

Dowsers Society of NSW Inc.

Newsletter

June 2024

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Table of Contents

2	June 16th, 2024 - Q and A Dowsing Forum
3	From the Editor
4	Energy Without Effort
7	The Old Straight Beeline
9	Ways to Raise Your Vibration
14	The Ins and Outs of Dowsing
18	A Note from Raymon
20	The Power of Boron, a Wonder Mineral!
24	Blue Mountains Dowsers News
25	Library News
26	July 21st, 2024 - Amauchi Tzumi



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.

Subject for June 16th, 2024

- Dowsing Forum -

Questions and Answers for all Dowzers

- With Maggie Lowe -

Instead of a normal meeting with a guest speaker, we will have an open forum chaired by Maggie Lowe.

Our two previous forums have been very well received and great fun.

Everyone loves to hear the great success stories, but sometimes even experienced dowzers have '*bad days*', with less than satisfactory results.

The aim of the Forum is to share dowsing story topics; successful and frustrating, with solutions from our membership, to progress your dowsing journey.

You don't have to be a genius dowser, and sometimes new dowzers find solutions to issues that 'old hands' haven't heard before. This is an opportunity to increase, and share your knowledge, for the cost of a monthly meeting. If you have a story you would like to share, or suggest more information on a topic which needs airing, please contact:

Martine Negro: mnegroaaa@gmail.com, so we can plan another successful Dowsing Forum.



From the Editor

We have two great news items this month. The first news is that we will have another Dowsing Forum. The last two forums were very successful, and the feedback was great. See on page 2 for details of the June 2024 forum.

The second great news is that our committee, together with the Blue Mountains Dowzers are planning a one day Dowsing Conference in November, followed the next day by a workshop with Alanna Moore.

The last Dowsing conference was a roaring success, and Alanna's workshops are always well attended. We expect this new conference to be no less exciting, so please mark the dates in your diary:

Conference: Saturday 9th November,

Location: The Carrington Hotel, Katoomba

Speakers: Alanna Moore, Robert Gourlay, François Capmeil & Kevin Parker

Workshop: Sunday 10th November

Speaker: Alanna Moore

Location: Katoomba

We will let you know further information as soon as we can.

I remember the last Dowsing Conference in November 2019 in Chatswood. It was really exciting, and really well organised. It is hard to believe that this was 5 years ago already. So we are due to have another one, and I hope that every one will support it and bring their friends.

Dowsing conferences are an important part of continuing your learning and growth in this life. Life IS SHORT, so we need to make the most of it. So, I just booked the Biogeometry Special Topic Conference with Dr Ibrahim Karim in Fort Lauderdale, Florida in late September 2024!

Until next time,

François

Energy Without Effort

By the late Clif Sanderson, one of our founding members.

Reprinted from The New Zealand Society of Dowsing & Radionics Inc.

The miracles of twentieth century science, unwillingly at first, traversed many rocky plateaus, but arrived breathless with new understandings of universal integration, leaving instead the idea of solid matter, replacing it with foggy vistas of a quantum cosmos.



Left behind are mind-sets of steel wheels on steel rails; the belching smokestacks of industry and the lash of the accountant's cat. Even the word 'energy' has been reframed, perhaps to all intents and purposes, abandoned.

Adopted, has been the Chinese 'Qi' (pronounced Chi), with its much broader sense of acknowledging arising changes and its practical applications. Qi is invisible 'life energy'. It centres on the paradox which Master Wang Ji Wu exclaims:

"Non-action is the real action. One hundred acts are not as good as one moment of silence."

The Western world, with its tremendous breakthrough in quantum physics, has taken up a sincere fascination with the bio-energetics of Qigong. Techniques such as meditation, progressive relaxation and autogenic training have been found to alter heart rate, blood pressure, brain wave activity (EEG) neurotransmitter profile, peripheral blood volume, skin temperature and muscle control (EMG).

Exercise that initiates only minimal to moderate body movement has been found to be effective and beneficial. Moderate body movement that occurs within a context of deep relaxation, for example, is common to

both Qigong and Yoga.

Qigong masters say that even after 4000 years of observing Qi healing, they don't try to explain why there is a remarkable flow measured during a Qigong session. Whether it is understood or not, more than 200 million people around the world happily do it every morning. Where Feng Shui (as in my previous article) harmonises the external environment, consciously adjusting the placement or integration of the landscape, Qigong allows Qi to flow gently to appropriate regions of the body's internal environment.

Unlike Tai Ji, Karate and other Martial Arts, which originated in the mental approach of defence against an attacker, Qigong teachers continually insist on '*no effort*' - mentally, physically or emotionally. Stress, asthma, cancer, hypertension and immune systems all may benefit from quiet effortless exercise. Athletes, who are careful not to over-exercise also find they enjoy the helpful changes.

My own practice, '*Flying Bird Qigong*' evolved from observing and learning from many Masters throughout Asia and Europe. With a Western mind, I wanted to be able to explain the effects – something seldom done by most Chinese teachers.

