

Health & Wellbeing section lives!

Our Health & Wellbeing (H&W) Section recommenced on 10th March in the capable hands of Anne Matthias. I asked her to tell us a little about herself, and future plans for the Group.

I worked as an Occupational Therapist for over 23 years in both medical and psychiatric hospitals as well as the community, within different specialities including orthopaedics, a back pain management pilot scheme, out patients, rheumatology, children with dyspraxia (now Developmental Coordination Delay), elderly patients with dementia, anxiety and depression, and also children with disabilities for Social Services.

After some life trauma of my own, I trained as a reflexologist to Diploma standard in order to get professional indemnity insurance when my husband and I went to work in the USA. After 18 months we returned to Gloucestershire where I set up my reflexology practice in 2007.

It has been very interesting to see the differing perspectives of illness from the orthodox point of view to the complementary aspects in terms of concept, diagnosis and treatment.

I also feel that to improve the effectiveness of working with clients it is important to firstly work on yourself, improving your own health, wellbeing and energy, regularly and preferably daily. I quickly became

aware of everything simply coming down to energy, so this is where I am starting from for the H&W Section.

Recapping on energy initially because it is so fundamental to health and wellbeing, we will then move on to other topics such as the human energy field or aura, the subtle bodies and the chakras. Later I intend to look at colours and crystals, food and food intolerances, flower remedies, changing thought patterns and visualisation, relaxation and mindfulness – but not necessarily in that order!

We will also look at how to protect ourselves from negative energies, and carry out various dowsing exercises and activities as we progress.

I hope the group will become interactive since many of you already have some experience of healing in different ways. Willing group members will have the opportunity to do a little research of your own for some sessions, which means you won't have to listen to my voice the whole time! The internet, our new library and other books are a valuable resource.

So if you are interested please come along to our next session starting promptly at 4pm after the main Thursday monthly meeting where I will look forward to meeting you.

Anne Matthias

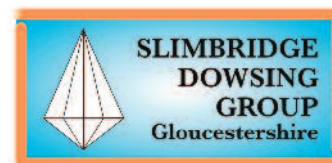
Don't forget you can see reports of most of our talks on our website.

Or purchased in book form – 'It's Around Here Somewhere!'

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Slimbridge Dowsing Group on the internet: www.slimbridgedowsers.org.uk



Newsletter

Slimbridge Dowsing Group

Affiliated with the British Society of Dowsers (for now!)

Issue 30

May to August 2016

Local Field Trips

Welcome to the next four months of meetings, talks and four field trips, yes *four*! Summer is coming and most Groups love field trips, they even go off for a week's holiday at a time.

Whereas SDG-ers have to be enticed out with a luxury coach, a pub lunch and the promise to be home in time for tea!

Yet Field trips are to be relished, with the opportunity to dowsing new and interesting stuff, learn from like-minded folks (you'd be amazed what your fellow SDG-ers know!) and to see and do something a little bit different.

Barbara Davis' mini-field trip to Frampton-on-Severn Church on 25th June is a case in point. Last year she led 'How to Read Your Local Church' at Coaley, did a huge amount of fascinating preparation and research, and the few of us who turned up thoroughly enjoyed it. (Read the write-up of last year's event on p.118 of *It's Around Here Somewhere* (IAHS)). Now you have a second chance in Frampton Church, so do come along. It is easy to find, has extraordinary energies for dowsing, and there's a pub lunch afterwards.

We also return to John's Chapel and archaeological dig in Alveston. We last went there in 2013, see IAHS p. 22.

Our annual field trip to St Augustine's Farm, Arlingham, is another highlight not to be missed. See IAHS pp. 19 and 52.

And as if all that wasn't exciting enough, we host the Return of the Get Grubby

Gang on 31st July, and need as many SDG-ers as possible. Last year's write-up is on p. 113 of IAHS so you can see what you missed.

Directions are included, and you'll be home in time for tea. See you there.

