean your tools physically and then psychically by smudging with sage to release any unwanted energies. There should be no energetic or physical traces left after you have finished, and the space can be returned to mundane use.

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Doesn't Whisper, But He Does Dowse

Thanks to DSV Life Member, Bev Ellison for this article
by Barry Lichter, NZ racing editor.

Reprinted from the Dowing Society of Victoria

With a little pendulum in one hand, and his other hand running over the horse, New Zealand trainer Geoff Dunn could be auditioning for a spot in a Harry Potter movie. But it's a ritual the Canterbury trainer performs every day and one he swears has helped his star horses Venus Serena and Tiger Tara.

A week out from the Harness Jewels at Cambridge, where the country's best pacers and trotters will battle it out for \$1.2 million in stakes, Dunn is engaged in the age-old practice of dowsing.

But rather than divining for water or metal, he's communicating with his horses to detect any ailments. Face drawn in concentration, Dunn is waiting to see if his pendulum starts swinging. It's then, he says, he'll know if the horse has a problem.

His homemade pendulum – a short piece of string attached to a fishing sinker, is still. It wasn't the previous day, at Bulls, where the horses rested overnight on their float trip north from Christchurch, says Dunn.



When Tiger Tara appeared slightly lame he got out his trusty pendulum and located the source to where a horseshoe nail had been driven in too close to the hoof wall. Dunn notices the looks he's getting from us, as we try to process what we're seeing and it comes as no surprise.

Some people say to him “*what the hell are you doing*” and he has some friends who think it's a load of crap - you can see it on their faces. But

you can't be embarrassed about it. It's Dunn's next trick that really tests the scientific mind. By asking specific questions of the horse, like, "*Do you have a sore foot?*" Dunn says he can really pinpoint the soreness. If the answer is "*Yes*" the pendulum spins clockwise, if it's "*No*", it goes counter-clockwise.

"I know a lot of people have trouble getting their heads round that part in particular. It's a bit out of left field and, for a start, I was a bit sceptical, too. Not now." Dunn, who has always dabbled in chiropractic work on horses, was intrigued at the prospect of being able to go one step further and find the source of the problem. Any doubts he had about dowsing were eradicated when four years ago he watched international master dowser Bill Northern at work.

On one of his regular visits to New Zealand, the Virginia man inspected a bunch of horses Dunn and his brother Robert had turned out after being unable to diagnose their problems. "*He told us things about them that he couldn't possibly have known. Then we went over horses at Robert's stables and told us which ones were sore.*"

When Northern checked out Gavin Burgess's useful pacer J D Fortune, he found the reason for the horse performing badly. "*When Bill said the horse wanted his shoes changed back to his old ones, Gavin said only that previous week he'd changed them.*" After reading about Northern's numerous successes, Dunn did a course on dowsing. "I had trouble early on concentrating – you can't have thoughts in your head – and they reckon it's hardest to do your own horses."

But I kept working on it and now it's second nature to me. "*My vet bills have definitely reduced, now I find out what's wrong with the horse, I don't have to pay someone else to do it. I reckon it's the best thing I've learnt in my life,*" says Dunn of dowsing.

It doesn't make the horses run faster. "*It could be a coincidence that I've got two great horses right now but the trick is keeping them at the top level.*"

Dunn says unlike Northern, who is physically drained after dowsing four horses, he can check out 50 in a day without trouble but, as a racing trainer, he was asking less taxing and quite specific questions of the animals.

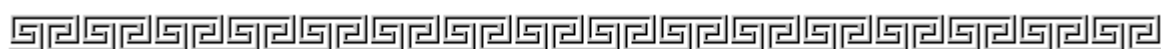
Maybe Dunn senses we're among the non-believers because before we leave he offers to check out our backs.



Geoff Dunn

Dunn's pendulum goes haywire at one point high up in my spine and again at a point above the tailbone. I know most guys have bad backs but this is a bit too spooky. Not so long ago a pinched nerve in that exact spot caused dreadful pain and the lower spine has been a war zone since a skiing accident as a child. Before I can splutter much out, Dunn has me in a bear lock and when I breathe out, he attacks and the crack is plain to hear.

