

# Dowsing News

## Breathe Your Way to a Stress-Free Mind and Better Dowsing!

Trauma relief in disaster areas, empowerment of women, helping to rehabilitate prisoners and teaching children and young adults how to reach their full potential – these are just some of the challenges undertaken by the world-wide organisation, The Art of Living Foundation.

Chairperson of the Guernsey organisation, Julie Madeley, had her audience spellbound with her account of their work in places like Haiti, Bosnia and Sri Lanka.

Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living Foundation is a not-for-profit, educational and humanitarian NGO engaging in stress-management in 152 countries.

To help individuals get rid of stress and experience inner peace, the Foundation teaches breathing techniques and meditation and Julie took her audience through two such exercises.

She explained its relevance to dowsing. 'A very simple way to improve the focus of the mind is breathing techniques. Where thought goes energy follows, so if we can keep the focus on what we are dowsing for, we will be more powerful and effective.



'Mind cannot be controlled through the mind, but it can be controlled through the breath! Imagine the mind is a kite, and the breath is the string of the kite!

'Through correct breathing we eliminate 80-90 per cent of impurities in the body,' she explained as she conducted us through an energising breathing technique. It certainly had a beneficial effect on the group as, on a cold night, we all went home with more smiles on our faces than when we arrived! (For more information on the Foundation contact Julie on [Julie.artofliving@gmail.com](mailto:Julie.artofliving@gmail.com)).

# MURDER MOST FOUL HAPPENS EVEN IN PARADISE...



## ...OR EVEN IN LIHOU

The weather was idyllic, warm and sunny with blue skies for the venture across to Lihou Island for a group of 14 intrepid adventurers intent on some 'time travel' dowsing and a late summer picnic.

The time travelling was to dowse back a few hundred years to uncover the secrets of the 12<sup>th</sup> Century St Mary's Priory, still identifiable despite its age and numerous archaeological excavations.

Findings by archaeologists of pottery, a sundial, and an impressive coin dating from the time of Henry III, plus a number of graves, were added to by the group who managed to uncover a murder! Several members located the area that a monk had been attacked in and subsequently died. Too late to call in Scotland Yard!

Members also found three altars in different areas and graves located outside, on the approach to the priory entrance, along with the known graves found on the seaward side.

Yes, a satisfying few hours of dowsing with the bonus of a well-earned picnic in sublime surroundings (another picture page 8).



## A Quantum Leap gains the Bell Award

Tony receives a quaish and a certificate from Nigel Twinn, a member of the British Society of Dowsters' Council.

The Bell Award is given annually in memory of the organisation's founder, Colonel A H Bell, in honour of those who produce 'notable written work' on dowsing.

Tony received this accolade for linking the quantum physicists' theory, 'The

observer creates reality' with his own contention that the dowser co-creates the material he or she is seeking. Tony uses the principle in his healing protocol (see below).

### Volunteers wanted!

Tony writes:

If you have a health issue, you might be able to help me put the finishing touches to a new healing protocol I have been developing – and, perhaps, help yourself at the same time! I need real people to practise on. The method is entirely non-invasive and there are no side effects. My healing system is based on proven energy therapies like EFT, Matrix Energetics and Reiki but with a unique added element of dowsing, accessing the unconscious (intuition) which really knows what's going on. No fee - the only cost to you would be your time.

**'Energy Medicine, at its foundation, focuses on the energy fields of the body that organise and control the growth and repair of cells, tissue, and organs.**

**Changing impaired energy patterns may be the most efficient, least invasive way to improve the health of organs, cells, and psyche' - David Feinstein, Ph. D.**

The idea is to identify the hidden source of the health problem and dissolve its negative effects, allowing the body's natural immune system to work properly. Simple, but effective.

Energy is your body's magic. It is part of the Universal Life Force that flows through all living things. It's known as **chi** in China, **ki** in Japan and **prana** in India. When it's flowing properly, life force energy supports us and rescues us from pain, addictions, depression, stress, anxiety and phobias.

Balancing our energies balances our body's chemistry, regulates our hormones, helps us feel better, and helps us think better. It is the medicine of the future.

