

Dowsers Society of NSW Inc.

Newsletter

August 2021

Vol 33 Issue 8

Table of Contents

2	August 15th, 2021 - Kevin Parker
3	From the Editor
4	Society News
5	Living in Other People's Energies
9	Law of Attraction Facts
12	Empowerment Through Positive Self-Talk
18	You Are the Bridge that Leads Out of Darkness
19	A 'Do It Ourselves' Climate Repair Project
23	Compassion Exercise
24	Dowsing for Sleep
25	Library News
26	September 19th, 2021- Dowsing Forum Questionnaire



Views expressed in articles are the opinion of the individual writer only, not necessarily the collective view of the Society.

Speaker for August 15th, 2021

Kevin Parker

- House Whispering -

Discovering your relationship with the heart of home

Often people do not feel '*at home*' even though they may have lived in the same place for many years. They do not know what the problem is, but are aware that something is just not right.



Many issues may be causing disharmony: relationship problems, disparate life goals, negative energies or imprints left by previous owners, stuck entities or ghosts, unresolved past life issues, geopathic stress, ancestral energies or influences, entities from different dimensions, hostile neighbours, curses or hexes may have been cast, unhappy elementals or nature spirits, past injustices against indigenous people; EMF is an increasing problem.

Using shamanic practice, metaphysical techniques, esoteric knowledge, sacred geometry and harmonics, Kevin takes clients on a journey of self-discovery, illuminating their relationship with home.

The process can inspire us to find the key to make profound life changes as we bring our '*soul heart*' and the '*soul heart of our home*' into resonance by dealing with unresolved issues or deep-seated repeated patterns.

Kevin Parker is a Shamanic Practitioner and House Whispering Consultant.

More information: www.kevinparker.com.au

From the Editor

You will notice that this month's newsletter is focusing more on the mental and energetic aspects of living rather than 'straight dowsing.'

In these challenging times, we need to keep our mental and energetic bodies in tip-top shape so that our dowsing will be accurate, and thus we can discriminate what is or is not beneficial to us.

It is a challenging time because there is so much media, and even peer pressure, to accept without questioning concepts and actions that would normally be subject to strong scrutiny. By being strong in ourselves we can ride these times as safely as possible under the circumstance.

We must try to embody the principles of respect of oneself and of others, of truth and compassion. This is a tall order, but one essential to our survival.

I know dying is not a pleasant subject to deal with, and we do not often talk about it, but two of my friends are in the late stages of cancer, and I can see the question marks in their eyes. Nothing I, nor anyone else, can say will make a difference now. One has to work on their own appreciation for life all along the way, it cannot be a last minute thing.

This is not a matter of belief either, the preciousness of life itself has to be felt. Then the transition is just that: a transition from one state to another, just like the death of the caterpillar is actually the birth of the butterfly.

Keep your inner light strong, meditate, stay conscious, have gratitude in your heart, being alive as a human is a very special gift, know it and if you do not, then take steps to find out, so when the time to leave will come, all that will be left to say is "*Thank you for the ride*".

If you have a minute maybe you can say a little prayer for my friends, they are both called Garry.

Until next time,

François

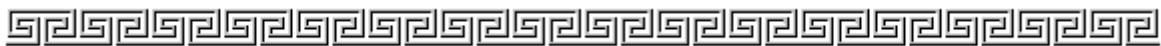
Society News

Due to the Covid lockdown situation, our August meeting will be using Zoom. The connection details will be emailed individually to all our members, so make sure to connect. This promises to be an interesting subject of interest to all of us.

Remember if you do not have a computer or an internet connection, that you can buddy with another member or a friend so you can enjoy the meeting.

There is a high likelihood that our September Dowsing Forum will also be on Zoom. It will include a video of Raymon Grace's Keynote talk to the American Society of Dowsers (ASD) on 17 April 2021 titled: *'What Can You Do with Dowsing that You Thought You Couldn't?'*

The August seminar has been postponed until further notice.



Blue Mountains Dowsers News

We have cancelled our August meeting, but hopefully on Sunday, 12th September we will be back with Rex Gilroy speaking as advertised in the June newsletter.

So far, we have had to cancel July & August meetings, as well as a workshop we had planned for August. We are also planning a Shell Essence workshop on 24th October, hopefully things may be back to 'normal' by then.

We will keep you posted via the newsletter and the normal channels.

Living in Other People's Energies

By Geomancer, Sandy Brightman, November 2014.

*Thanks to Bev Ellison from the Dowzers Society of Victoria
for sharing this article with us*

Are your emotions and attitudes your own? What about your energy levels, mental focus or illnesses? Are you being bombarded by other people's energies, even from the past?

We are all being influenced energetically on a daily basis from outside, unseen forces.



