

# *The Wellspring*

Newsletter of

## **Appalachian Chapter**

American Society of Dowsters

<http://www.wncdowers.org>

April - May 2011

*Appalachian Dowsters presents*

**Lee Barnes and Richard Crutchfield**

### ***Exploring Mysterious Monoliths in the Southeast***

**Saturday, May 21, 2011 – Unity Center, Mills River, NC**



Appalachian Chapter members Lee Barnes and Richard Crutchfield, both longtime residents of North Carolina and longtime dowsters of earth, rock, and sacred site energies, will give an overview of their findings over the years. Lee and Richard have large collections of pictures which they will use to illustrate their talks. In 2010 Lee traveled in Ireland, researching rock formations there.

Megalithic structures raise many questions about their original purpose, who built them, how they might function from an energy point of view, and how they might contribute to our well-being today. Please come and listen, see the slides, ask questions, and discuss.

Lee Barnes ("Runs With Rods") has 15 years experience as a professional water well dowser and is a well-received dowsing instructor. He has researched sacred sites and mounds from New England west to the Mississippi and south into Florida, and the British Isles.

Richard Crutchfield dowses for water resources, energy of land and home sites, personal health and behavioral problems, energy clearings and paranormal anomalies. Lee and Richard are both former Presidents of Appalachian Chapter.

11:00 am - 1:00 pm	Registration (books and dowsing instruments for sale)
11:15 am - 12:45 pm	Introduction to Dowsing class with Paul Bennett (simple dowsing tools provided)
1:00 pm - 4:30 pm	Program (1/2 hr break 2:30 - 3:00 pm)
4:30 pm - 4:50 pm	Business meeting; book sales tables open

Directions: Take I-26 to Exit 40 (Airport and Rt. 280). Turn west toward the airport and Brevard. At about 1 mile past the second airport entrance, turn Right on Old Fanning Bridge Rd (green signs). Go 2 miles and the Unity Center sign and entrance will be on the left. (2041 Old Fanning Bridge Road; Mills River, NC 28759)

## *President's Corner*

### **Not Lost in the Wild**

By Roy "Dodge" Dudgeon

As we get into the early spring months and the weather begins to change, I often think of the crisp mornings spent hiking the Laurel Highlands Trail in southwest PA. The trail runs for over 100 miles through the Laurel Mountains and not only follows the rocky ridges but descends into the valleys, along the many streams, and through the hardwood forests of the area. Late spring was a favorite time to hit the trail as the trees were blooming, wildlife was active, and the moderate temperature made for a pleasant day outdoors.

The sun was already well up by the time I pulled my truck into the trailhead clearing. I had not hiked this portion of the trail before and had some difficulty locating the trailhead from the directions supplied by one of the campers at the campground where my family was staying. No other vehicles were in the small clearing which served as the parking lot. This was not unusual on a weekday.

After pulling my battered day pack and walking stick from the bed of the truck, I crossed the lot and entered the trailhead at the sign indicating the north bound section of the trail. The trail map for this section was not to scale but gave several landmarks and mileposts as well as intersections for fire roads, campsites and local crossing trails. Streams were also indicated as well as topographical notes.

The first hour was strenuous as the terrain was rugged and uphill. As I crested a ridge littered with boulders each the size of an SUV, I was greeted with a breathtaking panoramic view of the Laurel Mountains. From this perspective, I could tell that after a brief ridgeline portion, the trail descended downward to the valley below.

Once I started the downhill, the trees became denser and closer to the trail. As I rounded one blind switchback, the fun started. The allotted space does not allow me to go into the details of how I got turned around but it involved a bear cub in a stream, bees and a honey tree, and a pack of dogs gone wild. (Ask me when you see me and I will fill in the details).

My grandfather always told me that you are not "lost" unless someone has to come and find you. He said that you were just "turned around". Well, after my wildlife encounters, I was definitely turned around. I was off the trail, in a valley, with no landmarks in sight, and backtracking was not an option. "Well," I thought, "I have a map and a compass and daylight so what else could go wrong?" Swinging my daypack off my shoulders and onto a stump my question was answered. My compass was one of the "floating plastic ball on a cord" types only mine was no longer floating. The compass lanyard was tied to a D ring on my daypack and apparently cracked, leaking out the liquid. The round ball hung from the lanyard swinging back and forth like a pendulum. Like a pendulum!!!

