



Sunday September 28th

*Mark Lange: Dowsing and the
Power of Intention*

What is Intention?

'An intention is a directed impulse of consciousness that contains the seed form of that which you aim to create. Like real seeds, intentions can't grow if you hold on to them. Only when you release your intentions into the fertile depths of your consciousness can they grow and flourish' Deepak Chopra

For an intention, to come to fruition you need to have a positive attitude to life but it seems that many of us tend to make a mental list of the 'bad stuff' in our lives. Then, once we are facing another negative event, back it all comes again into our minds. So instead of just dealing with the immediate problem facing us, we also have the added worry of what we have internalised from before. This makes solving the present problem even more daunting when we have to contend with anxiety about what happened before or guilt because we are still blaming ourselves for it. Mark calls these 'negative energy banks' or 'negativity channels'. As a result, people can become 'hard-wired' to always expecting something bad to happen to them. They can be very difficult people to live with.

'What can we do about it?'

Knowing that we are doing it is half the battle and then moving the energy line is the next step. Putting a block in the mental



The photo above shows our former and much loved Secretary, Ros Briagha, standing by the dolmen she helped to create at Temple Druid, by Maenchlocog. The Committee were very sad to learn that Ros has decided to resign from her position as Secretary after many years of loyal service. It is due to her that we have had so many excellent speakers over the years. Thankfully she will still remain as a member. Ros is a very able speaker and always fascinates us with her breadth of knowledge on a myriad of subjects, especially astrology, megalithic structures and nature, all of which are dear to her heart. She was our keynote speaker for the last meeting of 2014 (see below). In token of our appreciation of her support to the Society, she was given a Garden Centre token and also a beautiful bouquet of flowers.

processes, so that you do not hark back to all the other events in the channel. This involves becoming aware of your thinking processes. Mark told us that the brain does not recognize words that are in the negative such as 'don't or do not', as in the following scenario:

You have an important appointment and are already worrying about being on time. Your mind floods with the times you have been late before and the things that held you up on those occasions, such as roadworks, tractors and tourists, and in Mark's case, once

it was royalty who swept by with their entourage! A likely sentence that is running through your head at this time is:

'I don't want to be late!' However, the brain only recognizes 'I want to be late'. Immediately you can see the problem here. So it's vitally important that you change your internal language and thereby break the chain connecting to all the other incidences. Try changing it to 'I want to be there on time' or even 'I will be there on time and there will be a parking space for me'.

You can even visualize yourself arriving on time and driving into the parking space.

Mark also highlighted how we are bombarded with negative images, stories etc. through all forms of media, including online in social networking sites. The medical world give us timespans for 'terminal' illnesses and religions drown us in guilt from the very start. As a result, those of a negative outlook, have to be on their guard to avoid being dragged into depressive illnesses. There are also those that seem to 'thrive' on guilt and misery, and have negative expectations from the start.

Another of Mark's strategies is sending love to any negative situation. If you are faced with a difficult situation or person, send love to it or them. He recounted many situations where this has worked for him including calming a disruptive customer in his partner's pub.

It's all in your Mind!

Pain is another thing that make us view everything as negative. In fact, worry and anxiety can cause us to tense and if this is happening over a long term, the result can be arthritis, high blood pressure etc. Mark described a case study where doctors were performing knee operations, however several patients in the study, although they had the operation, nothing was done. Being unaware of this, a significant number of these patients no longer felt any pain in their knees. However, Mark warned about carrying mobile phones on your person because they can cause joint pain and in some doctors and therapists opinions - cancers. Mark showed how we could intend 'love' or 'protection' into a small sticker and adhere it onto our phones. You can also put a protective crystal by your wireless router, microwave etc. You can check it all by dowsing it is working.

Mark also advises researching the work of the late, great Masuro Emoto. His experiments on water are legendary. To cut a long story

short, he discovered that water molecules and thereby atoms, could be altered by intending either love or hate. Playing loud rock music or soothing classical rhythms, also had an effect. Knowing this, it should be possible to intend a substance, such as a Bach or Homeopathic remedy into a glass of water. Working much the same way as a placebo. You can dowse to find out if your experiments are working. You can also dowse to see how much you need to intend to enter the water. In fact, you can keep dowsing to see if you need to increase or decrease the dose, or change it to something else during the treatment. Once again, space means I cannot expand more but really, at the end of the day, the only limit to dowsing, is your imagination.