For example, we know that there is four times as much lymph fluid in our bodies as blood. The heart obviously pumps the blood, but the lymph, which carries away toxins, can only be assisted by gentle exercises. When we focus on our breathing and gently hold the breath in (without any effort) there is more oxygen delivered to the lungs; holding the breath out, instead of thinking of getting rid of stale air, we realise that we are feeding the plants who benefit from carbon dioxide.

Dr. Yan Xin writes that doing Qigong "*improves micro-circulation of the cerebrum and this cannot be obtained through any other kind of practice. The brain's deeply layered cerebral cells are enriched with blood by doing Qigong*" (Wozniak, Wu & Wang 1991:43).

The beauty of Qigong lies in its simplicity. Learning is easy. Anyone from 18 to 82 finds no difficulty in a few minutes practice every day. Easy movements give so much pleasure - people start their day with a few deep breaths and a moment's quietness.

Qigong has been proven to lay down the foundation for a strong immune system which leads to a longer and healthier life. Today there is so much stress even in a normal person's life, that they can benefit immensely from regular Qigong sessions. Medical research has also proved that by doing Qigong, people increase their anti-aging factor.

How can it help people who have chronic illnesses?

When you are in a relaxed and tranquil state, natural processes take place in the body. The main interest arises because people who suffer from such serious debilitating diseases as cancer, stroke, cardiovascular disease, asthma and arthritis frequently demonstrate improvement.

What are the anti-aging benefits?

We could live many years longer than we do - the main reason why we become old is that the oxidation process happens in our organs. Qigong enhances the activity of anti-aging enzyme SOD (superoxide dismutase). SOD is believed to destroy free radicals that cause aging. Easy exercise rejuvenates and revitalizes our major organs and especially increases blood flow to the heart and brain.

How long do I have to do it before noticing the results?

If you have discovered a good teacher you should be able to feel some effects at the first lesson, however we see that it is not the immediate results that are the most lasting. Very often the changes are subtle such as a change to sleep patterns, reduction of stress, more overall energy levels and calmer relationships.

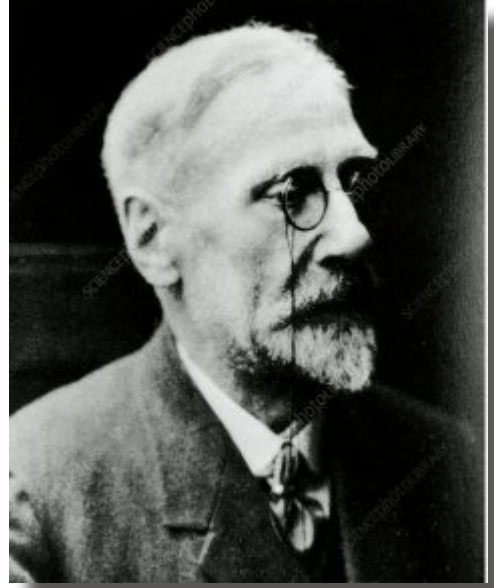
- Clif Sanderson

The Old Straight Beeline

Alfred Watkins ~ Ley Line Hunter and Beekeeper

The one hundredth anniversary of Alfred Watkins's 'discovery' of curious straight lines (Ley Lines) between sacred and other sites in England, was in June 2021.

In addition to being a ley line hunter Alfred was also a beekeeper and co-founder of the Herefordshire Beekeepers Association (HBKA) as well as a "*businessman, photographer, author, self-taught amateur archaeologist, antiquarian, local politician and a founder member and president of the Woolhope Naturalist Field Club.*"



The HBKA and the local county council teamed up to create the "Bee Van". Travelling the countryside in the horse-drawn wagon, HBKA beekeepers gave demonstrations of beekeeping, and also magic lantern shows, to illustrate and popularise the skills related to the art of bee keeping. Alfred was eager to show beekeepers and other honey-hunting humans, the correct way to extract honey from a hive without annihilating the bees inside.



The Watkins family were wealthy and operated several businesses such as a flour mill, a brewery and a hotel in the city of Hereford. This allowed Alfred to explore Herefordshire and to take photographs on sensitive photo plates.

He invented his own exposure meter, which he called the Watkins Bee Meter, because he took a profuse amount of wildlife and Herefordshire life photographs. The Watkins Bee

Meter was not a trinket but was actually quite useful, and the photographer for Robert F. Scott's Antarctic expedition took one with him in 1910.

Alfred worked for all of his father's businesses often improving them in inventive ways. He installed electrical light at the flour mill, and created a flour to produce a brown loaf with an ideal spongy, honeycomb texture. Ever the inventor was Alfred, as well as an educator and beekeeper.



He helped to support his family in their different businesses; he was a bee and wildlife conservationist; and he won awards in photography. As a result, his business travels and explorations throughout Herefordshire gave Alfred the opportunity to notice the old straight tracks that he and we call ley lines. Lastly, the family beekeeping tradition continues as his grandson is a member of the HBKA.

Editor notes:

Alfred Watkins (1855–1935) originated the idea of ley-lines and surveyed alignments which articulated the prehistoric landscape of Britain, in his native Herefordshire in the 1920s.

Despite the scepticism of academic archaeologists, his vision of ley-lines helped shape popular views of British landscape in the interwar years, and, during a revival of Watkins's work from 1969, practices and perceptions of British land art.

