

Dowsers Society of NSW Inc.

Newsletter

December 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.

Meeting December 10th, 2023

Due to unexpected circumstances, our scheduled presentation for December with François Capmeil has been postponed. François will give his presentation on Adventures in Dowsing in 2024.

Please join us instead for an enjoyable afternoon on Sunday 10 December, when we will have time to chat, play some fun games and have a few laughs. There will be lucky door prizes and a special Christmas afternoon tea and we would very much appreciate your contribution to the party food.

Entry is free.



From the Editor

The year 2023 is coming to a close, and to be honest the future does not look all that bright. However it would be foolish and wasteful to think that the future is not in our own hands. That we are powerless puppets, born for a while into a strange world entirely controlled by others.

Each of us has a choice, and that choice is to choose Peace, to choose happiness, to choose what is right, inside of us. I am not saying go out there and wave banners, no! I am saying “*Go inside and choose the future you want to experience, choose Peace, choose Fulfilment!*”

Look on page 24 for a special New Year’s Resolution. I read this recently and it has energised me. Do try it. By the way, Barbara Marciniak, who wrote it, has written several other books. They are good reading to understand why the world we live in today is the way it is.

We will close the year with our last meeting of the year, on December 10th. Remember that this will be the second Sunday of December. Bring a plate of food to share, and we will be able to celebrate the closing of this year together with joy and pride for a future that hopefully, we will manifest together.

We will look forward to the year 2024. Of course we hope for Peace, but better than that, we will manifest Peace in our own lives as this will affect the world in a positive way.

Never underestimate the power of Love and Peace. Look at Mahatma Gandhi, what the power of one man did. Rope is softer than stone, yet, over time the rope will cut a groove in the stones of a well.



May our combined prayers and intent be like that rope, and cut through the stone of darkness. Wishing you all a great Christmas, may Peace come to everyone’s heart and may this world flourish in Peace.

Until next time,

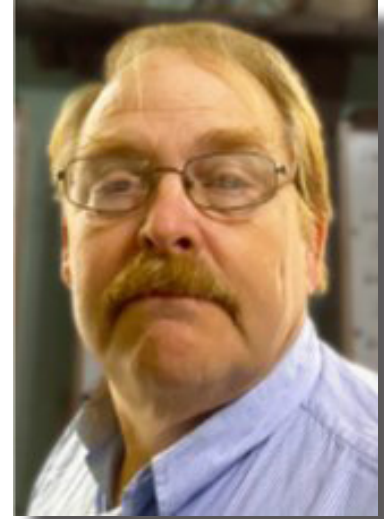
François

Dowsing is a Wonderful Tool

American Society of Dowsers, Spring 2022

By Marty Lucas

Here at the American Society of Dowsers (ASD), we teach dowsing and have records of dowsers going back more than 60 years. There are documented accounts of dowsers that have found hundreds of wells.



Other dowsers seek energy lines, some work in health and wellness fields and others use dowsing to find people, pets and things. But many dowsers keep their dowsing separate. It's as if, when they want to dowse, they stop doing whatever they were doing, dowse, then return to their everyday activities.

Others seem to use dowsing as a parlour trick, to be taken out, played with, then put away. That doesn't work for me. For me, dowsing is no more a separate part of life than breathing or walking. When you really understand what dowsing is and what it can do, it turns into an everyday thing.

It isn't special. It isn't miraculous. It's just another part of living. I don't say that to take away from how wonderful dowsing can be. But as a way to simply tell you: it's just another part of who you are. That's why I find myself dowsing all the time. Of course, I dowse for the best fruits and vegetables at the market.

Of course, I dowse for the best routes when I'm travelling, and I evaluate my supplements before I take them. That's just common sense. But I use it for much more than that. In my business, I must evaluate a lot of information to help determine the best outcomes. So, I dowse, advantages and disadvantages.

On my farm, I like to dowse to see which piece of equipment needs my attention that day. I also use dowsing to fine tune my questions. I form a question and dowse to see how effective it is. Then I craft and perfect the question until it's over 90 percent effective. I'm sure I don't know enough to ask perfect questions. But I can work to craft the questions I have and make them better and better.

Simply incorporating this basic skill set into my daily routines has made my life a lot easier. Some may ask, 'If you can dowse an answer, why think?' Certainly, if you're dowsing the questions on a test, there may be some serious issues if you ever need to actually know the information. But dowsing doesn't replace thinking and studying.

Without thinking and studying, you cannot craft good questions. And as have all learned, if you ask the wrong question, you always get the wrong answer. Recently, in my work, I reached a point where I didn't know where the next advance or discovery would come.

That happens every so often when you work on the leading edge of any pursuit. But when I looked at where my greatest discoveries came from the previous year, each one was linked to something I studied, or someone I spoke to. Without those interactions, I wouldn't have had the questions to ask. Without the questions, I wouldn't have made the discoveries.