Maybe there is something in all this after all!



Quotation

To oppose something is to maintain it. ...

You must go somewhere else;
you must have another goal;
then you walk a different road.

- Ursula le Guin in The Left Hand of Darkness.

The Necessity of Being a Well-Rounded Person ... and How to Pull it Off

By Paul Rosenberg

Reprinted from Freeman's Perspective, Dec 2018

I regularly go on about the necessity of forming your own opinions and making 'stands' upon them. And while I'm quite certain about that, there's another side to such things. We are complicated creatures, after all.

The more we express and defend our own opinions, the more we tend to get locked into them. And that part can be a problem, because none of us – not even the best of us – knows enough to claim that his or her opinions are beyond questioning.

No matter how sure we are about something, we need to leave an opening for better information to change our minds. Most often, we'll need only modify a long-held opinion rather than jettison it altogether, but we have to be ready to jettison anything that doesn't stand up against new information.

Where we hit danger is when we become set in our ways and can't let things go. That problem tends to get worse with age, with persecution, or if we become well-known for a particular opinion. But whatever way it comes, being overly devoted is a grave problem.

The most common threat, however, is considering oneself part of a group and being so emotionally tied to the



group that you lack the emotional strength to disregard it.

Ask anyone who has left a strong and clannish religious group how hard it was. They know. The people who quit such groups have to face losing all their friends at once. That takes guts, and such people deserve credit for what they did.

Political, academic, or other types of groups can become clannish and controlling in just the same ways, and exert the same pressures. All such pressures are poisons, and protecting ourselves from them, in my opinion, is a duty we owe to ourselves, our friends, and to the truth itself.

How to Pull It Off

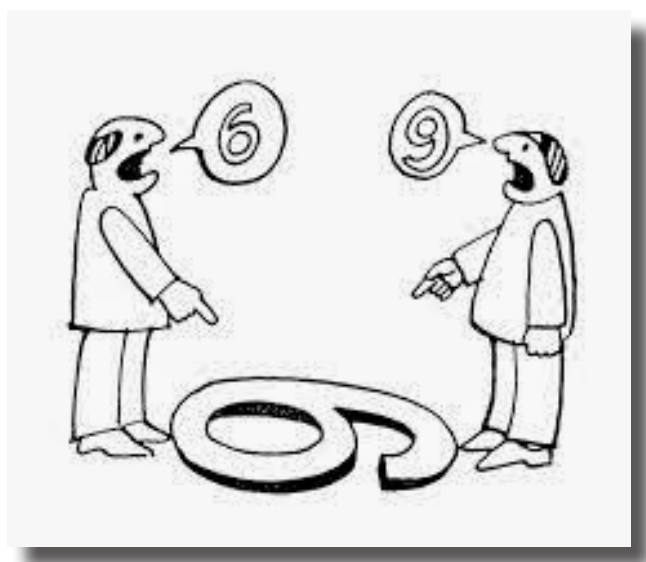
It's one thing to say, "*Don't allow yourself to get clannish,*" but making it a practical reality is something else. I have three specific tools that have worked for me, and I'll pass them along to you.

#1: Stay warm to the opposite view.

Pay attention to opposing viewpoints, but not with the intent of chopping them up.

Face them sympathetically. You don't have to read every opposing viewpoint, but when you find one that seems to be clear and thoughtful, stop and check it out. More than that, try to find some good in it.

Stay open and stay out of us/them imagery. What matters is the truth, not who says it.



#2: Keep friends who don't believe the same as you.

Make sure you spend quality time with people who don't share your views. Make those people your friends... and I mean actual friends, peo-

ple you come to care about. Try to find people who are competent, experienced, and different. And try to see them regularly. Two or three times per week would be ideal.

#3: Have someone to try your ideas upon. It would be ideal to have one person in your field, or a near one who's really good at what they do but who doesn't entirely agree with you; then bounce critical ideas off this person. (Such people tend to be busy, so you should probably ask their thoughts for only the most important things.) This person can be hard to find, but if you do find one, hold on to them.

But More than All That...

Beyond all that we've said above, being well-rounded is vital. People who get rigid have a nagging little voice somewhere in the back of their minds, testifying that something is wrong. You don't want to carry that with you for life.