Things looked brighter already. I had used various pendulums over the years but had never used one in this type of situation. Reaching into my pants pocket I pulled out the trail map and spread it on the stump. I asked my compass pendulum to show me north and it swung off to my left. Checking the position of the sun overhead to confirm the direction, I oriented the map. What next?

Earlier in the week, the family had visited the Fort Necessity State Park for the day. While there, I noticed an older couple sitting at a picnic table holding what appeared to be an arrowhead on a string over a map. Curiosity got the better of me and I wandered over and introduced myself. As with dowsers everywhere, they were more than

happy to share what they were doing. The map was of the Fort Necessity Park area and they were map dowsing for Native American artifacts. The arrowhead pendulum was authentic and provided them with a “witness” to aid in the location of similar relics. Earlier, they had done the same with nearby Braddock’s Grave Park and located several items which they photographed and cataloged before turning them over to the park museum.

So using the technique they showed me, I asked “where am I” and began to dowse the trail map moving first up one side going from south to north. When I got a positive swing, I placed a pebble on the map at that location. Across the bottom of the map I moved east to west and placed another pebble in that spot. Using the lanyard as a straight edge, I put my finger on the intersection of the two lines and there I was. But

where was that? My next question was in what direction was the easiest and safest route to the main trail. The pendulum swung clockwise and then settled into a southeast arc which meant climbing the opposite ridge. I folded my map, shouldered my pack, and started southeast but this time I carried my pendulum in my hand. Several times I rechecked my course and made the necessary corrections. In less than half an hour, I was back on the main trail and heading back to the parking lot.

Since this experience several years ago, I have had to use my pendulum to help me make the right directional choices when hiking and traveling, but never again was I ever so “turned around”.

If you enjoyed this story and have similar experiences, let me know. You could end up in “The Wellspring” telling your story.

## **My Daily Dowsing**

By Marilyn Gasque

I dowse the priorities on my Things to Do List on a 1-100 scale.

I dowse time to cook a meal in the microwave.

If someone should ask if I want to do something, like lunch, I dowse it.

How many supplements for the dog today?

Wash my hair tonight or in the morning?

I dowse what is optimum for me in the vitamin catalog.

Which room to clean up FIRST?

Need to purge my clothes closet? Dowse what stays and what goes.

draw out a map of vegetable garden. What wants to go where?

Verify by checking companion plants....just in case.....

Do I meditate and do writings this morning?

How many guides with me today? Loved ones?

I dowse what’s optimum for me in a restaurant menu.

Looking at dishes in the cafeteria or buffet and dowsing what to get.

Once a week, dowse what supplements to put in 4x7ay container.

When they, the reliable source, say to “practice, practice, practice”, these are useful ways to sharpen your skills and learn to trust your dowsing.

*Marilyn Gasque is a member of Application Chapter.*

## *Announcements*

*Editor's Note* – We were not able to make the email newsletter this time because the national ASD has continued to prevent the people who had been managing the website from accessing it. Therefore, we are sending the printed version to all current members.

### **Dowser Social – June 18**

You are invited to a Dowser Social at Laura Nelson's farm near Brevard, on Saturday June 18, 11 am to about 3 pm. Guests of members welcome. Laura has 5 hilly acres, 2 horses, a big deck on the back of the house, and a possible fairy ring in the small woods (dowse it!). Bring something to share for the pot luck lunch. OK to bring beer/wine. Laura will cook up some barbeque chicken on her grill; you're welcome to bring other items to grill as well. If you have folding chairs, bring them. Rainy weather may force a cancellation – call Laura.

292 Sun Meadow Lane, Pisgah Forest, NC 884-5824 (home), 201-452-8244 (cell)

If your GPS can't find Sun Meadow Lane, 922 Everett Rd. will get you to Bent River Farm Rd.