The concept was explored again later with great success by Hamish Miller, who went on to rediscover the actual Michael and Mary Ley lines and later the Apollo and Athena Ley lines.

Ways to Raise Your Vibration

By Lance Schuttler

Reprinted from Dreamcatcher Reality, Aug 2020

When it comes down to it, the most important thing we can do to help transform ourselves and the world for the better, is to raise our own vibration.

As it has been stated by numerous indigenous teachers in the past and confirmed by quantum physics today, everything is connected by a unified vibratory field. It only makes sense then that if we are to help improve the world around us, we must improve ourselves. We must raise our own vibration to raise the collective's vibration. Here are some of the most incredible ways to do just that.

Flower essences

Though flower essences are different than essential oils, they are nonetheless one of the most potent ways to raise your vibration. Flower essences help us to process and heal things that are going on with our emotional state. In other words, they are nutrients for the soul.

Dr. Edward Bach, who helped to bring much awareness to flower essences talked about the benefits of them. "The action of the flower essences raises the vibration of the being...they cure by flooding the body with the beautiful vibrations of the highest nature, in whose presence there is the opportunity for disease to melt away like snow in sunshine."

Earthing/Grounding

Earthing or grounding is the practice of having skin contact with some part of the Earth. The most common form of this is having your bare feet stand on the Earth, but can also be accomplished with having your hands touch a tree. Doing this begins to balance the electrochemical state of the body because of the negative ions the Earth emits.

Negative ions act as antioxidants (free-radical scavengers) by pairing up with the free radicals and rendering them neutral. Thus, pain, inflammation and anything out of balance begins to move towards balance, or homeostasis.

There have been several studies that have shown how grounding helps with pain reduction, wound healing, balancing of the circadian rhythm to help improve sleep, as well as helping to shift a person's brainwaves to the alpha state, which is great for a calm and balanced, yet alert and fully awake state of mind. In terms of frequency and vibration, the negative ions that we absorb from the Earth quite literally improve the flow of electricity within our body.

According to Dr. Jerry Tennant, electrical activity within the body is how we improve and maintain health and life: "Chronic disease is always defined by having low body voltage. One cannot cure chronic disease without inserting enough electrons to achieve -50mV (millivolts).

One must have the raw materials necessary to make new cells, and to eliminate the toxins or infections present that will damage the new cells. You can take all the medications you like and do as much surgery as you like, but you will not heal unless you have -50mV, raw materials (nutrients) and lack of toxins."

Fulvic Acid

Fulvic acid is a group of chemicals that forms when plants and animals break down. It's found in humus (organic matter) of soil, peat, streams, and lakes. Fulvic acid might block reactions in the body that cause allergy symptoms. It might also reduce swelling and prevent or slow the growth of cancer.

Continuing with the theme of improving elec-



trical activity within the body, we'll look at fulvic acid, which is the strongest anti-oxidant known with over 14 tetratrillion electrons that it can donate or receive. This renders free radicals neutral and harmless. Fulvic acid also is one of the richest sources of electrolytes, which helps to restore electrochemical balance within the body, and ensures electrical output capability remains strong and vibrant.

It is excellent at detoxifying the body, transporting nutrients and even neutralizing radioactive substances that sometimes find their way into the body. There are numerous other benefits of consuming fulvic acid, but it must be ensured that the source of the fulvic acid one uses is optimal. Optimally Organic says their fulvic is best, when it is water-extracted from lush vegetation and not from a dried rock bed.

Removing Alcohol

Alcohol is a well-known depressant and can bring out the darker aspects of ourselves when consumed. Removing it from your life is a sure way to continuously raise your vibration.

Burning Sage

Burning sage has also long been used to clear away negative energy. It has also been scientifically proven to help clear harmful bacteria from the air. For us, when we are around people, whether it is at school, work or running an errand, we naturally pick up energy that other people emit.

Sage helps us to clear away any negative energy we may have picked up from other people. Doing this after you come home for the day can help raise your vibration by clearing away other people's energy. It helps us maintain our energy field and maintain our own unique vibration.