On top of that, your family will be damaged by inflexibility of character, which is what you'll get by holding your opinions above examination and change. Likewise, your effectiveness in cooperative ventures – everything from business to your local little league – will suffer.

We need to recognize people as they are, not how they line up with our beliefs.

So, I suggest that you start using the three tools I've noted above. Being a well-rounded person is dramatically to your benefit.

As it turns out, history was never too hard to understand;

they just told you the wrong story.

Blue Mountains Dowzers

BLUE MOUNTAINS
DOWZERS



The next meeting of the Blue Mountains Dowzers is scheduled for Sunday 4th December, 2022, 2:00 pm at the Lawson Mid Mountains Neighbourhood Centre, 9 New Street, Lawson.

Speaker: Ruth Sneddon

- Pyramid Energy -

Ruth is an accomplished dowser, she will lead an exploration of pyramid energy and the associated Cosmic Principals, based on the work of Robert Egby. Participants will need to bring an open mind, dowsing tools, pen and notebook. You are welcome to bring a pyramid if you have one (any material/size).

During the session we will be using our pendulums over pyramids. I will have plenty of these, but if there lots of people you can pair up. there will be crystal, paper, copper, possibly bamboo, and different sizes.

Ruth will help us discover how to make sense of what dowsing above pyramids reveals. She will explain about the special relationships with angles and frequencies in a pyramid. A very fascinating subject indeed,





Library News

Library News:

As health and well-being is on everyone's mind, some may find this one useful.

Book review: **Getting Well Again**

By Carl Simonton, Stephanie Matthews and James Creighton

In this revolutionary book the Simontons profile the typical “*cancer personality*”: how an individual's reactions to stress and other emotional factors can contribute to the onset and progress of cancer.

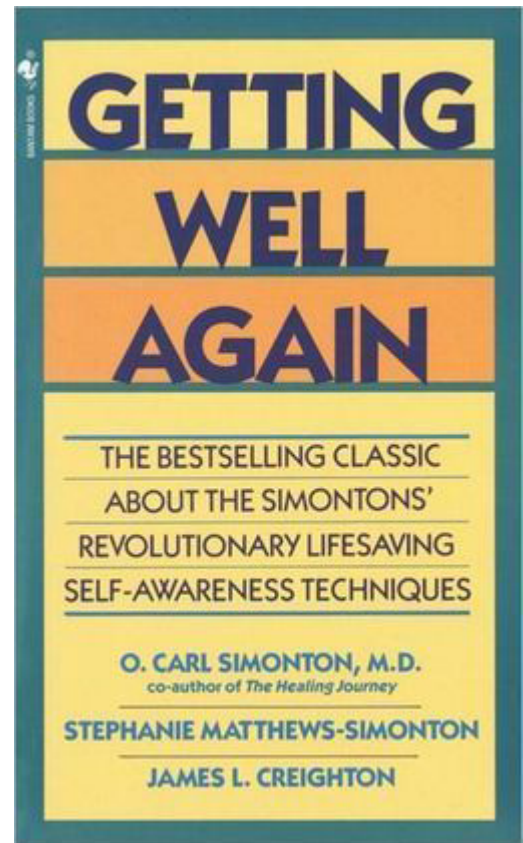
They show how positive expectations, self-awareness, and self-care can contribute to survival. This book offers the same self-help techniques the Simontons' patients have used to successfully reinforce usual medical treatment.

These techniques for learning positive attitudes, relaxation, visualization, goal setting, managing pain, exercise, and building an emotional support system are well worth discovering.

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

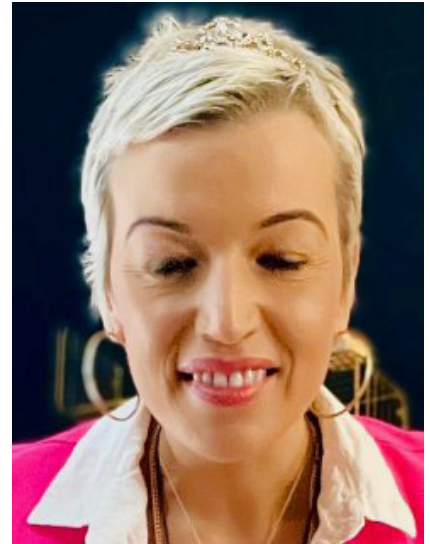


Speaker for December 11th, 2022

- Emanuela De Dona Zeccone -
- Reiki & Sound Healing -

Emanuela is a woman with fire and passion who loves to facilitate people into living their life happily and fulfilled, inside and out.