Sunday October 26th: 'Light and Stones' DVD to replace Shaun Kirwan's proposed talk, 'Dowsing Techniques'. It shows Maltese temples at the Winter and Summer solstices and their astronomical orientation of the Megalithic temples on Gozo and the religious connotations.

'The oldest buildings in Europe are found in Malta – older than the Pyramids in Egypt. The occupation and settlement of Malta by modern humans began approximately 7,000 years ago, when the first Neolithic farmers crossed the 50 mile-wide straits that separate the islands from Sicily. Prior to that, the islands were uninhabited.

The undomesticated animals, at the beginning of the 'Holocene' (12-10,000 years ago) would have been red deer, bear, fox and wolf. Much earlier than that, there is archaeological evidence of Pleistocene species (c. 250,000 years ago) such as dwarf elephants and hippotami.

The early settlers worshipped a 'mother goddess' whose type is known from early statuettes found scattered around the Mediterranean. Similar statues are found on Malta, several being of uniquely large size. We know from physical evidence that worship in the Malta temples included animal sacrifice. Beyond

this, little is known about the rites and rituals that took place there. Although the temples are large in overall extent, the interior chambers do not have enough room to hold more than a few people at one time. Therefore public worship in large groups would not have been possible. It is likely that the priests and priestesses carried out rites inside the temples, and the public was not invited, (Daniel Cilla, 2004), perhaps similar to the 'restricted' experience of the Paleolithic caves of Europe, such as Chauvet.

Most temples have chambers arranged round a central corridor reached through an entrance formed by monumental slabs. A common scheme is three chambers arranged in the shape of a cloverleaf, with the central corridor in place of the stem. If and how they were roofed is not known, although corbelling in the walls of some chambers is evidence of an architectural tendency towards roofing.

Archaeological restoration has placed lintels over the uprights at the entrance to some temples. Sills and thresholds display symmetrical arrangements (including reversals) of spiral and vegetation patterns in low-relief carving.

The basic temple plan consists of a variable number of hemispheric chambers, or apses, branching off from a narrow entrance path. The apses are incomplete domes, built of ingeniously corbelled stone, broad at the base and curving in towards the top. However, a full dome could not be constructed using this technique; after the walls had been built up, the apse was roofed in animal hides which were suspended from timber poles. Pole-and-hide construction was also used for the doors.

It has been suggested that the temples might have represented the head, arms and legs of a deity, since one of the commonest kinds of statue found in these temples is a 'fat' woman (Venus of Malta from Hagar Qim) a symbol of fertility.

The first inhabitants of Malta left no writing behind them, only elaborate,

sophisticated and unprecedented stone structures in the form of temples. These temples, requiring extensive resources, were clearly an integral and religious element of their culture.

The orientation of three temples is close to the direction of a far southerly moonrise; a fourth coincides with an equinox sunrise and the rising point of the Pleiades in period.

The best evidence that the inhabitants of Malta and Gozo were interested in astronomy

come in the form of discoveries of everyday objects such as a broken limestone slab from the Tal-Qadi Temple which has what certainly appears to be a representation of the heavens, showing the moon and stars as well as a number of radiating lines dividing it into quadrants, and the solar-wheel from a pottery shard found in Hagar Qim temple.

With regards the temples themselves, at Mnajdra in particular, there are several significant alignments to mark moments of the solar year. It

is now considered probable that most, if not all of the large prehistoric temples on Malta would have originally been covered over.

Combined with an invariable orientation of the passages to either the equinoxes or the solstices, the builders would have been able to use the temples as a means of measuring the solar year exactly (in the same way as the builders of the Irish and Scottish Passage-mounds did.' Looks like a fab place to visit J

Sunday November 23rd Ros Briagha: *Dance of the Sun and Moon*

Ros, with the aid of some wonderful visual aids, such as her whole kitchen of stainless steel bowls and an ingenious homemade extendible flexible pole, explained how 100% dependent we are on this 'dance'. We're always on the move. Even when you're standing still, we're still moving! We are dependent upon this movement for our light, warmth, tides and the fertility of plants and humans. We are so dependent upon our centrally heated houses and light at the click of a switch, many have become disconnected from this vital movement.