These forces can be from natural earth energies, such as water lines, fault lines, geomagnetic lines or ley lines (collectively called 'geopathic stress'), energy from other people, man-made frequencies such as EMFs, microwaves or radio waves and stored frequencies in the land, house or objects.

These subtle energies can be positive or negative; they can be new or very, very old. Age does not weaken them, however geopathic stress can be balanced, EMFs can be shielded and stored energies can be removed altogether.

Psychic impressions are stored energies left in the land, building or objects, such as furniture and jewellery. When the same thought or emotion is experienced, in the same place, over a long period of time or an extremely intense emotion is experienced at once, these emotions can be stored in the surrounding area. Then when you enter the area, you can interact on a subtle level with the stored emotion.

As a geomancer, I work with many of these subtle energies. They cannot

be detected with machines and devices, but rather by the human body. Most people have had experiences of entering a room after an argument and ‘*knowing*’ something doesn’t feel right. We can also detect positive energy, e.g. “*I love this place, it feels so good*”. Sometimes we can feel a cold sensation or shiver, but usually the body detects negative stored impressions by ‘*gut feelings*’.

The ability to feel and interpret subtle energies is a talent we all have, however, most people ignore the ‘not quite right’ indicators of their own bodies and tend to simply avoid the negative psychic impression without ever questioning why.

An old shop and homestead I worked on in the middle of Tasmania (Australia) had a negative psychic impression left in the land. When the shop was built over one hundred years ago, the negative energy penetrated the building. The impression was about 2 metres round, situated behind the shop counter and vibrated into the loft above. The current owners unconsciously avoided the area by always coming out from the counter and walking the long way round to the stairs. They said the area ‘*just didn’t feel right*’.

The area always felt colder than the rest of the shop. Using my dowsing rods to tap into the energy, I found that an escaped convict had sheltered here, but was soon found by police. All the fear the convict had felt had seeped into the ground, leaving the psychic impression to last for over 100 years. Interestingly, a line of fear ran from the impression out to the paddocks, where it suddenly stopped.

A lesser impression was left here where the convict had died. The original impression left in the shop was not adversely affecting anyone’s health, as people tended to avoid the area. You have to spend a long time in a psychic impression for it to weaken your immune system and leading to illness, e.g. sleeping in it. I’m sure, however, that business would have been affected.

One client didn't like going into her kitchen, as it felt '*sad*'. There was a psychic impression left at the end of the bench. This is where the mother (previous owner) would stand as she watched her two grown sons continually fight. Her sadness seeped into the kitchen, which was then experienced by the new owner. Another couple often had 'silly' fights in their kitchen. A negative psychic impression was found left in the land under the kitchen. Once this was cleared, the fights stopped.

Generally when we feel a negative psychic impression, we avoid the area if possible. One client had a whole upstairs bedroom they didn't go near. This room was very cold and made me feel physically ill in the stomach. Once I had balanced the energy (from outside the room!), the temperature returned to normal and the ill feeling left.

Old furniture can also store energy. In the last article, I told you about the bed frame that stored '*infertility*', which affected the next owners of the bed. If you have a second-hand bed or chair you spend a lot of time in, it's advisable to clear the old energy before it can have an adverse effect on your life, e.g. health or relationships. This can be done by placing your hands on the item and visualising the negativity leaving in a stream of smoke, then fill the area with white light and loving energy. Repeat this visualisation until your 'gut feelings' indicate that the energy is now positive.

Jewellery, especially with gem stones in it, stores energy. It can be positive such as grandma's wedding ring from a long and loving marriage or negative from an unhappy relationship.

In my early 20s, I attended a crystal course. I was very excited and asked lots of questions. The teacher wanted to look at the garnet bracelet I was wearing. After this I stopped asking



questions and my throat became sore.

About a week later, when I could hardly speak, I went to my natural therapist. He told me that my bracelet had been '*programmed*' to knock out my throat chakra and thus stop me being so inquisitive in crystal class. He cleared the negative energy by blowing into the garnets, while using the visualisation mentioned above. He then used a smudge stick over the bracelet and my body, as I had absorbed the negativity as well.

A Native American smudge stick is usually made of sage and is burnt to dispel negative energy from houses, people and objects. To my surprise, my throat instantly felt better and I could talk again.

If I had left getting treatment too long, the problem could have turned more physical and therefore harder to heal from. This experience set me on my life path of working with subtle energies and I still question everything.

As this story shows, psychic impressions can be intentionally placed. Most are unconsciously left from strong emotions over time, but not all. After balancing the energies of a house, I always finish with a blessing that imbues the house with positive energy.