**If you can help please contact me on 264396 or email [talmage@cwgsy.net](mailto:talmage@cwgsy.net)**

## Now where's that pesky water?

Attendees at one of Tony's Introduction to Dowsing workshops at Les Cotils being 'put through their paces'.

Tony is planning a third beginners' course in the next couple of months so if anybody is interested in participating please contact him at [talmage@cwgsy.net](mailto:talmage@cwgsy.net) or on 264396.

Tony will also be leading classes in 'Discover Dowsing' at Guernsey's College of Further Education in the Autumn.

If you know of anyone interested tell them to look out for the enrolment form in the annual C of F/E Prospectus due out later this year.



## Gruesome discoveries – all in a day's dowsing

The Archaeological Special Interest Group, run by Val Mahy, sallied forth to kill three birds with one stone when they dowsed at St Peter's Church, La Longue Pierre standing stone and the former German ammunition store next to La Société Astronomical HQ.



The group found the site on the church path where their rods and pendulums told them a woman, aged 35, was murdered 1,300 years ago. There were different versions of where she was buried – was it to the east or south of the path leading from Rue de L'Eglise?

On to La Longue Pierre, also known as La Longue Rocque. Dowsing determined the lone sentinel had been carved to the shape of a woman - facing the sea – and had once been surrounded by a circle of 16 or 17 stones. The menhir's energy radiated to about 4 metres and it seemed to be detrimental. There had also been a dolmen to the south, facing the sea, and the whole area had been used as a burial site for 13,000 years.

Finally our dowsers visited the ammunition store and discovered the gruesome possibility that seven workers, all under 25, had died there. One, a Pole, was killed when something fell on him in the middle of the corridor. His body is now in the exterior wall. Said one of the group, 'In the furthest room we entered one man had died of exhaustion and a German was involved in his death but it wasn't murder.'

However, the theory of untimely ends was contested by the structure's owner, Gillian Lenfestey, who said that that no-one had died there.

# HEALING MADE CRYSTAL CLEAR

As you can see from the picture, crystal healer Jan Jeffreys brought a fascinating array of samples with her for her talk to the Health Special Interest Group.

These included the calming and uplifting Agate, Amethyst, helpful to the endocrinal and immune system, and for removing toxins, Carnelian for protection, peace, eloquence, healing and courage and Tourmaline for clearing, grounding and methodical thinking.

Jan wove into her talk some personal anecdotes illustrating how she uses the beneficent power of different crystals in both personal and distant healing work.

'I always work intuitively,' she told her audience. 'I'm not one to work to a formula of...if you have this health problem you need that, specific crystal. The right crystal for the occasion just comes into my head.'

Jan advised that some crystals need 'recharging' after their energies have been depleted. 'Depending on the type of crystal this can be done by placing it in a bowl of water exposed to sun or moonlight. Or it can be buried in the earth where it will receive the natural energies it needs.'



## Was this a German aerial mast?

The conditions were ideal, clear, warm and sunny - just so different from last time the ASIG attempted to dowse the field owned by Mike & Jean Rouget at Torteval, writes Val Mahy.



Following UK professional dowser Laurie Booth's guidelines the group set out dowsing and marking the outer walls of the structure, thought to surround an aerial mast. Two such structures were located before we moved on to dowse for underground power cables believed to have been laid by the Germans.

A cable link was positively picked up which led us across to the next field down and to the finding of another structure - an outer wall and an entrance. Unfortunately, it was hard to get any further because of the thick undergrowth. Stepping back and looking at the area in question a slight mound very like the other site could be seen. Given the location and position it quite possibly was a defence/lookout post. The rods favoured a gun emplacement. The final part of our session was great fun.

I asked Mike had he ever dowsed his field for buried treasure and there starts the beginning of the story. After some deliberation as to asking *'the right question'* we began. I had asked for buried coins and got a response by the entrance to one of the structures, giving the depth of 19 inches.

Mike's response? Jewellery 3 to 6 inches down. We verified this and excitement grew. Mike asked what it was – Brooch, silver or gold? No definitive answer. Value? Starting at £ 1 million (at this point I have to add we discussed ownership and share rights!) but sadly when the figure dropped below £500 Mike changed the questioning asking for a date. The response was below 20 years. We all fell upon the marked spot but allowed Mike, as owner, to do the digging.