On my website, I list several frequency packages healers use around the world. Many have been superseded by better, more powerful, and more complete ones. It isn't that the older ones aren't good. They are. In fact, they're far superior to what I can find on the market elsewhere. But the newest ones are the best ones. They're better, not because I'm a lot smarter now, or luckier, or whatever. They're better because I am asking better questions now than ever before.

My dowsing is about as good as ever. It runs at about 85 percent accuracy. If I applied what I've learned at different dowsing classes, I could

probably improve that accuracy rate. But at 85% accuracy I get good results. I use those results and build upon them.

Since I use my dowsing every day, I ask a lot of questions. Since I ask a lot of questions, the quality of my questions has improved. So even at a B+, my dowsing is more effective than someone that has 100 percent accuracy but doesn't use it. What good is having a skill you don't use? If you want better results, ask more questions. The more questions you ask, the better the questions will become. The more you use your dowsing skills, the more your other intuitive abilities will develop.

You'll find a time when you '*know*' the answer before you even ask it. You learn to trust that '*gut feeling*.' The time will come when your dowsing tool will simply verify what you already know.

That is why I use my dowsing all the time. I enjoy the benefits of getting good answers. But I also enjoy the enhanced intuition. That connection brings good things into my life and helps the not-so-good things to leave. It helps me understand that everything is always just as it should be. The only thing that could possibly be out of place is me or my responses. I see the world as if '*She*' is doing everything in her power to support and guide me.

When I fall off the path, I can tell, because the coincidences and synchronicities go away. Then I use my dowsing tools and skills to find my way back into the '*groove*.'

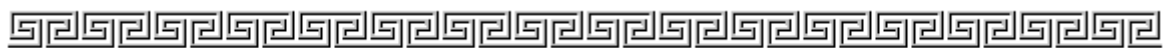
Dowsing has helped me understand that there's only one person I'm any good at being: Me. I also understand that when I quit trying to fill a role, all I have to do is be myself.

There are those who find me to be completely insufferable. There are others who feel differently. But by giving up on the pretence of being anything else, I find I can be happy. The more you use your intuition, the more you will have to be yourself.

By being who you really are, you will attract the people and events that resonate with you. Why would I want to attract people that resonate with anything else?

So, if you're uncomfortable using your dowsing tools in public, learn to dowse without tools. I don't pull out my pendulum in the grocery store any more. I don't have to. In fact, when I learned to dowse without tools, I found myself dowsing more often.

If I could leave you with one thing, it would be this: use your skill. Don't think you have to follow some complicated ritual. Don't think you have to dowse the same way as anyone else. Just dowse. Use your skill, develop your skill and watch your life improve.



Dowsing Breast Cancer in Marin County

*By Kerry Louise Gillett
American Society of Dowsers, Spring 2004*

Six members of the American Society of Dowsers got together on April 20, 2002 to use their dowsing skills to find out what was causing the extraordinarily high rate of breast cancer in Marin County (USA). Dowsing, also called water witching or divining, is most commonly used to find water. But, as NASA and scientific universities in Europe know, dowsing can be used to find many different things, including answers to pressing questions.

What they found

First, this group of dowsers confirmed that there is indeed a higher rate of breast cancer in Marin County than anywhere else in the state. They also found that it is not just one factor, but a conglomeration of factors that makes the risks higher for Marin women than for others.

One phenomenon involved in this disease process is called geopathic stress or negative earth energies, which are naturally occurring radiations from the Earth. Long-term studies in Germany have confirmed the link between disease and sleeping and working over these malevolent zones.

In countries where the destructive character of these streams has been accepted by much of the scientific community, dowsers are routinely used to locate them, much the same as they are used to find the best place for a water well. The investigation by these local dowsers revealed that Marin County has an exceptionally high amount of geopathic stress lines. This means that the women of Marin are more likely to be exposed to these negatives earth energies than women in other areas.

This group also confirmed the well-known facts that Caucasian women are more susceptible to breast cancer and that the more affluent the woman, the more likely she is to contract this disease. The female residents of Marin County are mostly white, largely affluent and are, therefore, natural targets for this affliction.

It was determined in this dowsing session that leading a stressful life increases a woman's chances of becoming part of the statistics and that the fear generated by the publicity regarding breast cancer in Marin exacerbates the situation even further.

One of the most astounding revelations was that the fungus that is infecting the oak trees in our county is another contributory factor. Although we cannot physically avoid the oak tree fungus - which is in the air, in the water, on the ground - this group of dowsers recommends

avoiding the consumption of mushrooms, which, added to exposure to the tree fungus, makes matters worse.