White smudge sticks

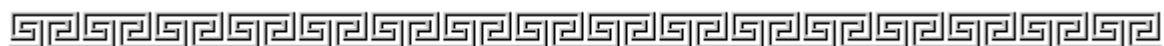
Often I have programmed crystals to aid in the healing of an individual. To clear jewellery of negative energy, simply use the visualisation discussed earlier. To intentionally program a crystal or object, fill it with love and light.

Whole houses or buildings can hold subtle energies for years. For example, places of worship absorb the emotions of the congregation that you can feel even when the building is empty, or places of war and violence

take on those characteristics.

According to Feng Shui principles, it is auspicious to buy a house or business where the previous owner has prospered. It is inauspicious to live in a house where the previous owners divorced, died or went bankrupt. It is common for people to intuitively make a new house ‘*their own*’ by painting the walls or renovating, however, stronger stored psychic impressions need to be intentionally removed.

If the energies are not balanced, the new occupants can repeat the same life lessons as the previous owners, e.g. divorce, illness, money troubles, infertility (but on a spiritual level perhaps they want those lessons!).



Law of Attraction Facts

By Andrea Schulman

Reprinted from Dreamcatcher Reality, December 2020

In teaching people about the Law of Attraction, I’ve noticed there are a few points that often get overlooked when it comes to intentional manifestation. So today, I’d like to make note of a few super-important Law of Attraction facts people often miss out on.

1: It never stops and it’s always working.

Here’s the mind blowing-ly big thing about the Law of Attraction: you are attracting a TON of stuff to you in every single moment.

The Law of Attraction isn’t something you turn on or off. It is working all the time. Everything in your reality (big and small, important and mundane) is being attracted to you through this law.

So it helps to keep some perspective when trying to consciously manifest. There is a LOT of stuff you are drawing to you at any moment, so please

be easy on yourself when you inevitably don't get it all perfect.

2: How you feel is everything.

Many people who are drawn to the Law of Attraction initially get very into visualizing, affirmations, journaling or other '*techniques*' to attempt to manifest the things they want.

And while these things can be quite helpful, without the proper associated feelings, these techniques fall flat.

Why? Because everything in the universe is vibrational in nature, and how you feel is your best guide on whether or not you are matching the frequency of where you wish to go.

So, the golden rule of the Law of Attraction is this:

- If what you are doing/thinking/saying feels good - you are in the process of attracting things you will like.
- If you feel bad, you are not creating what you want.

So please, always put your positive feelings first when it comes to manifestation. If something doesn't feel good, don't hesitate to abandon it and reach for something that feels better. Your feelings are your ultimate compass when it comes to designing a fun and exciting life. Period.

3: It works a lot better when you don't worry about how it should work.

It is very common for us to lack a degree of trust that the things we want can manifest. When this happens, it is highly likely we will look for a '*blueprint*' on how to get to what we want.

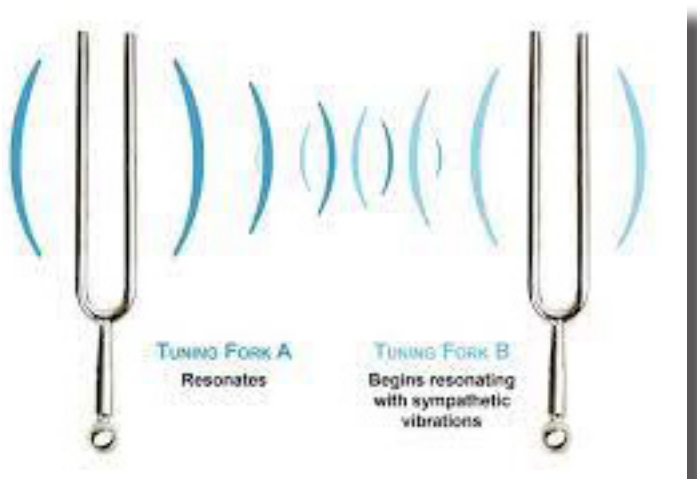
For example:

Trying to figure out how to replicate someone else's business model in the hopes it will work for you as well.

Believing that in order for you to be successful in love you must act in a

certain way, dress a certain way or play a particular kind of ‘game.’

Now, while it makes sense that we would want to use strategy to get ahead in life, heavy reliance on this tactic often puts us back a few paces. Why? Because there are INFINITE ways that any goal may be achieved!



When we believe that things should be attracted to us in one particular way, we cut ourselves off from the stream of infinite possibility. Instead of trusting that the universe can deliver it in the best possible way for us, we tell the universe precisely HOW it should come.

Often, this command we place on the universe makes the pursuit of our goal a lot more challenging (and a lot less fun) than it could be. And when something isn't fun anymore, we've forgotten the golden rule (see fact 2 again).

Trust me, things come quicker the more you resonate with the idea that they can come in infinite ways. When we stop trying to figure out how something will work, and believe it just will - true magic and amazement will ensue.