Directions from Asheville Airport:

1. From I-26 take exit 40 West (toward Brevard) (Rt. 280/Airport Rd). Travel about 15 miles toward Brevard.
2. At the intersection with 64/276 (Pizza Hut on right), turn left on 64 East. At about 3.5 miles, there is a traffic light (Vulcan quarry on left, Triangle Stop on right). Turn right here on Crab Creek Rd.
3. At about 1.4 miles, pass Little River Fire Dept. on right. Then turn right on Everett Rd.
4. Go over 2 one lane bridges. At the V, keep right on Everett – do not make the left onto Hart Rd.
5. Go past Eagle Nest camp. After an open field and row of mailboxes, turn right onto Bent River Farm Road (short gravel road).
6. Turn right on Sun Meadow Lane and go up hill. Do not turn into the driveway at the top of the hill. Make a sharp left at top of hill and go down the hill.
7. Go past barn on left. Laura's house is on right, top of hill, ranch house with green roof. Park on the gravel anywhere or in front of the house in the circle. If you are facing the yellow house at the end of the street, you can park off the gravel road on the left side close to the fence.

From Hendersonville: Go West on Rt 64 towards Brevard. At about 18 miles, turn left on Crab Creek Road (traffic light, Vulcan quarry on right, Triangle Stop on left). Follow directions from #3 above.

### **Other socials in 2011:**

July 16 - Dora Nell Hedrick, Clyde NC (directions below)

August 20 - annual picnic, location to be announced

October 15 - open

If you would like to host a social on one of the open dates, contact Marilyn Gasque (see page 11). You will discover a lot about your property that you didn't know, and learn new techniques from experienced dowsers.

**Directions to Dora Nell's:** west on I-40 to Exit 24. Turn right at stop sign. Go 1 and a half mile; turn right on Bannock Drive (gravel road). Bear to the right and look carefully for a driveway with a "250" sign.

### **Business Meeting May 21**

There will be a short business meeting at the May 21 event, after the main program. If you are a member please plan on staying for this meeting.

## Susan Hale DVD

DVDs of Susan Hale's talk in February and other past programs are available at our online store – go to the DVD page on [wncdowsers.org](http://wncdowsers.org).

## Join the national ASD

The Chapter encourages all local chapter members to join our parent organization. Dues are \$50 annually. You get a subscription to *The American Dowser*, a discount on the cost of the national convention, and a bookstore discount. Visit [www.dowsers.org](http://www.dowsers.org).

## ASD Annual Convention 2011



ASD's 51st annual convention will again be at Lyndon State College in Lyndonville, VT. The main session runs from June 10 to 12, with the pre-convention June 8 & 9, and post-convention June 13 & 14. The national convention is always a great opportunity to fill up with new knowledge and network with dowsers from around the country and abroad. Attend workshops on EVERY imaginable subject related to dowsing. The presenters are always very accessible for discussion and questions outside of the regular classes. Speak to someone who has been there for advice on housing. At [www.dowsers.org](http://www.dowsers.org), click on CONFERENCES.

## Earth Day 2011 in Asheville – April 22

Asheville Earth Day strives to bring the community together in support of conscious lifestyles and business practices. The free festival boasts live music, a kid's village, eco-village, and a whole lot of Asheville! Music line up includes Toubab Krewe, The Lee Boys, The Black Lillies, Agent 23 Skidoo, The Broadcast, Belle Afrique, and more! Also, at the event will be free health screening, eco-educators, raffles and prizes, inflatables, face painting, a bike rodeo, local mascots, as well as food, a silent auction, and interactive demonstrations. The mission of Healthy Kids Day and Asheville Earth Day is to provide FREE activities for all people of all ages and backgrounds. While gathering to educate and celebrate that every person can make a difference globally. *(from exploreasheville.mobi)*

## Earth Healing group

A small group of dowsers concerned about the harm that is being inflicted on the planet has been holding monthly Earth healing actions for the past couple of years at sites around the greater Asheville area. Additional participants are needed. Contact [paulwbennett@bellsouth.net](mailto:paulwbennett@bellsouth.net) or call 692-6599.