Archaeological Dowsing Section

The Archaeological Dowsing Section is going well. They have quarterly meetings, and Barry Goldring and Peter Gibson do an excellent job running it. If you would like to join them, do contact Barry direct. E-mail address on back page.

Health & Wellbeing lives!

See back page for news of future plans.

The Jim Greatrix Library

Sincere thanks to Jane Willoughby who has embraced the job of librarian and is working wonders. Jane plans to put a full list of books on our website so we can browse titles without having to squat down in front of the cupboard.

It's Around Here Somewhere!

Our latest book of reports from the front row is selling well. A few copies still available. £8 but £6 to members.

E-mailing List

If you aren't receiving regular SDG e-mails and would like to do so, please send your e-mail address to me (see back page).

Trish Mills

Slimbridge Dowsing Group Programme May to August 2016

Thursday 12th May – **Field Trip Dowsing John's Chapel & Archaeological Dig** with Pollen John, (i.e. John Wilson-Smith) Barry Goldring and Peter Gibson

We are invited to return to John's home in Alveston (directions below) to see and dowse progress on the chapel ruins we first found in July 2012. (See report on our website www.slimbridgedowsers.org.uk/HTML/ruins.shtml or in It's Around Here Somewhere, p.22.) Since then John has brought in a local archaeologist and team, and work has continued apace.

John says to arrive 12.30-ish, bring your own lunch (tea and cake provided), or two pubs nearby. Over lunch we have a chance to view and dowse the finds from the dig, most of which are believed to be Norman. We can also view the mapping of the dowsed buildings over the centuries in the fields around the dig.

At 1.30 to 2pm-ish we can walk down to the dig area – you can do your own dowsing on the way down, and see what you can discover about the dig and chapel. There also is an adjacent field in which we have had permission



to dowse, which may have had related structures. For those with difficulty walking there is parking available for two cars only, close to the dig. Parking at our house is also limited so car sharing would be appreciated.

Directions: Travel south on A38 or M5, exit junction 14 and join A38. Continue south on A38 for 5 miles; turn right at traffic lights by the Hyundai Garage in Alveston. After 200 yds turn left onto the B4461 (opposite the Ship Hotel). After half a mile see Cross Hands pub on the left, carry straight on, when you reach the de-restricted speed sign slow down, we are 200 yds on the right down a very narrow, hard-to-see track, opposite a field gate and a telegraph pole. Post code BS35 3PS for those with Satnav.

Sorry, No Health & Wellbeing meeting after a field trip.

Saturday 21st May

A BSD Dowsing Training Event on your doorstep with **Peter**

Golding – A rare opportunity to attend a BSD Dowsing day run by our founder and President. For more details see page 7.



Wot?
No Meeting?

**Saturday 28th May – Bank Holiday
Weekend – NO MEETING**

Meetings take place in Slimbridge Village Hall on the second
Thursday 1.45 for 2.30pm and fourth Saturday 10am for 11 am

Thursday 9th June

Ogham Writing and the Celts with Margot Miller*, author and historian

Margot Miller from Fownhope will be describing the meanings of the ogham magical tree alphabet, the secret sign language of the Celtic people who lived during the Iron Age. The ogham alphabet consists of 5 sets of 5 symbols, each representing a different tree. The symbols are a key that opens a great array of 'correspondences', e.g. S for Slimbridge – Straif the blackthorn tree, Mother of the Wood, its main meanings concern control and patience. M for Muin the bramble or blackberry, the weaver of hedges concerning awareness and inspiration. Margot will lead us through the Ogham alphabet, show how it can be used for guidance and divination, with illustrations of the symbols and will 'read' the ogham.



**Health & Wellbeing Meeting follows at 4 p.m.
See back page for more details.**



Saturday 25th June **Local Field Trip
Dowsing at Frampton-on-Severn Church**
with Barbara Davis

Those of us who attended Barbara's 'How to Read Your Local Church' event at Coaley in August last year were surprised and delighted by how much there was to dowse and discover, and the fascinating Pagan symbolism to be found there.