Toss the ‘*hows*’ up to the universe, and you'll experience much quicker, and much more fun, materialization of your goals.

4: You don't have to learn how to manifest.

Now this last point is a super important one.

So many people out there believe they need to learn ‘*how*’ to manifest, but nothing could be further from the truth!

Defer again to fact 1. You are currently attracting everything that is in your reality without even having to try.

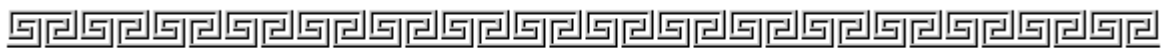
Now, while some of the stuff you may be attracting is less-than-desirable, please consider the following...

Every rainbow, every ray of sunshine, every smile, and every dollar in your pocket you have attracted. Every friend, every family member, every breath in your body and every beat of your heart.

Regardless of how less-than-perfect your reality may be, you are already doing a pretty remarkable job at manifesting.

Remembering that you already are an expert ‘*manifestor*’ feels good and brings more confidence to your game. So please give yourself some credit - you are absolutely due for it!

Keep these Law of Attraction facts in mind as you move along for a smoother, and more enjoyable journey.



Empowerment Through Positive Self-Talk

By Shelly Wilson

Reprinted from the Ozark Research Institute, Winter 2020

Being human can be tough sometimes and so can this journey into consciousness. Many times, we are all too hard on ourselves. We are strong enough to endure this human life experience, and we need to be reminded of this periodically. It is essential that we have as much compassion for ourselves as we so often extend to others. In other words, we need to be easier on ourselves and much kinder, especially with our self-talk.

No one can do this for us on our behalf, even with support and encouragement. Empowerment is something we must do for ourselves; and the sooner we start, the better off we will be. Many individuals find it easy to

love others and to express that love, but find it challenging or uncomfortable to feel that same love for themselves. Love is a feeling, an emotion, a state of being. When we focus on loving ourselves, this feeling is empowering. Doing so isn't selfish; it is really self-love.

According to science, everything is made up of energy; it is the building block of all matter. Everything in this Universe is made up of the same stuff.

It's just present in different forms and shapes. Our physical bodies are also made up of energy. This includes our thoughts, words, actions, and emotions.



This energetic emission, which includes our self-talk and the other thoughts running through our mind, is similar to a radio signal transmission.

Therefore, it is necessary to become aware of these energetic emissions as we are essentially walking vibrations. Like a radio station, the frequency we vibrate at is what we broadcast out to the world around us. Our emotions affect our physical bodies. If we are vibrating with fear, stress or lack of trust, the energy is being focused in a lower vibrational way and resisting flow.

Lower or heavier vibrations are vibrations that stem from reaction to an outside source. They are the frequencies of fear, which include worry, doubt, lack, depression, anger, hatred, apathy, jealousy, and despair. Higher vibrations are powerful and tend to feel good.

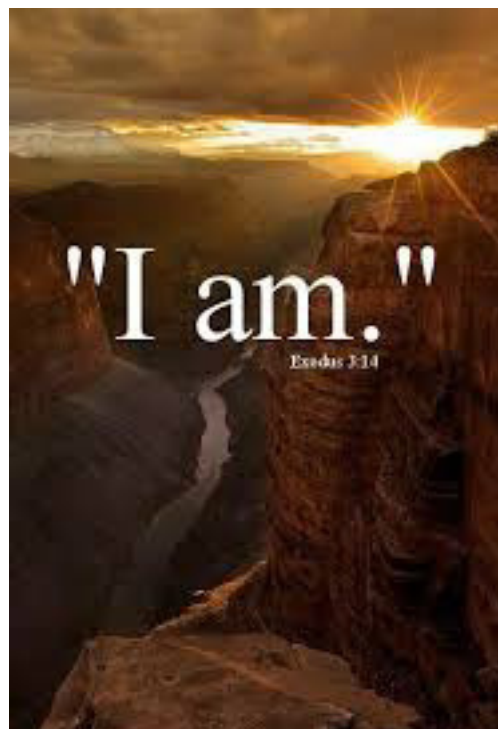
They are easy to identify, since they are heart-centred, light, bright, playful, loving, grateful, peaceful, and giving.

Consciously or subconsciously, we make a choice to live in lower or higher vibrations. Lower vibrations create more reactionary choices: retaliation, judgment, and self-abuse. Higher vibrations move us into the choice of creation instead of reaction: understanding, acceptance and self-love.

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

Every time the words '*I am*' are thought or spoken, we are knowingly or unknowingly directing the universe to manifest what we are saying, thinking, or feeling.

Rather than focusing on lower vibrational energies and negative thoughts, aspire to focus on higher vibrational energies and positive thoughts.