If your snail mail address or email address has changed, please notify the Secretary (see page 11).

**Don't Lose Sight of the Invisible:  
Dowsing Unexpected Contributors to Illness**

By Kate Pittman

We all know that by keeping our immune systems working well, we have a much better chance of maintaining and enhancing our physical health. When our immune system weakens our entire body can suffer. In exploring things that might have weakened the immune systems of sick beings, human and otherwise, many possibilities must be considered. Some contributing variables are visible to medical folk and lay people using their unaided eyes, by the use of special instruments such as microscopes, or through reliably analyzing results from various testing procedures. These influences can be anything from genetic predisposition to substances added to the physical body when ingested, inhaled, touched, and so on. Immune system problems can develop because of, among other things, insufficient or excessive exposure to various substances, improper combinations of otherwise benign substances in our body, a range of stressors both physical and psychological, and even by an individual's thought form(s) about particular substances.

Specific types of unseen energetic influences are explored routinely in certain specific situations. For example, radiation exposure is most likely evaluated where there is a suspicion of naturally occurring influences like excessive radon exposure in one's home, or ingestion of well water gathered from a source near where uranium deposits have been found in bedrock. Radiation exposure from manmade sources is often evaluated if an individual with a compromised immune system lives or works near a nuclear reactor that has had malfunctions leading to the escape of radioactive gases into the atmosphere or unseen particles into the water supply and/or food chain.

There are, however, a number of unseen influences that dowsers and others may be able to identify that have yet to be routinely considered by mainstream

medical and scientific investigators. While not recognized as possible toxic influences to immune systems by researchers, the acknowledgement of unseen things could help with some speedier diagnoses and the development of helpful treatment modalities. We dowsers can rarely convince others of the influence of many such dowseable things, but why should that keep us from exploring the unknown using our unique methods. For the most part, we don't have studies to call on to legitimize our conclusions. We can, however, continue to dowse about our suspicions in situations where identification and remediation may be in the greater good regardless of what has been labeled legitimate science. There is some good news. We are seeing some encouraging signs that various scientists, although hesitant to endorse our methods outright, are starting to recognize the legitimacy of some of our conclusions and are putting their analytical talents to use so others can understand more about the unseen dowseable world.

We need to keep on doing what we are doing by finding ways to maintain the physical health of ourselves and those around us and hope that soon the talents from all disciplines come together to benefit all. Of course, for us it is sensible on many levels to adhere to legal and ethical standards when doing our investigations. It is also advisable to remember that dowsing is never 100 % accurate and I for one would never want my inaccuracy or incomplete dowsing to be the cause of harm to any being.

In cases such as the one related below, I prefer to share my dowsed findings with the professional caregivers and then brainstorm all our results gathered from our diverse testing methods. Combining the findings of different approaches can give us unique insights into, among other things, immune system problems. It's exciting how dowsing during the brainstorming sessions can bring wonderful simultaneous "ah-ha moments" to people trained in extremely different methods. Now, let's examine one case I encountered recently where the dowsing of unseen harmful influences and the dowsing of possible ways to help offset them may

have helped an animal in distress.

### **Alfi's Situation**

This is one example of the use of dowsing to identify potential immune depleting influences that are not normally considered by mainstream horse doctors. Of course, for reasons of privacy, any identifying details have been changed.

A little while ago a veterinarian contacted me to see if there was anything I could do to help with a problem at a large breeding and training horse farm. Most the equines there are high talented and handsome athletes. Unfortunately, Alfi, a gorgeous five year old was fading quickly. Several medical people had tried conventional and alternative treatments to help him, but his mysterious decline continued.

Before starting my dowsing work I was told: Alfi had been a healthy, frisky and likeable young stallion residing in one particular barn on the property until a year before he became ill. At that point a new barn was completed and Alfi was moved to a spacious corner stall at one end of this new building. He averaged sixteen hours a day in his new stall, enjoying the views out a huge window and the nearby barn door while overseeing the goings on at the farm. A while after the move, however, it was determined by his people that for several reasons Alfi would be happier and better suited to a life as a gelded show horse. About two months before I was called, Alfi was neutered. The operation is a routine one and went easily without any indication of complications.