The dowzers were surprised to find how big a part yeast plays in this scenario. Two of the main culprits are the yeasts found in sourdough bread and in California wines.

On the other hand, the yeasts in wines produced outside of California, in beer, and in other breads were found to be harmless. It was also discovered that women who have breast cancer in Marin County tend to have a high incidence of candida yeast infections.



Flying in aeroplanes is another risk. It has been reported that airline attendants have a higher incidence of this disease, and the dowzers found that there are excessive electromagnetic radiations that adversely affect airline passengers and are especially dangerous to women susceptible to breast cancer.

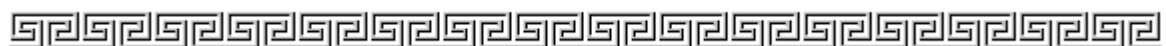
This group agrees with the medical community, that the main culprit in the breast cancer controversy is oestrogen. Alcohol, in its relationship to the production of oestrogen, can be a contributing factor to this disease; and oestrogen can also be found in the natural environment, in tofu, in pesticides, herbicide, and dry-cleaning chemicals. Those women taking oestrogen supplements, such as birth control pills and hormonal replacement therapy, elevate their potential for breast-related disease.

One piece of good news is that the natural constitution of the groundwater in Marin appears to be harmless. It is known, however, that some plastic water bottles leach oestrogen into their contents and, thus, pose a danger.

What You Can Do

- Eliminate geopathic stress in your home and office. Many dowzers have professional experience in determining whether or not a home or office is afflicted with geopathic stress. Often a dowser can help you eliminate your exposure to these potentially harmful earth radiations.
- Change your diet. Avoid California wines, mushrooms, and sour-dough bread. If you have candida (yeast imbalance), consult a medical practitioner who can advise you on how to rid your body of this condition.
- Avoid or reduce air travel and protect yourself while flying. When travelling by air, use one of several available devices that protect fliers from excessive aircraft radiation.
- Reduce stress in your life; maintain a positive attitude. Besides making your life happier, it can make it much healthier.

Kerry Gillett, an advanced dowser and feng shui practitioner, can be reached at 415-382-1917. kerrygillett@aol.com



Some Instances of 'Mind' Dowsing

By H. O. Busby

Reprinted from the British Society of Dowzers, September 1958

In my own case the reaction of rod or pendulum appears to be that described by Mr. Lucian Landau in his address to the B.S.D. wherein he said "*One hypothesis is that dowsing is purely a mental phenomenon, the muscular reaction of the dowser being the result of cerebral activity*".

The following experience of my own cannot, I think, be explained by any physical means.

Some years ago I received a surveyor's plan from a man 2,000 miles away,

and was asked to mark on it such spots as gave a reaction for gold formations. There was a spot marked '*Harry's Shaft*' on the plan and I decided to take that as a starting point. I went on to an area of land on my property and impressed on my mind that it represented the area on the plan.

I took a tree stump to represent the shaft, and put the question to myself: "*Is there a 'pipe' formation carrying gold anywhere near the shaft?*" My angle rod gave me a direction at once. I walked out until the rod indicated a rough circular area which represented to me a pipe or old buried geyser.

I marked this spot (No. 1). Then put the same question at the spot, i.e., "*Is there another pipe?*" And another spot was indicated from it (No. 2). I took a bearing with a prismatic compass from the stump to No. 1, and a second bearing from No. 1 to No. 2. The distances from stump to No. 1, and from No. 1 to No. 2 were then measured, each one was round about 100 yards. I also marked other spots on the plan.

I returned the plan to the sender, giving the bearings and distances to the two above-mentioned spots. He wrote to me saying that he had taken the surveyor out, and the spots had been marked on the ground. Would I fly over and check up? I did so, and was taken out to the area.

On arrival I asked for '*Harry's Shaft*' and was taken to it. I mentioned that it was the point from which I had located the two spots. I put the same question to myself as at first. My rod gave an indication which I followed until a circular area was indicated. Then it was pointed out to me that a small heap of stones a couple of feet away from the circle was the surveyor's mark.

I set off to look for the No. 2, having put the same question to myself and got an indication. I arrived at a similar type of circle, and was shown a similar small pile of stones under a small bush within the circle. These two points were exact as marked down 2,000 miles away. I had never been in that State before so had no possible knowledge of it. I had not met any of the people in the party before that day, so there was no pos-

sibility of mental transference, also all particulars had been sent by letter weeks before. Furthermore the party walked behind me so gave no indication of direction.

On the plan a large open cut was marked and referred to as an old mine from which a large amount of gold had been taken many years before, eleven tons was the amount told me. I had carried out a dowsing survey of this mine at home, which showed me that the gold appeared to have come from a pipe at one end of the cut which had not been found previously.