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

These statements may be words we have spoken about ourselves when we were feeling frustrated, disappointed, angry, and unloved. Undoubtedly, these are words we may have heard others speak, or they may have been directed towards us at one point in our lives.

To put it simply, negative self-talk encompasses any thoughts or spoken words about yourself that may be demoralizing and inhibiting your ability to believe in yourself and what you are capable of. Ultimately, these self-limiting beliefs may prevent you from achieving your full potential.

Take a moment to consider these questions for yourself:

- *How do you view yourself?*
- *What does your self-talk sound like?*
- *Is it negative/critical or positive life-affirming?*

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

“Turn down, the volume of your negative inner voice and create a nurturing inner voice to take its place. When you make a mistake, forgive yourself, learn from it and move on instead of obsessing about it. Equally important, don't allow anyone else to dwell on your mistakes or shortcomings or to expect perfection from you.” - Beverly Engel

Subsequently, we must see ourselves as the beautiful, miraculous creations that we are. Recognize that there is no one else in the Universe exactly like you. Celebrate the unique and diverse being that you are. Accept your uniqueness and dismiss any perceived flaws or imperfections because you are perfect just the way you are.

Individually, we can each choose to accept and embody the unlimited power of our inner spirit by declaring an empowering statement, such as one of the following statements:

I am unconditional love. I am energy. I am beautiful. I am amazing. I am confident. I am empowered. I am joyful. I am successful. I am smart. I am attractive. I am resourceful. I am healthy. I am creative. I am financially stable. I am happy. I am loved. I am wonderful. I am making a dif-

ference in the lives of others.

What words do you wish to embody?

“My challenge to you today is to observe your thoughts and internal dialogue, and recognize if and when you speak poorly to yourself. We all have moments of self-deprecation and very often we are too hard, on ourselves.

Today, start to be caring and supportive of yourself. Observe that little voice in your head and, say something positive to yourself instead!” - Elaine Seiler

So, who are you? Redefining our perception of ourselves is essential since we are walking, talking energetic beings. Feeling confident and empowered creates a ripple effect throughout our life and those we come into contact with. Focusing on empowerment through positive self-talk begins with each one of us. Let's advocate for self-love and self-positivity while kicking negative self-talk *‘to the curb’*.

Additional Tips to assist you with Becoming Empowered

1. Ground and centre your energy while consciously bringing your energy to this present moment. You are in the flow of manifestation when you are living in the ‘here and now’ rather than dwelling in the past or planning the future.

2. Have the courage to be who you are always and in all ways. There is no need to carry the energy of what others may think or say about you. Each one of us is having our own human life experience. Choose to honour your experience as well as everyone else's experience.

3. Say what you mean to say. When you speak your truth, you will recognize the importance of hearing the truth from others. Be mindful when communicating and discern if you are coming from a place of love or fear/lack. Communicate your needs and desires to yourself and to others. Don't assume that everyone can read your mind. You must speak up.

4. Listen to what your body is telling you. Pay attention to the sensations that you feel physically. As you heighten your awareness and tune in, you will be accustomed to recognizing this communication.

5. Surrender and release to Spirit anything you cannot control. The five things you can actually control are your own thoughts, words, actions, emotions, and responses.

6. Choose to be conscious of the energy you are emitting. Are you sending mixed signals to the Universe with your thoughts/words and actions? When you align your thoughts, words, and actions with your beliefs, you are walking your talk and talking your walk. People may have differing beliefs, so it is important to honour their beliefs as well in a loving way while not compromising yourself in the process.

7. Trust the guidance you are receiving. You may not understand the how, when, why, what and where details, but it is important to acknowledge the guidance you are receiving and express your gratitude for receiving it.

8. Be patient with your progress. Cease the mind chatter and negative self-talk. Honour yourself and what you are feeling.

Shelly Wilson is an author, intuitive medium, spiritual growth coach 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. Shelly's books, '28 days to a New YOU', 'Connect to the YOU Within' and 'Journey into Consciousness', are available in paperback and eBook. She is also the creator of 'Journey into Consciousness: Cards of Empowerment'.

Shelly's newest book, 'Embracing the Magic Within', and accompanying 'Clarity Cards' are now available.

Shelly site is : <https://shellyrwilson.com/>

You Are the Bridge that Leads Out of Darkness

*Reprinted from The Star Elders through Aluna Joy
December 21, 2020*

Your reality has reached a major pivotal point. This is the change you have asked for. There are no directions on how to navigate these new times, but they will be created in each moment by following your heart centre.



A new dimension / reality / Earth template is landing now. We don't have words for this and neither do you; but we see that you can

feel the reverberation, or the ripples, from this new energy. You are stretching and reaching for it now. It is not quite close enough, and it is not time to make the leap. There is still some polarized baggage to clean up.