Normally the recovery of an otherwise healthy young male horse from a neutering operation isn't a problem, but Alfi wasn't fitting the norm. He became increasingly lethargic and then definitely sick. Unexpected infections developed that required treatment. When available treatments were completed and the infections cleared he continued to decline. Consultations with specialists were arranged, different methods tried, but it looked as if Alfi would not be on this earth much longer, although no specific causes for his illness could be found.

I was called and asked to dowse information and check for unseen things affecting Alfi that

veterinarians don't normally consider. The first of those, something I always check for at the beginning of a quest, was the presence of spiritual energies and/or entities that did not belong with the subject or his surroundings. There were a few, but nothing appeared to be a serious or primary problem. As requested, I cleared unwanted energies and entities from him. Those appeared to have caused about 20% of Alfi's decline. Next I turned to the resource bookshelf where my books, lists, maps and diagrams used to dowse various situations reside. My time was spent being led from one reference to another, taking the notes as the dowsing directed and then analyzing all that came up as pertinent for Alfi. In dowsing about his physical condition I found among other things:

- Alfi's immune system functioned at almost 100% of what was best for his body before his move to the new barn.
- After taking residence in the new stall his immune system started quickly to decline.
- By the time of his surgery his immune system was functioning at approximately 70% of what was best for his body.
- By the time I was consulted his immune system was functioning at about 65% of what was best for him.
- Without the intense veterinary care the number above would have likely been 50% at the time I was called.

Dowsing about his overall physical health and life force provided information that coincided with the conclusion of medical professionals - Alfi's life was in danger. Looking for potential causes I dowsed that the biggest problem, accounting for 60% of the horse's decline, was unseen energy affecting Alfi in his new stall that had not been present where he was stabled before the move. Dowsing more references, satellite images from Google and specific questions asked on Alfi's behalf resulted in the following information:

- About 350' below what was Alfi's new stall runs an underground river approximately 5' deep and 16' wide. There was no area of his stall where he could avoid the influence of energy from this river. Considering the amount of time spent in

his stall and the toxicity many earth energy dowers attribute to streams of water running under places where a being spends a lot of time, this was truly worrisome.

- There was substantial EMR (Electromagnetic Radiation) attributable to something other than the river energy negatively affecting Alfi in that stall.
- The EMR problem originates at overhead high tension wires.
- The underground river noted above flows under the high tension wires about 1 1/3 miles from the barn and continues its path from under the barn to affect who knows what downstream.
- At the same level of exposure to the unseen river and EMR in Alfi's stall, without the added stress of surgery, Alfi's exposure to the energies would have most likely have proven fatal after about 2 1/2 years. \*
- The average horse at that farm could probably withstand that level exposure for about 4 years.
- The toxicity of the river for the average horse without identified manmade EMR would probably not ever reach a fatal exposure level. The average horse would have a suppressed immune system from the river alone, but 45% less harm would be apt to occur. \*
- There is a genetic component in Alfi that made him more susceptible to harm and the genetic problem accounted for 15% of his immune system situation. (NOTE : \*please note that accurately dowsing the future is problematic because of changing variables.
- Personally, I choose to preface questions asking for information in the future with something like, "Given the conditions now and the trends seen up to now, please provide a response reflecting potential conditions for future time, as we understand it.")

Having dowsed the reasons and affects of many unseen causes of Alfi's problems, as well as ways to increase his chance of recovery, it was time to take action. I made phone calls insisting that, even if he had to be hand carried by a dozen strong men, moving him immediately to an energetically clear stall was imperative. I evaluated his former stall

in the other barn and suggested that as a good choice. Other things were discussed and plans to implement changes made, but none were more important than getting him away from something seemingly draining the life out of him.