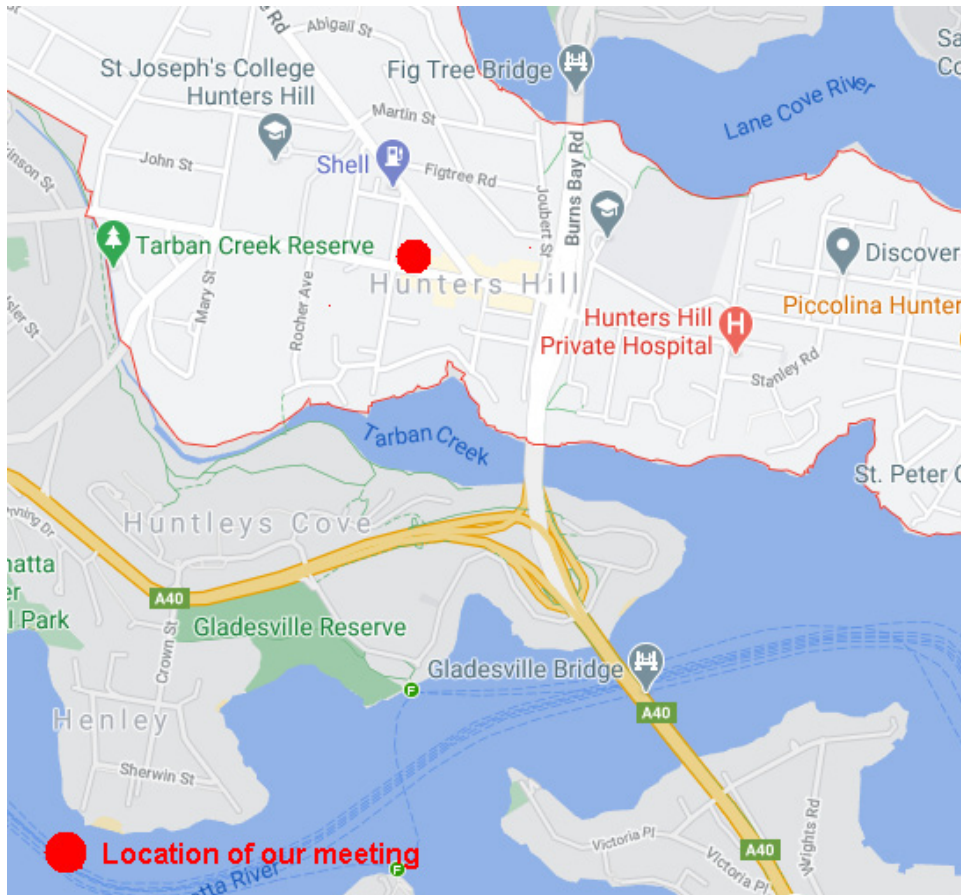
She is the creator of Emanuela De Dona Reiki & Sound Healing. Her journey in Australia started in 2008 as a professional stylist, image colour consultant and eye-wear expert. Being Italian, she has always been passionate about design, styling, looking good, especially because this can help you to feel good about yourself.



Her passion for the external world led her to learn more about the internal world of people. She will be delighted to illustrate to us the effective lasting changes from techniques that she has learnt and experienced on herself in the last 5 years.

She has been on a journey of discovering herself and all the fears, limiting beliefs and patterns that held her back from previously moving forward. She has used Neuro-Linguistic Programming, Time Line Therapy™, Hypnosis, Reiki & Sound Healing to help herself.

These techniques have allowed her to experience a deeper knowledge of herself. She will be happy to present these techniques to us at the December meeting which will be on the **second Sunday** of December.



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