Duality is cancelling itself out through the use of exaggerated extremes created between the forward thinking, and the past dependent ones within humanity. Obsolete programming is being dissolved as it fights its last battles. Humanity's consciousness is continuing to go through a huge awakening by the way of a collective dark night of the soul.

Radical emotions and reactions in humanity are symptoms of this. The collective consciousness is being flushed out and prepared for the future. The polarities will now begin to dissolve because they are contaminated in every direction and on all fronts. These things do not belong in the new Earth Nuclei. From this point forward, when you look back, you will wonder how you achieved this transformation.

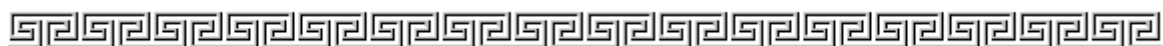
You are on the master's path. This is a very fine tuned dance ... to not take sides, or take up arms and go to battle for any extreme position. The way through this is to keep your balance, stay in your centre and out of the non-permanent distraction of chaos that is around you. Keep flowing through your centre.

You can maintain your balance by adopting an attitude of flexibility and radical acceptance of the process that is in front of you at any given moment. Remain in your heart without judgments. Be very patient, and stay in your grounded body.

If you become polarized, you could collect impurities that you will have to clear and heal later and with more challenges. To stay clear and land fully into the new Earth template totally prepared, you must maintain yourself in a neutral centre until the balance returns. And it will. This time of confusion and challenge is not forever. ...

Read entire message here :

<https://www.alunajoy.com/2020-dec-21-bridge.html>



A 'Do It Ourselves' Climate Repair Project

By Fearn Lickfield

Reprinted from The American Dowsing Magazine, Spring 2016

While there are many good ways to support clean air, renewable energy, and decreasing our carbon footprints, what about the carbon we have already contributed to the atmosphere?

Did you know that there is a delay of 30 years between when we burn the carbon and its atmospheric effects? Even if we stopped emitting now, we would still see increasing carbon and warming for 30 years. Science is predicting irreversible and unavoidable damage.

Like you, I want a clean and safe world for all beings and generations to come. The prevalence of storm and drought, destruction, extinction and pollution has deeply worried me.



I have been searching for an answer '*outside the box*' in the realms of consciousness, imagination, belief, and the power of LOVE to heal. I am a great believer in our ability to effect change when we join forces with others of like mind in cooperation with the wisdom of Nature.

A technique was shown to me by the spirit of Sycamore Tree. It is deceptively simple, yet has great promise to reverse climate change. As it became clear, my fear was gradually replaced by hope and excitement. To repair the climate, we need to partner with trees - Nature's air purifiers, carbon drinkers and sinkers, Together we can do this!

- What if we were able to direct our concerns about climate change into active caring for the world?
- What if we realized that we were one with Nature and when we partner with Her, we can actually have a positive impact on the earth?
- What if we could repair the air, reducing the toxic load of greenhouse gases and other pollutants with the unified power of our hearts and minds?
- What if this simple process were enacted daily by people around the world, reversing climate change and creating a clean, safe world for all beings and generations to come?

Do you believe these possibilities could become realities? If so, I invite you to take your place in the global forest for climate repair. All you will need is three minutes of quiet focus each day, a desire to make a differ-

ence, a little bit of faith and a whole lot of love for the earth.

Understanding the Partnering Process

First, imagine the Earth as if from space. See this beautiful blue-green planet in its three-dimensional entirety. Surrounding the earth is (the skin of) our atmosphere, holding clouds, mist, fog and smog.

Now call to mind your favourite kind of tree. This tree is larger than life. You can plant your tree in any land or ocean you desire. Its roots go down deep into the earth and its branches extend high and wide into the atmosphere. Its big, green leaves drink in the energy of the sun, and breathe in nutrients it needs from the air.

Now imagine you are this great tree. Feel your deep roots anchoring you into the earth and your branches high and wide, creating a thick and expansive canopy that wraps around as much of the globe as it can reach. Trees breathe in the opposite way to humans. They use the carbon from carbon dioxide and release the oxygen they do not need back into the atmosphere.

We will be taking 10 breaths as great trees to “*repair the air*”. With each inhalation we will take in air which now has dangerously high levels of carbon dioxide and other air pollutants.

It will descend through our great trunk for processing and recycling. With each exhalation we will release clean, balanced, oxygen-rich air into earth's atmosphere.

Ten Breaths to “Repair the Air”

Now it's time to ‘*repair the air.*’ Relax your body and start to slow and deepen your breathing. Soften your gaze as you take in the imagery while following the rhythm of your breath. With your next inhalation see and feel your ‘*tree self*’ breathing in the air around you, processing and recycling it, and exhaling clean, balanced, oxygen-rich air into the atmosphere.