A similar exercise is being planned for the Church at Frampton. This will give an opportunity for experienced dowsers to use their skills and novices to learn, practise and hone their abilities with help from the more advanced.

All churches have amazing sources of energy both positive and negative. There will be a chance to investigate these, look for Ley and other energy lines and also study the building for Pagan influences. It should be an interesting morning. Meet at the Church in Frampton-on-Severn at 10.30 am, signposted from the A38, left on the famous Green. Pub lunch afterwards, see below.

Pub lunch and chat at the Bell on Frampton Green afterwards.

* visiting speaker

Slimbridge Dowsing Group Programme May to August 2016

Thursday 14th July **Here Be Dragons: the Dragon in Myth, Folklore and Magic** with Graeme Green* (I found Graeme via London Dowisers, where his presentation on Dragons last January led to an invitation to do it all again in Canada.)



Dowser Graeme Greene will present a celebration of Dragons and dragon-kind around the globe. Dragons are universal – every ancient culture has some kind of dragon derivative, from the mighty beasts of old English and Celtic myth to the more ethereal guardians of eastern culture.

To some they are real, to others energetic forces. To some a metaphor, to others mere fiction; which ever, dragons hold a mirror to the societies that speak of them as much as their displays of shiny scales and fiery breath. Dragons speak of our history as well as our myths, perhaps they even speak of what it is itself to be human.

Some of this is research, some is folklore, some is gut feeling and very personal; there are no rights or wrongs here. This will be a personal journey, as much to entertain as to edify.

Health & Wellbeing Meeting follows, but not as we know it!

Graeme is also a Reiki practitioner, Drum Master and practising horse and animal healer using the rhythm of the drum. He works alone or in partnership with like-minded folk to create enlightening and empowering experiences for all ages and species. So, after a short break, he will lead us in a drum circle (bring your own if you have one, otherwise we have some you can borrow), and after that, in a special meditation instead of the usual Health & Wellbeing Meeting. Graeme says, 'Drumming and percussion has been at the heart of human community for thousands of years. The collective exploration of rhythm and movement has always drawn people together, from the tribal dance to the arena concert. A pleasurable activity that brings people together, it is appreciated by those who play at all levels, from family or friends to the majesty of a full professional orchestra. Rhythms surround us in life, right from conception when we connect to the heartbeat of our mother. Yet today, as we rush around on auto-pilot, so many of those sounds simply pass us by. The act of drumming grounds us in the moment, and when played with others it establishes community, re-connecting us with the very heart of our humanity. www.themindfulhorse.org



* visiting speaker

Meetings take place in Slimbridge Village Hall on the second Thursday 1.45 for 2.30pm and fourth Saturday 10am for 11 am



Saturday 23rd July – **Local Field Trip Archaeological Dowsing at St Augustine's Farm** with Barry Goldring & Peter Gibson, by kind permission of Rob & Elaine Jewell

*We've been visiting St Augustine's farm for some years now, and found indications of all sorts of stuff, from a couple of wells, a Roman jetty on the riverbank, an ancient road, dwellings, farm buildings, iron-age round houses, earth energies a-plenty, and last year, an ancient labyrinth, which we plan to move over a bit and refurbish. Peter Gibson (PG2) is looking for a suitable design for the labyrinth, which we hope to plan out on the ground for Rob's visitors to use, but we have yet to decide how to mark it. If archaeology is not your thing, you could dowse for earth energies – last time we came across an energy power point in one of the paddocks. Training opportunity in the field – literally! **Directions:** Leave the A38 signposted Frampton-on-Severn, then follow the brown signs to St Augustine's farm, Arlingham. Straight on past the Red Lion onto track, then first right.*

Bring sandwiches or join pub lunch at the Red Lion, Arlingham, a super community-run pub with great food.

Sunday 31st July – **Extra Event – Field Trip Return of the Get Grubby Gang** with all of us! SDG-ers needed.

If you missed last year's Get Grubby Gang visit, you missed a real treat. Read the write-up in It's Around Here Somewhere on page 113 if you don't believe me.

