



NEWSLETTER



SOCIETY FOUNDERS

WEST WALES DOWSERS SOCIETY

HON LIFE PATRONS

Joy Austin

CYMDEITHAS DAROGANWYR GORLLEWIN CYMRU

*Mike Owen**J Arthur George**Affiliated to the British Society of Dowzers*

The Shaman's Journey –

Sarah Howcroft

Sarah Howcroft told us that she has been a Shamanic healer for around 18 years. She has also been teaching others to become shamans and healers for 10 years. Hearing this, we realised we were not only in for a fascinating afternoon but also we would be learning from an expert.

Sarah became interested in Shamanism after reading 'The Way of the Shaman' by anthropologist and shamanic practitioner, Michael Harner. If you're interested in shamanism this book is now considered a classic on shamanism, which pioneered the modern shamanic 'renaissance' in Shamanism.

Sarah explained that she was fascinated in the differences between how the indigenous folk lived compared to most of us in the West. In particular, the beliefs, cultures, costumes and tribal rituals. Also, how these ancient traditions were still in practice in many parts of the world today and were seen to be a natural way of life.

The main belief is that everything is alive, with spirit and energy, including what we might consider inanimate objects, such as stones and rocks. As a result, there is a deep respect and connection with nature in all its forms.

Most tribes include a Medicine Man or Wise Woman who usually started their training from a very early age, once identified by the current practitioner. This training often includes total seclusion in a dark environment, probably a cave, where the 'apprentice' would have to learn to rely on their other senses to stay alive. They would stay there receiving instruction from their 'master' until they were considered ready to serve the tribe.

This deprivation would have the effect of magnifying their other senses and also they would learn to imbibe trance-inducing substances, such as the South American, Ayahuasca. This is said to produce amazing visions giving lessons in life, such as how

to heal past lives or what you must do to have a successful future. It also has a strong emetic effect which novices have to cope with in order to receive advice from the spirit guides or angels of the upper world.

As we visit the doctor today, tribal members would consult with the shaman. Most of us would expect our treatment to include pills or potions but although a shaman might dish out some herbs or an infusion of some kind, he or she might decide that your problem lies either in the lower world or the middle world.

The lower world is where you will find the animal spirits or guides whereas in the middle world, the shaman would expect to encounter, evil spirits, ghosts of the ancestors or other entities such as poltergeists, mischievous spirits.

It's possible that you are being drained by a deceased relative who is refusing to leave your aura, and pass on to the middle world. The shaman will then visit this world to contact the spirit of your family member and encourage them to leave you. Sarah advised us that it's considered safe to visit the upper and lower world but the middle world is considered dangerous and not advisable for those without any shamanic training.

For our practice session, Sarah guided us in a deep meditation accompanied by drumming, to visit the lower world to meet our animal guides. The earth's surface is seen as the 'gateway' to this world, so were encouraged to go deep into a cave, following a path downwards until we came out into the open air again.

We were advised to wait and see what animals came to us, then check if they were our guide. If not, we then waited for the next animal to approach us and then spend some time chatting and playing with them.

Most of us had a very enjoyable experience and also learnt some interesting things from them. Members

reported meeting a great variety of animals, not just lions, tigers, bears and wolves but tortoises, lobsters and butterflies. Some were very reluctant to leave their new 'friends' but the change in the insistency of the drumming eventually brought everyone back to reality.

It's not been possible to share everything that Sarah said about Shamanism but she highly recommends Michael Harman's book as a start, or attend one of her courses. **For contact details and further information:** <http://www.healers.co.uk/fullpage.php?ckey=66>

Dowsing for Joy –

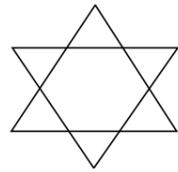
Joy Lange
Author of 'Dowsing for Joy'

Most members know that Joy is Mark, our website manager's Mother and indeed, she started off her excellent talk by speaking about her four children. Quite a handful for a young mother to cope with, particularly as Joy explained, she was suffering from migraines at the time. Her husband was also working away a lot of the time, so this compounded the problem and it's no surprise that Joy also became depressed, suffering from other stress related illnesses.