The Trees know what to do. And again: Inhale polluted and unbalanced air through your leaves, for processing and recycling, exhaling clean, balanced, oxygen-rich air into the atmosphere.

Inhale (Repeat for a total of ten breaths.)



Three Breaths to Heal the Earth with Love

We will now activate the transformative power of love with three earth-healing breaths. Our love and the 'Trees' love for the Earth combine. With the next inhalation feel love for the Earth growing and expanding in the heart of your tree trunk ... and with the next exhalation, send love down through your roots into the earth.

Inhale and fill with LOVE and care for the Earth, exhale and send down healing for the Earth. (Repeat one more time.) And so we complete our 13 breaths for today.

Imagine a great global forest of caring, repairing trees! 13 breaths for 13 days, for the earth ... and 'magic' happens.

Please share this meditation with others. Join the 'worldwide web' of climate repair. Be a tree in a virtual global healing forest!

Fearn Lickfield is a "web weaver" who facilitates healing and connecting people with the heart of Nature. She co-creates and teaches at The Green Mountain Druid Training Centre and Guardians of the Sacred Earth Centre. She has over 15 years' experience working as a certified flower essence practitioner, geomancer, dowser, ecstatic dance leader, community organizer and gardener.

Compassion Exercise

Reprinted from Techniques for Exploring Consciousness, by Harry Palmer.

Increase the amount of compassion in the world. Instructions:

This exercise can be done anywhere that people congregate (airports, malls, parks, beaches etc.).

It could be done on strangers, unobtrusively, from some distance. Try to do all five steps on the same person. Expected results are a personal sense of peace.

- Step 1: With attention on the person, repeat to yourself:
Just like me, this person is seeking some happiness in his /her life.
- Step 2 With attention on the person, repeat to yourself:
Just like me, this person is trying to avoid suffering in his/her life.
- Step 3 With attention on the person, repeat to yourself:
Just like me, this person has known sadness, loneliness and despair.
- Step 4 With attention on the person, repeat to yourself:
Just like me, this person is seeking to fulfil his /her needs.
- Step 5 With attention on the person, repeat to yourself:
Just like me, this person is learning about life.

Variations:

1. May be done by couples and family members to increase understanding of each other.
2. May be done on old enemies and antagonists still present in your memories.
3. May be done on other life forms.

Dowsing for Sleep

*Reprinted from the Dowsing Society of Victoria Inc.
Newsletter July 2021. Thanks to Olive Lane,
for this very useful approach for improved sleep.*

It's become quite common to hear that more people are having more difficulty with enjoying a peaceful night's sleep. So I thought I'd share an approach which I found works particularly well.

We had our two grandsons (four and six years old) stay overnight for the first time in June, ahead of moving to a new house the next day. Once in bed there were some delay tactics as they kept coming to check on Grandma and Grandpa – and having drinks.

I'd been warned that they hardly ever stay in their own beds, before getting into bed with their parents most nights!

So I decided to clear their bedroom of any non-beneficial energies and placed blue green energy in the room instead. They went to sleep at 9.30 pm. We needed to wake them at 7 am to get them to school in good time.

They were both happy, even though the younger one apparently doesn't like to be woken up. I hope you find it useful for yourself and others.

Here's the quick protocol:

“No” Direction # Neutralising any non-beneficial energy in the room.

“Yes” Direction # Transforming the energy to the most beneficial and bringing in blue green energy for a healthy, happy night's sleep.

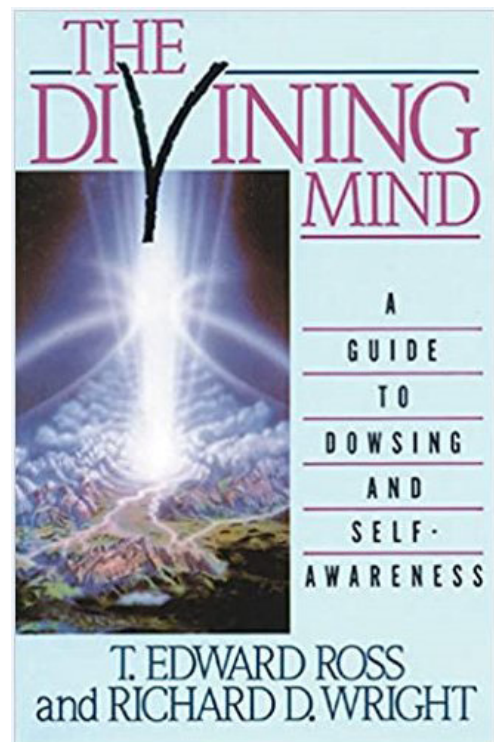


Library News

Book reviews: The Divining Mind:
A Guide to Dowsing and Self-Awareness
By T.E.Ross and Richard Wright

The art of divining, or dowsing, has for years been cloaked in mystery and superstition. Recognized by some as a means of finding water and minerals, it is actually a method for anyone to develop intuitive skills.