All well and good but we had no tools! Bags and car boots were emptied and the search revealed one screwdriver and an umbrella - an implement with a sharp point for digging.

Amidst good humour and laughter the dig began. Sadly we found nothing. Mike re-checked his rods and they gave a positive reading that the treasure was still there. We had tried!

At a later date Mike will have a go at re-tracing his findings and this time he plans to carry a spade!

## Well, that's the cat asleep – now for the

## audience!



At our last Health Special Interest Group meeting of 2012 the audience of 20 (if you include the cat) listened with rapt attention as hypnotherapist Ann Bowditch explained how she 'persuaded' her clients that they had been fitted with a gastric band without the need for an operating theatre, a surgeon, an anaesthetist or even a bed in the PEH to recover!

Ann explained that although she deals with most emotional issues afflicting humans, her speciality is the 'hypno-band.' Clients with weight problems sign up for a 'package' which includes one-to-one sessions, spread over several weeks, exploring the emotional or other issues which might lie behind people eating too much food for their needs, or the wrong kinds of food, or both.

'I let the client lead me through their journey and I use my intuition a lot in identifying what the underlying problems are. In the sessions I put the client into a trance where their conscious mind is in neutral and their sub-conscious is allowed to speak.'

She explained that once the client had all the necessary information and understood the concept behind hypnotherapy Ann would carry out a specific session where the client is led through a virtual operation. 'The big advantage of a hypno-band is that there is no physical invasion of the body and therefore no danger of anything going wrong on the 'operating table.'

Weight loss was gradual - about 2lbs a week – but some clients had lost 2 stone or more as they had continued eating less. ‘I do not put them on a diet,’ said Ann, ‘they just eat sensibly and find they can resist cravings.’ Ann said that many people went to a hypnotherapist ‘as a last resort.’

‘But they quickly realise they are not going to be running down the road naked and clucking like a chicken! That’s the myth that people pick up from stage hypnotists. The professional therapist would never put anyone in a situation they wouldn’t be happy with. Although the subconscious mind is explored, the conscious mind is always in control,’ said Ann.

## **Dates for your diary**

**Here are the latest dates for GSD and Health Group meetings to which everyone is welcome. Unless otherwise stated entrance is £5. In date order the meetings are:**

**25 January** ‘What is Dowsing and how can it change my life?’ Adrian Incedon-Webber 7.30pm Les Cotils. £10

**26 & 27 January** ‘Healing Your Home’ Workshop with Adrian, Les Cotils 9.30 registration. £140

**7 March** Dowsing quiz with prizes! (Preceded by AGM - very brief) 7.30pm Les Cotils

**11 April** Annette Henry dowsing tour of Town; Meeting time and place tba.

**17 May** UK water dowser John Baker ‘Adventures of 21<sup>st</sup> Century dowser.’ 7.30pm Les Cotils

**18/19 May** (Water dowsing workshops with a UK professional water dowser John Baker)

**11 July** Dowsing challenge at a Guernsey location for water pipes, power cables and a borehole

Unless otherwise stated indoor meetings are held at Les Cotils.

Health Group meetings are held at the home of Sue Taylor in the Castel.

**The Health Group meeting dates are:**

**21 Feb,** Reiki

**28 March,** Reflexology

**2 May,** Astro diets, astrology and dieting

**20 June,** Healing with magnets

**25 July,** Energy Healing

**Please note: Dates of meetings of the Archaeological Special Interest Group will be promulgated separately by the Chair, Val Mahy**



## Is there any *body* there?

Our dowsing expedition to Lihou (see page 2) takes a psychic turn as our intrepid dowsers set aside their rods and pendulums to do some 'deviceless dowsing' using the best dowsing instruments available – human hands. And, yes, some did feel the invisible surface of a long gone Altar. 'It was like pressing down on a sponge,' said one.

### **Dowsing fact**

Dowsing for Health:

**The practice of healthcare, both conventional and holistic, is generally held to be both art and science, and even in the most high-tech of therapeutic environments, the intuitive "hunch" of the practitioner is rarely disregarded and is often found to be of great benefit.**

**For further information about dowsing, or any question concerning the contents of this newsletter, please contact: Tony Talmage, Chairman, Guernsey Society of Dowsers. Tel: 264396**