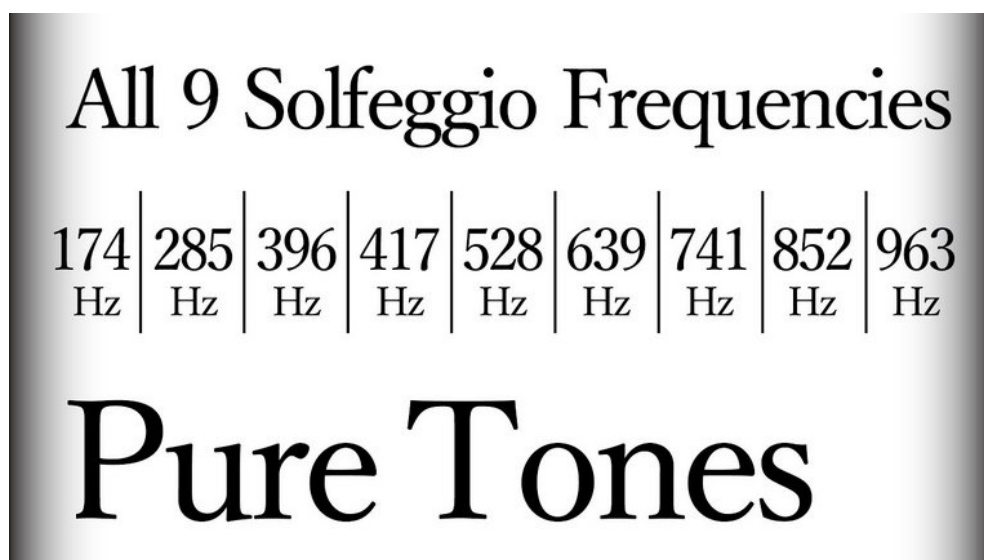
Solfeggio frequencies

The Solfeggio frequencies are a 6-tone scale that was used in ancient Gregorian chants but was apparently '*lost*' by the Catholic church. In the mid-1970's Dr. Joseph Puleo rediscovered the Solfeggio scale when he

was researching numerological patterns within the Bible.

Modern science now shows us that all frequencies have a direct effect on our cells. Some frequencies are health-promoting, while others are health-diminishing.

The Solfeggio frequencies are very beneficial. With respect to 528 Hz, it



corresponds with Mi on the Solfeggio musical scale. In Latin, *Mira gestorum* translates roughly to ‘*miracle*’ or ‘*resound the wonders*’.

Quite interestingly, 528 Hz is a frequency genetic biochemists have used to repair broken DNA. This audio track on YouTube contains all of the Solfeggio frequencies and is a wonderful way to raise your vibration, whether you are relaxing around the home or doing work at the computer.

Rhodiola rosea

Rhodiola rosea is an adaptogenic herb that has numerous benefits, including being a strong anti-oxidant, one of the best herbs for all cardiovascular issues, an anti-depressant, anti-cancer properties and loads of other benefits. What is most interesting about *rhodiola* is its effect on bio-photon emission.

Bio-photons are the scientific wording for the spiritual concept of a person's 'aura'. The less amount of bio-photon emission, the more energy the person has. In other words, when there is a high amount of bio-photon emission, there is more fatigue in the person. Studies have shown that consuming rhodiola rosea helped to decrease the amount of bio-photon emission. Thus, people consuming rhodiola had a stronger bio-energetic field (aura) and had less fatigue than the placebo group.

Affirmations

Writing down and speaking aloud positive affirmations, is a great way to shift our mindsets around beliefs we may have, that don't serve our highest good. Some examples could be: I am happy. I am abundant. I am confident. I am free. I am at peace with myself and those around me. For more on affirmations, positive self-talk and how powerful our words (vibrations and frequencies) really are, look into this article: [Two Powerful and Transformational Words That Will Change Your Life](#).

Nature

Though it is obvious, nature is the ultimate healer. Stepping outside and breathing deeply, going on a walk, or sitting in the healing sunshine are all wonderful ways to help raise our vibration.

We are biological beings. It only makes sense that connecting with the ultimate biological system (our Earth) is healing and uplifting to us. Science even knows this eternal truth.

Dr. Joe Dispenza has said, "*In clinical studies, we have proven that 2 hours of nature sounds a day significantly reduce stress hormones up to 800%, and activates 500-600 DNA segments known to be responsible for healing and repairing the body.*"

What are your thoughts? Which of these help you raise your vibration? What other methods do you use to raise your vibration?

The Ins and Outs of Dowsing

By Alex Portal

Editor's Notes: The following article was written by a local newspaper reporter about the 2023 American Dowsers Society (ASD) Convention. It was originally published in the Glens Falls (N.Y.) Post-Star on June 10, 2023.

Grassroots dowsers have been around since the beginning of time finding water, explained Sandi Isgro, president of the ASD, on Saturday. “*Because, water was important—you had to have water. You had to find food. So ...where are the deer? Where’s the buffalo herd ... so we can find food.*”

The process is getting out of your conscious mind and getting into the unconscious, which connects you to spirit—and I don’t mean a church thing. I mean to your inner knowing. Most people have at least a vague picture of what dowsing is.

A colonial man in a tri-corner hat, walking out into a field with a Y-shaped stick. It was very common throughout most of human history.

But as we began to develop technology to more accurately and expediently do the job of ‘grassroots’ dowsing, the practice has become relegated to the realm of spiritualism and mysticism. However, Isgro said, there is a scientific underpinning.

The founders of the society were all ex CIA, FBI. They were researchers, investigators before, and they discovered why are these people in Europe interested in this stuff, and how can we use this for ‘intelligence?’



And then, when they retired, they were like, “*Hey, what else can we do with this stuff.*” It’s well documented that matter is not solid, but in fact it is the frequency at which particles vibrate which gives matter its substantive range—be it gas, liquid, plasma, or ‘*solid.*’

In his paper, ‘*If atoms are mostly empty space, why do objects look and feel solid*’ Roger Barlow, research professor and director of the International Institute for Accelerator Applications at the University of Huddersfield wrote: “*Just like the polarity of a magnet, it is possible to feel the energy emitted by these vibrating, or ‘dancing’, particles*”. That, in a nutshell, is the science of dowsing. Dowsing has remained in use, even in modern times. Isgro spoke of dowsers being used to train American soldiers in Vietnam to find land mines.