I had also noted that a drive or tunnel had been '*put in*' searching for it, but had missed. The party consisting of the owner of the lease, two old miners, and myself walked up to this old mine. I mentioned that I thought that I had noted this old drive, one of the miners said "*It is there all right and I have been in it.*"

In the case of other points marked on the plan all were correct on the ground. As far as I know no work was done to prove the presence of gold, but the dowsing was definitely proved correct. This successful use of an area of land to represent the area on the plan can only have been due to action on a mental plane, nothing below the surface of the area used had any effect on the rod during the time of use.

Another instance of success which cannot be ascribed to any physical contact took place during the late war (WW II). I happened to be near the coast and, as my habit was, used to ask myself if there were any Japanese ships about.

I seemed to pick up one which did not seem to be a warship coming down from the North, and asked myself: "*Is it carrying small submarines?*" I got an affirmative reply through the rod used and counted four of them. I followed the ship down and when it appeared about opposite to a certain rather important strategic point it seemed to launch the subs, during the night. I rang up a friend who had a naval contact and told him what

had seemed to happen. He wrote and said that he had handed on the information. Much later he told me that he had met his naval friend and asked him if the subs. were really there, the answer was: *“Yes. We sank three of them and the fourth ran on rocks and was wrecked.”*



Just at that time one of my employees had joined a volunteer force and was stationed on a gun at the particular spot. Shortly after I had sent on the information he was on leave. I asked him if he had had any excitement lately. He replied *“Yes, we were ordered to stand to all night as subs. had been seen in the bay.”* A few months ago I met an engineer who had done a lot of work for the Navy during the war and while there had heard that some man had located subs. with a divining rod.

I use the question method largely in dowsing and the results have been good. In looking for water on a property I do not walk over the ground, but put the question *“Is there a supply of the required yield about?”* and if there is, the angle rod gives the direction. The same method can be used in finding the depth and quantity. Prepare a chart with two parallel vertical lines.

Mark them off in equal sections, each representing, say 10 feet, then using a pointer and pendulum, start at the top and move downwards until the pendulum gyrates. The same for quantity; mark a chart with circles, a penny is good for outlining them. These charts are merely aids to the mind and have no virtue of their own.

Many mistakes have been made by simply walking over the ground and noting the actions of the rod, for it will respond to a different density of the ground. Mr. Budgett found this when he used his apparatus at Kew over a concrete base, as I have also found when checking over certain

other diviners' marks. A definite objective is necessary as the mind seems to be extremely selective as regards direction and appears to act as a sensitive receiving set. The cerebral activity bringing about the unconscious muscular reaction affecting the rod.

I have had three bores put down in a definite search for 'magmatic' water (primary water), as described by V. Cameron, with success in each case procuring big supplies of excellent water. The heads of the springs, all of which appeared to be coming from about 16,000 feet depth, were located and streams flowing from them were drilled on. When doing this it was found that each of these flows dropped down into faults again within a short distance of the springhead.

One of these bores, which receives no surface water that is not percolated water, yields water of high quality, and several degrees warmer in temperature than a shallower bore on an ordinary underground stream. Two of the bores passed through shallower streams before reaching the magmatic water. These shallower streams had not been picked up because the cerebral 'set' had been on 'magmatic' water when locating the sites.

After locating the above sites I happened to put the question: "*Are there magmatic waters still existing under pressure which have not broken out?*" I found that there were far more of these sealed springs of greater yielding possibilities about, and that some of them should yield very large flows at the surface. In fact true artesian springs. All of these sealed springs are in rock, granite or volcanic, in so far as I have been able to determine, and at no great depth, 200 -300 feet.

This is in contrast to the bores in the so-called Artesian Basin. The deepest I have heard of there is 9,000 -10,000 feet, and the water cannot compare with the magmatic water in quality. A driller has promised to put down a bore for me on one of these selected sites. These sealed springs seem to be widely spread; everywhere I have been they are present, and a map survey shows them in even the very driest areas. If proved they will make a vast difference to Australia.

True Belief: The Strength behind Power of the Mind

By Raymon Grace

Reprinted from the Ozark Research Institute, 1998

It is my belief that we can program our minds for most anything that we truly believe in. Truly believing is the 'catch.'

There may be a number of conditions which affect our programming ability. Among them are: lack of desire, belief, and expectancy, which make up 'faith;' negative beliefs and thought forms, which



may be self-imposed or inherited; negative thoughts of others which may be affecting us; negative spiritual influence; and 'who knows' what else...

However, these things can be changed, thereby strengthening the power of our belief and, thereby, strengthening the effect of our programming.

So how do we change these things? We can change our desire, belief, and expectancy while our brains are at the alpha level. We can change the energy of negative beliefs and thought forms into positive energy with our dowsing techniques. We can change the effect of thoughts from others by putting up a shield of protection. We can change negative spiritual influences by sending them to the proper place in the spirit world.