I believe it is very lucky that Alfi's people listened to the recommendation and moved him from the toxic stall right away. From what I've heard, even having been moved to a safer environment, Alfi had a long and very difficult recovery requiring hospitalization and a lot of rehabilitation. The last report said he was doing fairly well and his immune system is now a lot healthier. He always told me he wanted to stay on this side, at this farm, with his herd of people and critters, so I'm glad he's still there. Hopefully, no other horse has been assigned to that stall or any nearby ones affected by the influences of the river & EMR energies. I'm not sure if there is a method to shield against that onslaught. I've not been able to dowse one yet, but continue to look.

Oh, won't it be wonderful when people think to dowse about the suitability of building housing on any particular location before the plans are formalized, just in case unseen detrimental energies need attention. Well, you know what, we can go ahead and be doing that for ourselves and our critters. We can educate others when the time is right. We can encourage scientists to look more closely at the effects of various manmade energies, alone or in combination with natural ones, on health and wellbeing. As long as we are willing to try to accurately dowse the unseen things in our lives and their influences, we can have a better chance to help change things for the better. Just dowse about investigating the unseen and if given a green light, give it a try. What do you have to lose?

*Kate Pittman lives happily with her family in western North Carolina. She enjoys dowsing professionally on a variety of subjects, helping others find and enhance their own dowsing niches and intuitive talents, communicating with a variety of beings, and investigating the unique possibilities that dowsing and other forms of intuition can provide. Kate also loves to dream about finding more time to enjoy expressing her artistic side by creating contemporary wall quilts, unusual one-of-a-kind pendulums and other fun things.*



## *To Your Health*

By Margery Bastian

### **Poison ivy, poison oak and poison sumac**

The best cure for these troublemakers is to avoid them. Learn how to recognize them. Poison ivy grows along the ground and on trunks of trees and fences. The leaves may be glossy or dull, but always grown in triple leaves. You should wear gloves and boots to protect yourself when working in your yard or garden areas. Pets aren't allergic to it, but can carry it on their fur, and home to you. This happened to me, when I hadn't been out near any such areas, and I picked up Mickey, and ended up with poison ivy. You can wash your pet using rubber gloves. If a cat, you can just wait and she will clean herself, as Mickey did.

There is a product that creates a barrier between your skin and the poison. It is called Ivy Shield and you can purchase it at some gardening stores, and possibly outdoor equipment stores. It won't completely protect you, but it is a good start, especially if you are likely to be exposed. Wash within 15 minutes with plenty of water. Don't spread the toxin to other areas of your body.

Tecnu is another lotion to be used on poison ivy and oak, and is very effective in removing the toxin. You can get it over the counter. You apply it to the area and then wash it off, and towel dry. Tecnu cleanser can help some people relieve the rash even after it breaks out. Also, wash your clothes in hot water and detergent. Shoes and garden tools can carry the poison, so later use may cause a reaction.

Try not to scratch because you'll irritate the skin and possibly cause infection. But scratching will not spread the toxic poison, because the watery blisters don't contain the toxin.

Do not burn any of the poison plants, as they will be released into the air, and adversely affect your lungs, causing extreme irritation.

Home remedies include calamine lotion and baking soda for rashes and itching. Baking soda can be mixed with witch hazel to form a paste. Plantain leaves, crushed, can relieve the irritation and stop the itching. Benadryl, an antihistamine, can bring some relief. Vitamin C can help speed healing, which can take up to two weeks.

If you run a fever or, your eyes swell, you should consult a physician. An intravenous injection of vitamin C has been found to relieve the symptoms.

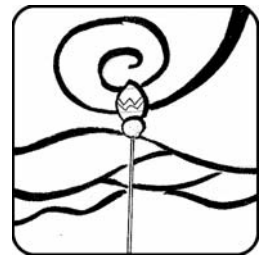
Some times people who are sensitive to poison ivy can also react to mangoes and cashews, while suffering from the rash. They should avoid these foods at this time. There are also people who have food allergies they don't know about and react strongly to poison ivy. If you think this is you, you might want to avoid mangos and cashews all the time..

*Marge Bastian is an herbalist and nutritionist.*



A chapter of the American Society of Dowzers

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