“Other dowsers were hired by military intelligence to find submarines, they were our intelligence in the sky back then. Picking up good vibrations, Isgro was joined by Joan Reid, a Hawaiian Energetic practitioner, Reiki master and teacher who lives in the area. The two explained how dowsers train, or ‘*centre*’ their minds to tune in on the specific vibrations of the object they seek.

It’s coming to that part within ourselves that knows that we’re part of everything and everything’s part of us. Using the analogy of a sound wave in the form of a musical note does illustrate the process. We hear a note made by a flute. The musician reads that as a line with a little ball on the end, so that line with the little ball is the symbol of that sound you just heard.

That frequency you just heard. Dowsing works in the way our ears do to pick up the vibration of the sound wave generated by the note. When we hear the note, we can discern where the sound is coming from as well as how far away it is.

With the vibrations of objects, there is not corresponding sound, so dowsers learn to pick up on the subtle energy fields generated by the vi-

brational waves. Tools of the trade, as with any finely attuned skill, can be employed to help enhance and reinforce the process. Pendulums, Y-rods, and L-rods are the most common dowsing tools used.

The rod, or the pendulum, or the Y-rod is just our antenna following (the note), it's a visual of following it. Just like that note on the page tells the musician to create that sound. After you've connected with the tools, you realize, "*oh I'm feeling it, maybe in the back of my neck,*" or, "*my finger twitches when a certain thing happens,*" or whatever. And we learn that our body is just energy, it's all energy, and our body's energy is picking things up like an antenna.

When preparing to dowse, Isgro and Reid both said it's extremely important to 'centre' one's mind, and first make sure they are in a complimentary state to pick up the energy they're on the lookout for.

Questions are asked: "*May I dowse right now? Can I dowse right now? Is it appropriate for me to dowse right now?*" Asking these questions before dowsing should reset the mind into a state of being able to accept and acknowledge the data it's about to receive. One of the first lessons a dowser must learn is to read their own body's signals. "*Maybe I'm dehydrated. Maybe I'm really tired, or another thing could be, it's really none of my business to find that out right now*".

Dowser specialties:

Isgro said many dowsers have a specialty when it comes to picking up specific types of vibrations. Some of them are finders. I can find lost keys. I can find a lost person. I can find the lost dog.

Others connect with water, they're exceedingly sensitive to water. Others



connect with the body, the human body. ... They can find a spot that you didn't even know of that's hurt.

Being a Reiki master, Reid specializes in body dowsing, a way of finding the source of a person's malady by determining where within the body, their vibrations are 'off'. She will ask, "*show me the source,*" because sometimes, her hip could be hurting but it could be because of something that happened in her shoulder.

When dowsing was more common, doctors would often team up with dowsers to determine what treatments were needed. Back in the elder times, the doctor and the dowser worked together, they were not separate, and now you're seeing a resurgence in the holistic medicines. We never say, "*don't go to a medical doctor.*" That's not our thing, Reid said. Dowsing can be applied as a type of complementary medicine. All of the pharmaceuticals these days were originally started from herbs, medicinal plants.

Scepticism: There are some who will remain sceptical about dowsing. Dismissing it as nothing more than an outdated means of location, or outright hokum. But Isgro said she's confident that, whether knowing it or not, most people have dabbled in dowsing once or twice in their life.

Have you ever walked into a room, and it's a really nice room. It's pleasant. It's got windows. It's got light ... it looks like you could just walk in and have a nice seat.

And you get the feeling in your gut that just says, "*get the hell outta here. You don't belong here.*" That's dowsing. That's ... feeling (your) inner knowing.

A Note From Raymon

Part Two:

One question that always amazes me is when, after explaining some of the many uses of dowsing, a person will raise a hand and ask if they can use it to make money.



There has been some idea that spirituality and prosperity cannot coexist. This has been an effective way of controlling people for a long time. My return question is,

“Has poverty ever solved any problems for you?” I encourage everyone attending class to use what they learn to get their money back for the class at least 10 times over.

Let me encourage you dowsing folk to do whatever you can to make living conditions better for yourselves, your family, friends and community.

One friend used dowsing to clear the disagreeable people from her neighbourhood. Another lady who was not a dowser used one of our DVDs to accomplish the same thing.

Sure they interfered with the lives of others by their actions, but are living in a better neighbourhood because of it. Apparently the criminal element and those of low consciousness cannot tolerate high energy areas.

Now you have a choice. You can be *‘politically correct’* and tolerate assaults upon your family, country and way of life, or ... you can use your mind and dowsing and do something about it. One thing seems certain; if you don't do it, probably no one else will. This is why I wrote this article.

What if you fear opposition? Well, don't tell anyone. The good thing

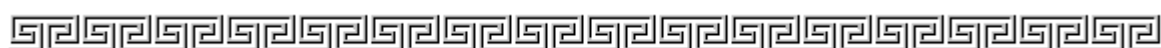
about dowsing is that you don't leave any tracks. Oh sure, someone may suspect you did something, but they can't prove it.