These - my friends - are some of the ways we empower ourselves, rather than giving our power away. The future is composed of thoughts not yet materialized. We can change the future by changing our thoughts.

So, what can we program our minds for? Well, I've programmed mine to be aware of any and all danger to myself, family, and friends and take the appropriate action to avoid the danger.

How do I know it works? I'd take it for granted that it works, for taking it for granted is the greatest act of faith. But there is other evidence, also. After conducting a class in a large city one night, I was taking my wife, Nancy, and daughter, April, out to get something to eat. We didn't know where we were going, and the further I drove, the stronger the danger signal became.

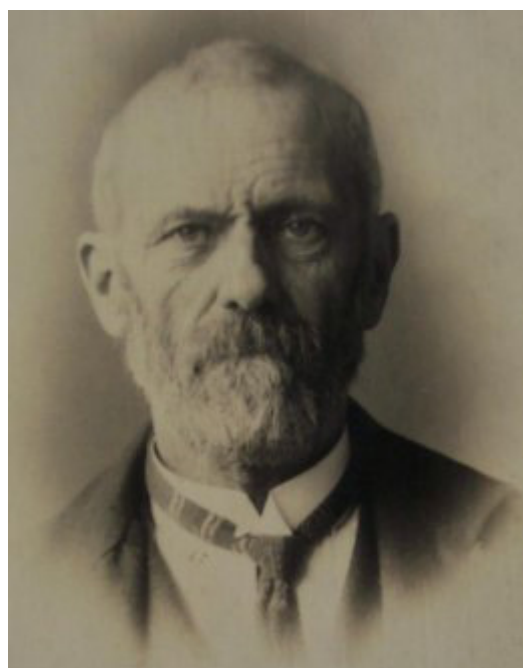
I did a U-turn in the middle of the road and got out of that particular area. The next day, I learned that we had been heading into a dangerous part of the city.

About a month ago, I awoke at 3 a.m. with a disturbing dream concerning danger. After changing the dream, I got up and dowsed to see if the dream was meant for me – “*No*” - Was it meant for one of my friends? – “*Yes*.” A quick check told me which one, and I believe I was shown what had been planned to happen. It was an ambush where my friend would be shot when he drove out of his driveway that morning.

Not being able to get to determine who had planned this, I asked, “*Do I need to know who has planned this in order to stop it?*” “*No*.” Checking the danger level of my friend and finding it very high, I asked that the necessary changes be made on all levels, to lower the danger level as low as possible.

Finding the ‘*would-be*’ killer ‘*possessed*,’ I asked my Spirit Guide, whom I believe to be my Great-Great Grandfather, to take the possessing spirit over to the other side and send them on to wherever they should go.

Checking the danger level again - it was very low. Waiting until 7 a.m., I called my friend and told him to wait at the house and I would come and escort him to work.



Since then, we believe we have determined who it was that intended to kill him. Three dowsers have checked the danger level of my friend at 3 a.m. and 7 a.m. of that morning, and gathered information that would support this story.

Can I prove these stories? No - when we prevent something, it is doubtful that this can be proved. This is why faith is so important - it allows things that cannot be proved to still build our confidence. Besides, if we don't believe in what we are doing, we should 'get out of the business'.

A little over a year ago, a chiropractor in Indiana I knew was having severe pain in his back and shoulder. It had gotten so bad that he was unable to give adjustments to his patients.

He did not ask for help but, since he has helped so many people, it seems someone should help him. After presenting the previous statement with some details to the Universe, I took my pendulum and asked that the pain in Bill's back and shoulder be decreased as much as possible.

When the pendulum finished swinging in a counter-clockwise circle, I asked for good energy to flow into the areas. The pendulum then swung in a clockwise motion.

Now, the pain not only decreased in Bill's shoulders, but he knew I was working on him, even though there had been no verbal communication between us concerning the problems. Within about a month, the shoulder and back were pain-free and functioning normally.

Raymon is the President and Founder of the Raymon Grace Foundation a 501(c)3 charitable organization that focuses on clean water. The Raymon Grace Foundation uses energy work and dowsing for the betterment of the environment and humanity. Raymon is a world known dowser, speaker and author of three books.

Summer Day



Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean-
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down-
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?

-Mary Oliver

Whale Healing Counsel

Lisa Fraser wrote this communication she received from whales, published in The Journal of Interspecies Telepathic Communication, Spring 2012.

This morning I awoke early. It was still dark as I went out into the cold. I felt the magic of the waning full moon bathing my world in white light. But so early? It was the whales. They wanted me to feel the moment and hear their message.



For many mornings now, I've been meditating. But as soon as I start, I hear the whales as they pass by my home. I've been on dolphin journeys and listened and taken in their love as I swam side-by-side with them. But even though I live several hundred yards from the ocean, I've never heard the whales.