Luckily, her father-in-law, who she described as a 'will o' the wisp' type of character, dowsed for her and suggested she tried Yoga. Although she laughed, she agreed and was amazed when she found she could finally start to relax. He also suggested she learn how to dowse and although she regarded it with deep suspicion, she had a go. Firstly with a piece of wood suspended on lamb's wool and later moving on to a pendulum, which she found far more sensitive and quicker.

Joy advised using a short chain when dowsing and she went on to explain how she had written a list of all the foods and beverages she was taking and then dowsed them all, to see if they were suitable for her. She then eliminated all other foods from her diet and within two weeks the extreme migraines she had been suffering from disappeared.

She also succeeded in curing her daughter of severe eczema. Later, feeling much better, she decided to start training as a Reflexologist, which subsequently led to her discovering healing abilities with her pendulum. She also found that the client did not have to be present for it to work.



Absent Healing Exercise:

Draw a symbol such as a six-pointed star, triangle, circle or something else perhaps from sacred geometry. Then get a piece of 'sticky notepad' and write the name of the person you wish to heal on it. Stick it on to your symbol.

Take your pendulum, hold it over the name and ask for healing for that person. Set your pendulum going clockwise and then stop the movement when it changes to an anti-clockwise direction. You can also ask how many times you should do this and how many times a day. For example, twice a day for eight days.



Self-Healing: You can also heal yourself by dowsing over the affected area on an anatomical diagram (*copies available on request*) or if you're not sure what is wrong, dowse with your pendulum over the whole diagram and then carry on as above with the clockwise movements over the area. Again asking how many times this should be done.

Emotional Stress: Joy says this is often the result of 'generational baggage', something that happened to your ancestors that is present in your own DNA today. She described 'dowsing back through the ages' to discover what and when things went wrong. She discovers the 'miasmas' and then she heals them.

This was an excellent presentation packed full of interesting information and advice.

You will be sorry you missed it but all's not lost because you can purchase a copy of Joy's book from Mark (see Committee Contact Details) or go to: <http://650443112837780499.weebly.com/dowsing-for-joy.html>

Having purchased a copy for myself, I highly recommend it. You will find dowsing food charts and much more included.

Field Trip to Stanton Drew Stone Circles and Cove

John Seward and Jennifer Forrest at Stanton Drew.



Stanton Drew circles and cove are situated just outside the village of Stanton Drew, Somerset. It's considered to be the most impressive Neolithic structure ever built. According to Wikipedia 'The Great Circle probably consisted of 30 stones, of which 27 survive today, and was surrounded by the ditch (approximately 135m outer diameter — now filled in) of a henge. The North East Circle is 30 m in diameter and probably consisted of 10 or more stones, of which 8 survive today. The South West Circle is 43 m in diameter, and has 12 stones surviving today. An avenue extends to the north east of the Great Circle towards the River Chew and a second avenue meets it from the north eastern stone circle.

Members met at the 'Druid Arms' public house which fortuitously 'houses' the Cove, consisting of two stones with one lying between them. Strangely, the Cove stones are of different mineralogical composition to rest of the stones in the circles. Later they walked up the 'avenue' which leads to the river with the stones situated on either side like 'guardians' and began dowsing the four large stones in the Main Circle, said to be the second largest stone circle after Avebury.

It was described as 'awe-inspiring' by those present. There is one stone lying 'recumbent', though it was thought once to be standing. Due to its close to proximity to Hautville Quoit farm, it has taken on this name. Members were also able to pick up the famous 'Michael and Mary lines' which proved to be as powerful as the energies in Avebury.

They also found a 'healing stone' which felt quite powerful when sat on. On walking up the hill to the smaller circle, one member felt quite uncomfortable and suddenly tired.

(Apologies for the somewhat 'remote' tone of this article, the result of me not being able to do this trip but thanks for the accounts from the lucky members who had a great dowsing day out! Ed)

Introductory Pack for New Members

The Committee are discussing developing an Introductory pack that can be given to new members when they join.