Now for you bolder dowzers, and for you timid ones who want to be bolder: When you go to a restaurant, be sure to whip out your pendulum and raise the vibrations of the food and energize the water.

The .45 caliber bullet pendulum I carry is especially good for this. This act will not only change the energy of the food, it may even help in converting some onlookers to the world of dowsing. Lacking that, it will leave more vacant chairs around you so you may dine in peace.

Last week, coming out of the grocery store, I was stopped by a fellow asking me to sign a petition so someone could get on the ballot for U.S. Senate. I pulled my .45 bullet pendulum from my pocket and said, “*Lets see what her integrity is.*” No, he didn't ask about dowsing.

To date, my friends and I have produced three books, two CDs and seven DVDs which promote dowsing in one way or another. My informal studies have included shamanism, mind development and healing. Dowsing is the method which combines all of them very effectively.



Quotes

Loss is nothing else but change,
and change is nature's delight.

- Marcus Aurelius

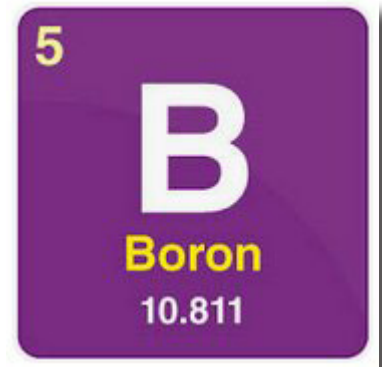
Age is not important,
unless you're a cheese.

- Helen Hayes

The Power of Boron, a Wonder Mineral!

By Suzy Keys, Elaine Hollingsworth and Alanna Moore, March 2024

The importance and power of essential minerals for enhancing human health has always interested me since the 1980s, when the ‘*Remineralise the Earth*’ movement in America inspired a generation of natural growers who wanted to produce healthy food plants and nutrient rich foods. These ‘*Hamaker Co-ordinators*’ followed the writings of the late researcher John Hamaker and helped to spread the word of the benefits of remineralisation, while Hamaker’s colleague Don Weaver continues the work.



So when I was told by my friend Suzy Keys years ago to take the mineral Boron to counteract some arthritic twinges in my fingers and to prevent any more, I was keen to try it out. When I did start taking regular doses, the arthritic symptoms went away. As long as I took a small dose each day, there was no discomfort at all. But then a few months ago my supply finished, and I was waiting for more at the shop. In Ireland it’s hard to find any cheap Borax, which is the same thing, that’s sold for cleaning purposes.

The bottles of much more expensive pills I had to get were not available, and the occasional arthritic twinges returned. Remembering the benefits of taking Boron acutely now, this prompted me to ask Suzy about it again. She related the story of her family experiences of taking Boron, here is her story.

One day I was talking to my dad, in his late seventies, and he mentioned that his arthritis was so bad it hurt to put his belt in his trousers as he couldn’t twist round to do it without pain. I told him about Boron and sent him a story about it, and he went and got a tub of Borax from the supermarket and started taking it each day. Apparently this is an old rem-

edy and that's how they did it. You just lick your fingertip and dip it in and then suck your finger. It tastes a bit soapy, so a drink of water with it helps.

A couple of months went by and he rang me to say that he had been able to belt his trousers without any pain. He became a huge fan of Boron after that and told anyone with arthritis to try it.

My brother's wife had arthritis really bad in her hands and couldn't use them to knit or crochet anymore at the age of 50. So dad got her onto Borax as well and she also improved so much that she could once more knit and crochet. She lives on Flinders Island in Bass Strait and dad soon had other people there trying it as well. However after a while, it lost its potency and the arthritis came back. My brother did a lot of research and decided to add Hyralonic Acid to it and bought some in from USA and this combination worked for her.

My neighbour in Cairns between 2004-2013, Matt, started using it for everything, as it cleared up his skin psoriasis. He used it for shampoo, soap, toothpaste, deodorant etc as it is also a water softener. He began stockpiling tubs of it, in case it was banned or additives added to it, to stop people using it. I've got some as well for the same reason and when I travel I always have a container of it with me. I don't have arthritis, yet my mother was riddled with it. Apparently it's gradually been getting added to arthritis tablets, although this is kept pretty quiet.

Scientific view

The health value of Boron has not been known about for very long and much has been suppressed – a sign of its effectiveness. It was in Western Australia where its benefits were originally discovered. An article online (*'Escaping the Sickness Industry'*) by Queensland health writer Elaine Hollingsworth describes the early days of its discovery.

“During the 1960s, Rex E. Newnham, of Perth, developed arthritis. A



Dr. Rex E Newnham

botanist, he knew that Boron was necessary for calcium metabolism in plants, so he began taking Boron twice daily. In three weeks, all his swelling, pain and stiffness had disappeared.

Because of this experience he returned to school and took degrees in osteopathy and naturopathy, and earned a PhD in nutrition. eventually, he was selling 10,000 bottles of Boron tablets per month, curing thousands

of people with arthritis.

Then the drug companies, who earn billions each year on cortisone (which, when taken in pharmacological doses, dissolves bone) and pain killers for arthritis, used their immense influence to change the law so that Boron became illegal in Australia. Dr Newnham was heavily fined, put out of business and moved to England, where he continued helping people...