They had just journeyed through the debris headed our way from Japan (from the earthquake and tsunami). They were confused by it.

They told me clearly "*We must clean our Mother; she's all we have.*"

I saw the debris as the whales tried to navigate through the muck—lumber, cars, unidentifiable pieces of metal and wood.

They continue on. "*We hear the deafening sounds near your home. We can lose each other as we try and listen for each other's voices, even separated at times, but we move on towards our destination.*" This I saw rather than heard.

Animal communication doesn't always come to me in straightforward words. I see things. I feel them in my body. I hear words but watch and

listen to the entire message.

The whales talk with me most mornings as I sit outside. They are teaching me that they are the memory keepers of the planet. They travel hundreds of miles each year for thousands of years to reach their destinations. Each year the journey becomes more perilous. Each year they battle the sounds of more and more ships that travel the oceans, and throw off their communication with each other. It's like trying to talk with someone with the TV blasting—loud and confusing. Yet, they seem to know where they are to meet up with their respective pods and move on.

This morning the message was for us humans—the ones who need to wake up. Their society long outdates ours.

“We teach our young the world of the whales, as you teach your young the message of being human. But you have lost your way. It's not too late. You can each clear the Mother and make her whole again simply by feeling love in your heart space and passing it on.”

The other day I heard the beautiful laughter of a child swinging on a swing. The whales showed me that moment.

“That little child filled her heart space with joy and laughter. The energy she sent out from that laughter reached your whole community. Perhaps beyond. The humans didn't hear it, but they felt it.”

“This is what you as humans must do. Each day, you must fill your heart space with love and joy. This will branch out to others. They too will feel it. It is the way to heal our Mother. Joy.”

They showed me the trees in my yard. The power of the winds they endure. The trees are dancing. They aren't being harmed by nature; they love to dance in the winds and drink in the rains that fall to quench them.

“You humans hide in your dwellings, worry about the power of the winds. The trees are not afraid. They live on.”

They showed me that when I am in nature, my heart space fills with joy.

The love that my dog radiates through his heart from simply being with me on the beach is enough to heal a human who has forgotten.



“We, the whales, have very large hearts that send love when we are in joy. We send it around the planet, yet humans need to do their part, too. Humans need to feel joy, not despair, and send it out. It radiates. It is a powerful tool.”

It’s so simple. All we need to do is feel love in our hearts and it will cure another of their pain whether they know it or not! This is how we can change our planet.

“Why do you think the message of ‘do what you love’ is so strong right now? It’s because when we do what we love, we send love. And in that very action, we are healing our Mother.”

The moon continued its path across the skies as I listened and glowed with it. I felt the love the whales were sending and now I’m sending the message to you.

Are you practicing joy?

Are you finding time in your hectic day to smile?

One smile can cure a village. It truly is this simple. Do what you love. Stay in your heart. And the whales will continue to send us their love. This is the simple start to curing Mother Earth.

~Lisa Fraser

Why Everyone Should Use Cayenne Pepper

By Anya Vien

Reprinted from lahealthyliving.com

Cayenne pepper has been called “*the king of herbs*” because it has been prized for thousands of years for its healing powers. The famed herbal healer Dr. Shulze said, “*If you master only one herb in your life, master cayenne pepper. It is more powerful than any other.*”



Cayenne should be used daily by anyone who has problems with his heart or blood pressure, because it is beneficial to both. The active ingredient in cayenne pepper is capsaicin, which gives the herb its characteristic heat.

Capsaicin is extremely effective at improving blood flow even to the smallest of spaces such as the capillaries. Improved blood flow can be beneficial for a number of reasons such as for: optimal delivery of oxygen and nutrients to tissue, fatty plaque elimination, decreasing blood clots, and eliminating spider veins and varicose veins. Cayenne does the impossible.

From the healing text of Dr. Christopher:

“In 35 years of practice, and working with the people and teaching, I have never on house calls lost one heart attack patient and the reason is, whenever I go in—if they are still breathing—I pour down them a cup of cayenne tea (a teaspoon of cayenne in a cup of hot water, and within minutes they are up and around).”

Cayenne has at least 26 different nutrients! It contains minerals such as Zinc, Selenium, Calcium, and Magnesium. It also contains vitamins such as Vitamin A and Vitamin C.

It can be used for chronic pain, shingles, heart disease, bad digestion, sore throats, headaches, high cholesterol levels, poor circulation, blood pressure issues, heart attacks, and toothaches.

In cayenne studies, scientists have discovered an 80% reduction with prostate cancers in mice and in human prostate cancer cells in cultures. The capsaicin in cayenne actually creates accelerated cancer cell apoptosis, or cellular self destruction

How to Use Cayenne Pepper

The lowest therapeutic level of SHU or heat units is 35,000. You will often find cayenne powder listed at 40,000, 60,000, 90,000 or 100,000 SHU or heat units.