The Get Grubby Gang, part of the Gloucester Wildlife Watch, isn't as formidable as it sounds. In fact, after they left last year, we all said, 'What a super bunch of kids!' Their lovely leader lady wrote to thank us afterwards and said all the Gang agreed it was their best meeting ever. SDG members who attended felt pretty much the same. It is a privilege to be invited to teach youngsters. So by popular request the Gang will return on Sunday 31st July, and we will do some more dowsing with them. DO come along and join in the fun.

1.45 for 2 p.m. at Slimbridge Village Hall. We will have a drink and biscuits, and decide which field to visit, depending on the weather. All members needed, and an opportunity to learn for newer members.



Thursday 11th August

Dowsing to Heal Homes and Land

with Mandy Bennett* of Somerset Dowzers

Following a request to help resolve a health issue, Mandy realised that nothing could be done until the person's home environment had been treated. This led to the wonderful world of dowsing and healing properties – including dealing with the usual culprits of underground water and geopathic stress, to surprising encounters with other realms involving elementals, spirits, and even a tethered gnome!

In the last few years Mandy has expanded her work to assess and heal land, involving projects such as 'What's wrong with Taunton?', as published in the BSD's Dowsing Today magazine.

Mandy will discuss her dowsing work, and some of the fascinating case studies dealing with blocked and contaminated energy lines, battle and accident trauma, spirits, guardians of the land, and even giants and dragons.



Mandy (centre) teaching dowsing.

Mandy is a Professional Health Dowser, NLP Master Practitioner, and therapist. She has developed her dowsing since her training with Jack Temple, and now works with dowsing to heal people, places and animals. She is a long-standing Member of the BSD, and Chairman of the Somerset Dowzers.



**Wot? No meeting?
That's twice in one
newsletter!**

Saturday 27th August – Bank Holiday Weekend – NO MEETING

Ley Hunters' Moot at Oxford

Goody, a bit of space to remind you – completely out of chronological order – about Laurence Main's Ley Hunters' Moot in Oxford on Saturday 21st May, followed by a week of walks and discovery.

Gary Biltcliffe and Caroline Hoare will be speaking at the Moot about the Belinus line, which stretches from the Isle of Wight to north-east Scotland. (They came to us

22.3.14, see write-up in IAHS page 67).

On the Sunday there is a coach trip led by Gary and Caroline to the Uffington White Horse, Wayland's Smithy and the Rollright Stones. Each annual Moot seeks to visit one of the many sites on this amazing N-S ley.

For further information, contact Laurence Main on 01650 531354. P.S. I'm doing the Sacred Geometry Made Simple talk on the Saturday but it's not compulsory!

BSD Water Divining Event

Dowsing For Water

Led by **Peter Golding**, SDG Founder and President
and one of the UK's foremost and most experienced dowzers

Saturday 21st May in Slimbridge Village Hall

10 am to 4:30 pm

There will be a break for lunch

Either bring your own or pop down to the the Tudor Arms

A great learning opportunity on your own doorstep!

This Event will cover

The Importance of Water

Dowsing Tools and how to use them

Geological considerations

Dowsing for Groundwater

The Drilling Phase, with visit to a finished borehole and wellhead

Peter says, 'We will go out to dowse groundwater streams under the car park and in the cemetery over the road. We will visit a nearby field, site of a borehole where we can also dowse the underground stream. We may visit other relevant places – it will be a hands-on dowsing day and learning opportunity.'

The Small Print

This is an event to raise funds for the BSD. However, because Peter has not done the relevant BSD 'training' course (and didn't need to!), he is not an officially approved BSD Instructor, and is not therefore allowed to call it a Course! But as he philosophically says, he is allowed in free!

That said, Peter is in need of some assistance, and if any of our members would care to help with setting up, organising, driving to the pub, etc., then he would be pleased to welcome them as assistants and invite them to take part in the whole event. See Peter for more details and the attendance fee.