Of course, present members will also receive one. We would appreciate your views on what the contents should be. We have some ideas as follows:

- Latest newsletter
- Name Badge
- Handout with Dowsing Tips
- Events Calendar
- Committee Contacts List and short bios
- Website and Facebook addresses.

This will all be placed in an folder for convenience. Let us know if you have any other ideas J

FORTHCOMING EVENTS 2013

Sunday, August 11th
Field Trip - The Gower*

Sunday, Sept 8th
Field Trip - Caerleon Roman Remains**

Sunday, Sept 22nd
Megan Wingfield - The Journey of The Lady Mary

Sunday, October 26th Practice Day - TBA

Sunday Nov 24th
Vivianne Ancliffe Moments with Megaliths

* **Gower:** Meet at King Arthurs pub, Higher Green, Reynoldston, Gower, Swansea, SA3 1AD at 11am sharp in Car Park.

** **Caerleon:** Meet outside the Roman Baths museum at 11am. Website says you can park in Olde Bull Inn Car Park, High St, Caerleon, Gwent NP18 1AE for the museum but suggest you check.

NB We advise you, on Field Trips, to keep a copy of Committees mobile phone numbers in case of problems

OTHER GROUPS

Stone Circle Creation, Rune & Tarot Readings, Birth Chart Interpretations, Astrology, (Carmarthen / Ammanford):

For enquiries, contact Ros Briagha on 01269 870175 or e-mail: rosbriagha@hotmail.com

INDOOR MEETINGS

Due to the slight increase in the cost of hiring the hall, indoor meetings will be slightly shorter than before. As a rough guide, the structure of the meetings will be as follows:

1:45pm	Doors open
2:00pm – 3:00pm	Talk by speaker
3:00pm – 3:30pm	Tea break
3:30pm – 4:00pm	Questions for the speaker
4:00pm – 4:45pm	4.45pm Extra 15 mins in summer to practice dowsing and for healing, as and when required.
4:45pm – 5.00pm	Put chairs and tables away

SOCIETY CONTACTS

Chairman - John Seward	01834 814278
<i>Mobile</i>	07974 105425
Treasurer - Jennifer Forrest	01437 890257
<i>Mobile</i>	07890 586305
Secretary - Ros Briagha	01269 870175
Newsletter Co-Editors	
Sandy Mather	01267 253547 / 07974 120922
Linda Griffiths	01267 281348 / 07900 564478
Public Relations & Press Officer	
Jennifer Forrest	01437 890257
Healing Group Leader	
John Seward	01834 814278
Website - Mark Lange	01239 614442
<i>Mobile</i>	07817 064969
General Officer - John Taylor	01267 281706
General Officer - Vivianne Ancliff	01269 851291/
<i>Mobile</i>	07773 979683

DOWSING SERVICES

John Seward	01834 814278
<i>Healing</i>	
Mark Lange	01239 614442
<i>Feng Shui, Bowen Techniques, Allergy Testing</i>	
Ian Pegler	01970 623695
<i>Wood-turned pendulums & L-rod handles</i>	
Sid Vincent	01437 764415
<i>Dowsing Bobbers</i>	
Glyn Williams	01267 235565
<i>Reiki / Reflexology</i>	

The above list of service providers is given without prejudice. In providing this list, the West Wales Dowsers Society makes no claim as to the abilities of the dowsers concerned. The Society will not accept liability of any kind, nor does it act as an Agent for any of the dowsers listed. It is the Enquirer's responsibility to enter into any contact direct with the dowser. The dowser is to be employed on a purely personal basis. The West Wales Dowsers Society is a Society affiliated to the British Society of Dowsers. It is not a requirement of either Society that members of the West Wales Dowsers Society providing these services become individual members of the British Society of Dowsers.

DISCLAIMER

The views expressed by the Editor and other contributors to this Newsletter are their own and are not necessarily those of the West Wales Dowsers Society. The Editor maintains full discretion and power in respect of material to be published in this Newsletter. The Editor's decision will be final unless a dispute concerning a specific item is referred for arbitration to the Committee.