Cayenne that is infused in warm water. Start by mixing a quarter teaspoon with 8 ounces of water or fresh squeezed juice. Drink this beverage every morning for the first week. The second week, increase the cayenne amount to half a teaspoon in 8 ounces of fluid.

Use this general recommendation and increase the amount of cayenne by 25% until you reach one tablespoon. Once you reach this amount, use it for at least a month to help clean out the arteries and maintain their health.

For a sore throat, gargle 1/4 teaspoon of cayenne pepper in warm water. Your throat will get better in no time at all.

A Special New Year's Resolution



It is for you, in the moment and every day, to consistently set out with clarity what you wish to experience.

With a sense of deserving and graciousness, discover inside yourself what will bring you happiness. What makes you feel light and connected and alive.

What do you desire that will bring peace on the planet as you occupy your own being?

Whatever those things are, begin to want them. Call them to yourself by saying:

- It is my intention that I experience a harmonious life style.
- It is my intention to experience health and energy that leads me to creative adventures.
- It is my intention that I be well provided for, that shelter and food, and all the things I need to experience life be given to me in great abundance, and that I pass this great abundance on and share it with others.



Reprinted from 'Bringers of the Dawn', by Barbara Marciniak



Library News

Book review:

'*The Man Who Invented the Twentieth Century: Nikola Tesla, Forgotten Genius of Electricity*' by Robert Lomas

Everybody knows that Thomas Edison devised electric light and domestic electricity supplies, that Guglielmo Marconi thought up radio, and George Westinghouse built the world's first hydro-electric power station.

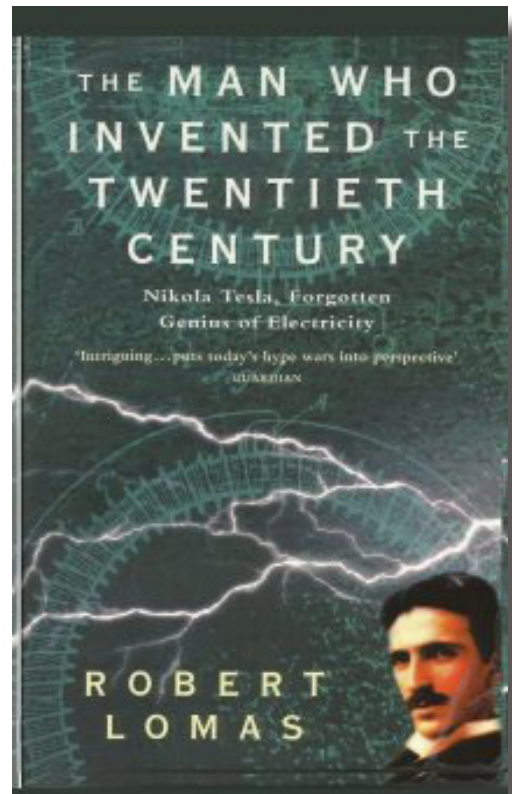
Everybody knows these '*facts*' but they are incorrect. The man who dreamt up these things also invented, inter-alia, the fluorescent light, seismology, a worldwide data communications network and a mechanical laxative.

His name was Nikola Tesla, a Serbian-American scientist, and his is without doubt this century's greatest unsung scientific hero. His life story is an extraordinary series of scientific triumphs followed by a catalogue of personal disasters.

A great read for anyone who likes biographies and/or wishes to discover the early history of AC electricity. Good insights into Edison and Westinghouse and how GE evolved.

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

~ Helen



Speaker for January 15th, 2024

- True Enigmas of the Sun -

- Megan Heazlewood -

Megan will be presenting information which is available and verifiable on the recent astonishing behaviours of our Sun. Not only the Sun in our solar system, but the Sun in the centre of our Milky Way Galaxy (Sagittarius A).



The Sun's behaviour has scientists stunned over their perceived unpredictable and unprecedented anomalies, declaring that our whole understanding of space physics needs to be revised.

There are many satellites imaging our suns in varying spectrums, providing indelible evidence for things which our current understandings say shouldn't exist.

The presentation includes:

- What some scientists and researchers predict about the evidence and the possible consequences for Earth.
- What is already evidenced on Earth based on their predictions.
- What did the ancient indigenous cultures of the world understand about the Sun?
- Could this enhance our present understanding.
- The Mayans called their Calendar '*The Sunstone Calendar*', which demonstrates a far more sophisticated cosmology than we can readily comprehend. (I believe it is Hollywood which bestowed the term '*Doomsday*' Calendar.)

We will discuss the tremendous change we rapidly are undergoing in every sphere of influence, and on every scale, all according to the harmonic synchronisation of the Mayan Calendar.