Boron helps control bone formation and repair by removing other elements, such as fluoride, from circulation, and by stimulating natural processes. ...Boron is a necessary element, both for prevention of osteoporosis and for general health... Boron is richest in vegetables and fruits, especially grapes, apples, dates, peaches and raisins, and nuts such as almonds and hazelnuts. But not in Australia, because of our notoriously depleted soil, where we get little or no boron from food.”

While Boron pills can be bought in many countries – they were outlawed in Australia, however it can be bought in the form of the inexpensive household cleansing agent Borax.

“Dr Newnham told me,” Hollingsworth continues, “when we spoke several years ago that it is safe and effective to use simple Borax powder. He recommends taking 6mg of borax daily, well below toxicity levels. He

said that people can simply wet the tip of a finger, put it in the Borax powder and lick it off, twice a day. Cheap as chips and, according to Dr Newnham and several other physicians and naturopaths I've spoken to, safe.

Dr Newnham says that the toxicity of Borax powder is about the same as for sodium chloride, namely 40- 60 grams is a lethal dose. I use supermarket Harper's Powdered Borax myself, now, rather than imported Boron capsules..."

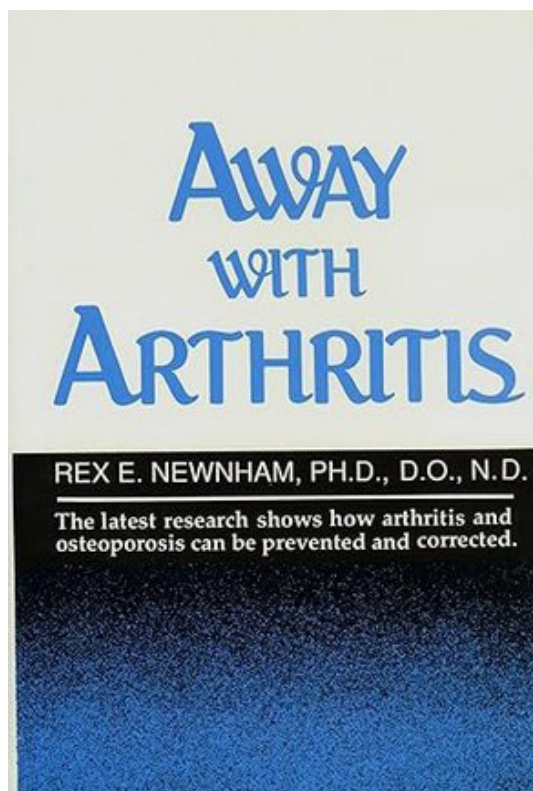
"According to Dr Newnham's research, Boron/Borax is a must for those afflicted by osteoporosis, arthritis, allergies and even SLE (systemic lupus erythematosus).

He says that 9mg per day caused great improvement in a patient in only three weeks, with complete recovery later. Please do not take a high dose without a physician's clearance.

It is still not known how many other conditions can be caused by Boron-deficient soil, which is common all over the developed world, due to chemical farming methods. I believe everyone should take this trace mineral as an insurance policy. Better still, grow your own veggies, and fertilise them with Boron to get the 'real thing'."

An article on Boron was co-incidentally just published in Caduceus magazine, in issue 110, and it describes something of the scientific understanding of the function of Boron in our bodies. Read it here –

<https://caduceus.info/boron-reduces-arthritis-big-pharma-targets-borax/>



Blue Mountains Dowzers News

The next meeting of the Blue Mountains Dowzers is scheduled for Sunday 7th July, 2024, 2:00 pm.

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

Practical session

No, we no longer look like this, but we still dowse successfully.

Given the success of the December Practical, we thought it was time to have another interactive session.

So, bring along your pendulums, rods, bobbars or whatever you use for an exciting session and learn more about dowsing and its uses.



It will be a hands-on and interactive Practical which will enable you to obtain useful information and ask questions and practise, practise, practise your dowsing skills

As it is the Yuletide season in the Blue Mountains, bring along a plate to share for a festive afternoon tea.



Library News

Book Review:

Life After Life

By Raymond A Moody.

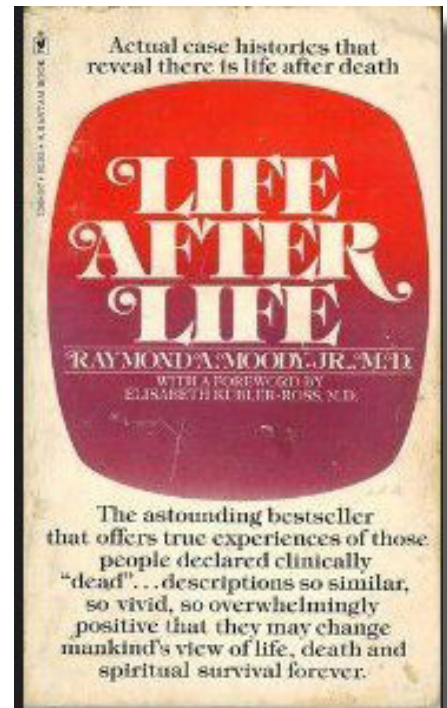
Raymond Moody is the ‘*father*’ of the modern NDE (Near Death Experience) movement, and his pioneering work, ‘*Life After Life*’, transformed the world, revolutionizing the way we think about death and what lies beyond.