This thought-provoking book demystifies dowsing and presents this ancient science as a powerful tool for self-knowledge.



Includes a brief history of dowsing, and step-by-step instructions for learning to use L-rods, Y-rods, and pendulums, as well as non-device dowsing. Shows how dowsing is used for locating water, gold and other minerals, buried artifacts, ancient ritual sites, and in police work to help find missing persons.

“For a complete stranger to dowsing, you would be hard put to find a better introduction; for those who think they already know something, it might be a surprising revelation.” Journal of the British Society of Dowsers.

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 for something in particular.

- Helen

Dowsing Forum Questionnaire

For the September 19th Meeting

The questionnaire below is intended to help us help you during the forum, and to be able to prepare topics of interest and answers to our members. Please fill it in, ticking as many topics which interest, or apply, to you, then return it to the desk before you leave the meeting, or email it to Martine at mnegroaaa@gmail.com.

What would you like to see discussed at the forum?

- Troubleshooting of any dowsing problems (i.e. inconsistent answers)
- Topics of interest for future speakers and activities
- For you to share an interesting personal dowsing experience with us, so everyone can learn more. Don't be shy we are all friends!

What is your dowsing level?

- Beginner
- Sometimes
- Active

Will you share a personal story at the September forum?

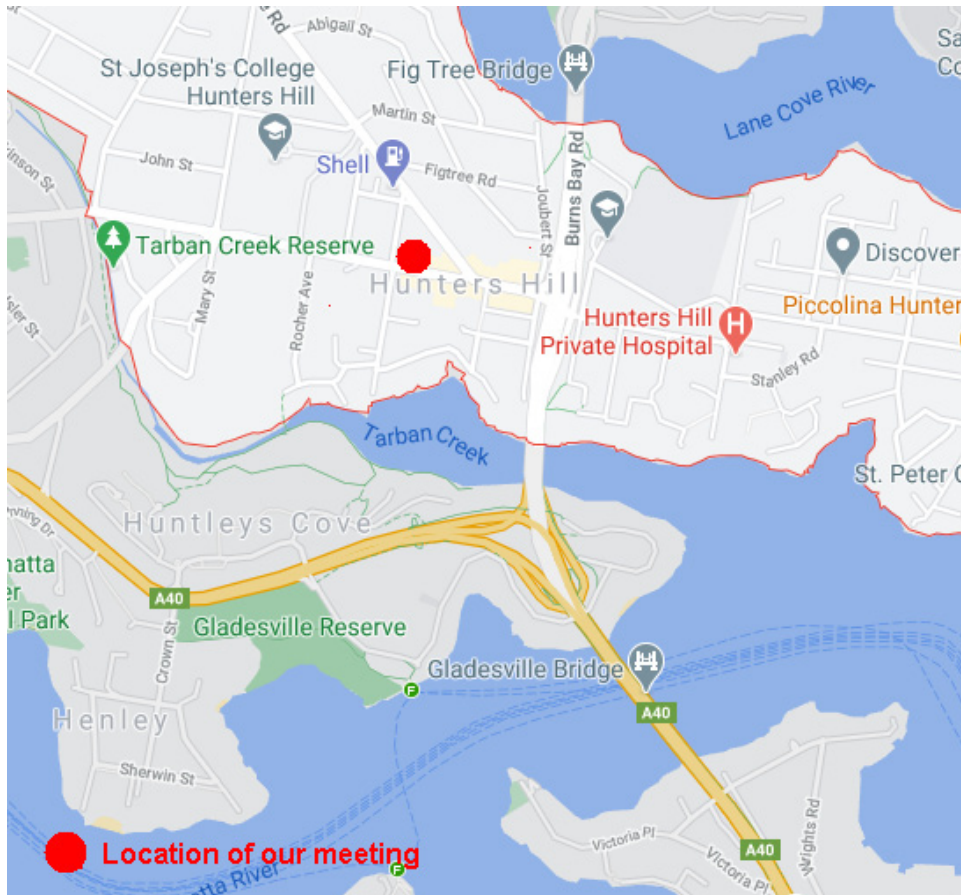
Your name..... Topic

Subjects of interest to you:

- Practical everyday dowsing applications
- Dowsing tools
- Health
- Garden and environment
- Relationships, changing energies
- Employment/business
- Finding lost items
- Self and Spiritual development
- Space clearing
- Other, please specify

Thank you for your participation,

~ your DSNSW Committee.



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