Dowers Society of NSW Inc.

Correspondence

The Secretary, Patricia Rose, PO Box 124, Figtree, NSW 2525

Email: secretarydowers@gmail.com

Committee Office Bearers

- President Elizabeth Backler Tel: 0409-880-659
- Vice President Martine Negro
- Secretary Patricia Rose
- Treasurer Jane Ruehmkorff, E: dowers@outlook.com
- Public Officer Amalia Pezzutto
- Audio visual Shinya Taninaka
- Sales Table Manager Ruth Sneddon
- Other Council Members : Marie Wood, Bobbie Stanton,
Dawn Krumm-Heller, Robyn Lee, Colleen Jones
Maureen Flowers

Blue Mountains Dowers Coordinator

Dawn Krumm-Heller Tel: 0408 966 742, dawn_heller@hotmail.com

Membership Coordinator

Maureen Flowers Tel: (02) 9879-5051, membersdowerssociety@gmail.com

Seminar and Speaker Coordinator

Martine Negro Tel: 0414-878-214, mnegroaaa@gmail.com

Newsletter Editor

François Capmeil, biotron@ozemail.com.au

Proof Reader / Certificates

Marie Wood, marie@wood-lands.com

Library Coordinator

Helen Braico, helen64@outlook.com.au

Healing Team coordinator

Sally Lamont leo4019@gmail.com

Dowser-of-the-Year

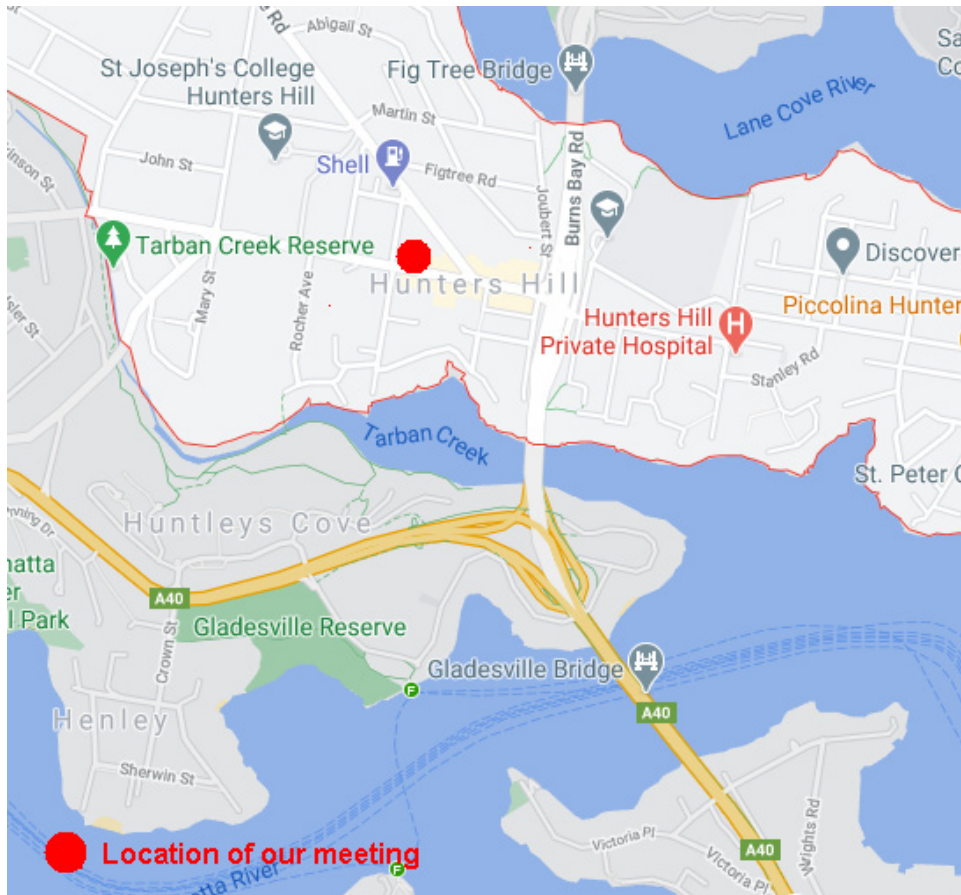
- 1997 Frank Henry (deceased)
- 1998 Esther Deans (deceased)
- 2003 Peter Ruehmkorff (deceased)
- 2005 Pauline Roberts
- 2006 Trevor Harding
- 2014 Maggie Lowe
- 2015 François Capmeil
- 2020 Robert Gourley
- 2023 Rai Heller (deceased)

Website address

www.dowsingaustralia.com

Facebook Group

<https://www.facebook.com/groups/1639531922791759/permalink/2130700580341555/>



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