Following Nicholas Copernicus (16thc), most people now accept we are a Heliocentric system, Helios (Sun) is at the centre of our Solar System and all the other planetary beings, including us, orbit around it. Or does it? There is another theory that was posited by a Greek called Ptolemy of Alexandria (2nd c).

This assumes the Earth is stationary, and at the centre of the Universe, which Ros ably demonstrated on a large floor model. She also showed how the sun and moon performed their dance around the Earth,

including the most rare event of a solar eclipse, using the flexible pole as a pointer arcing around and over the model on the floor. We were able to see clearly how the sun reaches its highest point on Midsummer's Day, and lowest in Midwinter or Yule.

It also explained how the sun, at this time of year, shines directly in your eyes when you are driving, because it is so low on the horizon.

Astrology was used throughout the world as a calendar system which allowed its practitioners to assist in the planning of important occasions as well as to predict weather patterns, seasonal changes, tides and important celestial events such as eclipses. In almost every culture that used it, it grew to become a part of religious, oracular, magical and medical traditions. Stone circles and other megalithic structures were used as 'calendars' to mark the significant dates (see above, Light and Stones dvd).

Ros, is an excellent astrologer and she gave us a very good illustration of how the solar and lunar positions at the times of our birth could affect us in our daily lives.

On one occasion, because she needed to travel to see her children in Oxford, despite the auspices, she decided to not to let the 'planets rule her' and set off to hitchhike to Swansea along the M4 (Something she regularly did with complete safety) After waiting over an hour on the A48 in Carmarthen, no cars stopped and then a lad appeared who had obviously been in a fight.

They chatted for a while and it became obvious that nobody was stopping to pick them up. Then the police arrived and told them to 'hop it'. Ros returned to the bus stop, the bus arrived in 5 minutes to take her home. Ros regards this as a prime example of not working in harmony with the planets.

This was an excellent and thoroughly absorbing talk packed full of really useful and interesting material, it's such a shame that I can't really do it justice in the space allowed. However, if you Google 'Geocentric or Ptolemaic system, you can learn more. Astrologically speaking, Ros recommended astro.com to find out the positions of the moon when you were born and the character traits associated with this time.

Forthcoming Events 2015:

Sunday, January 25th

Tim Walton

Mindfulness: making magical choices – the most fascinating path to Fun and Fulfilment.

Sunday, February 22nd

Robin Heath

A Guide to Megalithic Monuments in West Wales

Sunday, March 22nd AGM

Sunday, April 26th

Adrian Incedon-Webber

Theme to be notified

Sunday, May 3rd

(May 4th: International Dowsing Day) National Botanic Gardens of Wales

Sunday, May 17th

Robert Narayan-Taylor

Numerology with practical work using numbers applicable to you

Sunday, June 14th

FIELD TRIP: Cenarth area

Sunday, June 28th: TBA

Sunday, July 12th

FIELD TRIP: Manorbier Church

Sunday, July 26th

Practise / Health Day

Sunday, August 9th

FIELD TRIP:TBA

Sunday, September 13th

FIELD TRIP: Margam Church, Stones Museum, Medieval Monk's Bath House, Abbey etc.

Sunday, September 27th

Peter Knight?

Sunday, October 25th

Megan Wingfield
Tuning into Earth Energies and the Journey of the Lady Mary through Wales.

Sunday, November 22nd

Ros Briagha: To be notified

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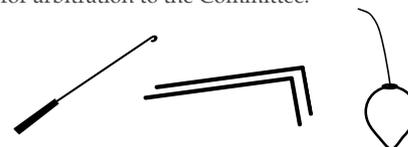
Sid Vincent - Dowsing Bobbers..... 01437 764415

Glyn Williams - Reiki / Reflexology 01267 235565

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OTHER GROUPS

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

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