Originally published in 1975, it is the groundbreaking study of one hundred people who experienced ‘*clinical death*’ and were revived, and who tell, in their own words, what lies beyond death.

Life After Life introduced us to concepts, including the bright light, the tunnel, the presence of loved ones waiting on the other side—that have become cultural memes today, and paved the way for modern best-sellers by Eben Alexander, Todd Burpo, Mary Neal, and Betty Eadie, that have shaped countless readers notions about the end of life, and the meaning of death.

Remember, our catalogue is available online for browsing at your convenience at:

<https://cloud.collectorz.com/271940/books>



-Helen

Speaker for July 21st, 2024

- Amauchi Izumi -

- Element Determination with Oriental Medicine -

Izumi is a Japanese shiatsu massage therapist, energetic healing practitioner and Gendai Reiki master teacher, who has been practicing energy medicine for over 20 years.



She will be presenting an introduction on how to determine your 'element', based on Oriental medicine.

So what element are you? – The five elements questionnaire is designed to assist you in finding out which element is more dominant than others. It is based on Oriental energy medicine philosophy. By identifying your dominant element, which needs to be balanced, you can navigate toward a healthier and happier life.

The five elements are Wood/Fire/Earth/Water/Metal and each element has a certain characteristic, representing specific emotions, illnesses you are prone to, diet, and lifestyles, etc.

Once you know your element, you can discover and learn what to eat, what to avoid eating, some affirmations to rewire your old beliefs, and some energy points to massage for boosting your energy, depending on your element.

Holistically checking into your body, mind and spirit is absolutely enjoyable, because you are about to engage in a conversation with your body. Knowing oneself is a very important step to reconnect with your true self! So, let's dive into this fascinating world of energy medicine.

Dowers Society of NSW Inc.

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Dowser-of-the-Year

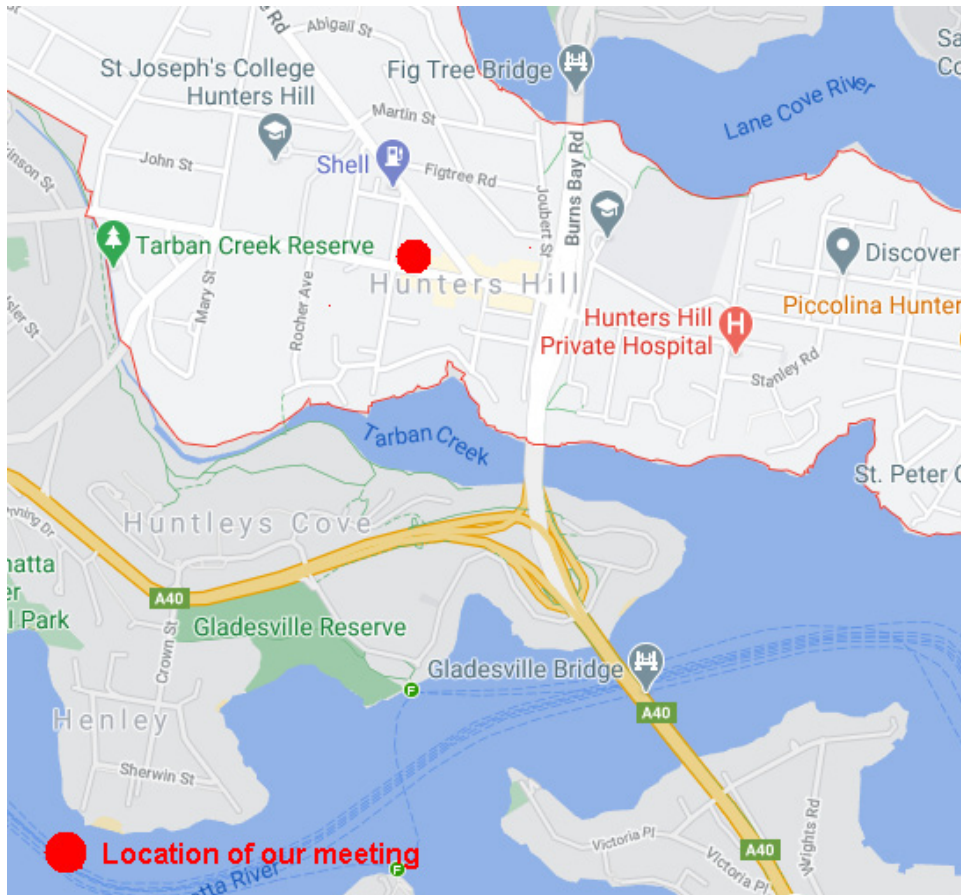
- 1997 Frank Henry (deceased)
- 1998 Esther Deans (deceased)
- 2003 Peter Ruehmkorff (deceased)
- 2005 Pauline Roberts
- 2006 Trevor Harding
- 2014 Maggie Lowe
- 2015 François Capmeil
- 2020 Robert Gourley
- 2023 Rai Heller (deceased)

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, 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