

The Wellspring

Newsletter of

Appalachian Chapter
American Society of Dowsters

<http://www.wncdowers.org>

September 2010

Appalachian Dowsters presents a

Dowser Forum

Saturday, September 18, 2010 – Unity Center, Mills River, NC

Short presentations by our own members, on topics of interest to dowsters:

Animal Communication

Kate Pittman

How to talk to the animals, and the many benefits of this skill to you as well as them.

Dowsing the Departed

Marilyn Gasque

Reflections on dowsing my personal guides and departed loved ones.

Releasing Energy Blocks

Nancy Huffman

How to release stress and energy blocks that have built up in the body.

Freeing Your Natural Voice

Susan Elizabeth Hale

Empower and heal yourself through vocal toning.

Dowsing Behavioral and Personal Problems

Richard Crutchfield

How to identify and release various kinds of harmful influences that affect our well-being

Reconnecting to the Natural World

Paul and Ahni Atkins

How to attune to the consciousness in all of life and nature

Don't miss this info-packed program! There is still room for one or two additional topics – contact a board member.

Saturday, September 18, 2010

1 pm – 4:30 pm Registration starting at 12:15

Members free Nonmembers \$10

Unity Center, Mills River, NC

11:00 am - 1:00 pm	Registration (books and dowsing instruments for sale)
11:15 am - 12:45 pm	Basic dowsing class – Richard Crutchfield (simple pendulums provided)
1:00 pm - 4:30 pm	Program (1/2 hr break 2:30 - 3:00 pm)
4:30 pm - 5:00 pm	Additional basic dowsing instruction (book sales table 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.

President's Corner

State of the Chapter - Summer 2010

By Paul Bennett

Mid-year is not a traditional time for a status report on an organization. But since we are more or less back to a normal state, this might be a good time to reflect on where we have been and are going.

In the last year we weathered a crisis situation on the Board, and presented four strong and well-received programs. A goodly number of people were introduced to dowsing at the Basic Dowsing classes and the socials. We added about 30 new members and lost a few to the normal attrition process - people come, some continue coming and some don't. This is to be expected in any organization. But we have grown steadily over at least the last 3 or 4 years, and likely will continue to grow. We are in fairly good shape, the only exigency being the need for a Vice President, and a President when my term ends in November (I cannot serve another two-year term because of the need to reduce my many responsibilities - there isn't enough time to due justice to them all).

One of the reasons that dowser organizations have trouble finding officers is that (stereotype alert) dowsers by nature tend to be intuitive rather than logical, organized, and task-oriented. They often don't have leadership experience or experience working in a group. The dowsers who can provide the most focused energy seem to be those who come from a leadership role in the business world, and there aren't many dowsers in that category.

Other personal qualities that are helpful in officers are 1) the ability to see an issue from all sides; 2) the ability to work well with others cooperatively; and perhaps most important, 3) the ability to put as much effort into listening as into speaking. These attributes will be necessary as we strive to be a relevant organization in the community.

Even the national ASD, until recently, has had difficulty gathering a Board of Trustees that could work together in a focused way, leaving behind pettiness and personal conflicts. But thankfully, they have a strong and effective group now, with Sandee

Mac doing a wonderful job as President, and Atala Toy and Bill Bonnell as co-Vice Presidents. I met several of their Board members at the national convention and they have a lot of energy and commitment to the ASD.

We will need officers who have a strong commitment to the Chapter, and who see clearly the increasing relevance of dowsing in its largest meaning. We will need people who embrace the expansion of the world of dowsing while not forgetting its roots in traditional water dowsing. We must have leaders who understand the need that we fulfill in the community, as a gathering place for seekers of truth, in a setting free of religious connotations while allowing the full expression of spiritual beliefs, which increasingly are part of dowsing. These seekers need a framework, an organization to operate within, that is completely open - it can't have a name that implies any limited agenda, and if it is part of a national organization, so much the better in terms of providing a solid base. Our chapter is meeting that need and our growth is evidence of it.

ASD President Sandee Mac is fond of saying that the dowsers are the ONLY such organization in the country now. Our chapter has momentum because we are relevant - we are a place where people can look for answers to their questions about what is happening at this time in history. And that momentum will carry us along, even if we are short an officer or two from time to time.

A roster of semi-permanent volunteers would go a long way toward ensuring that we have smoothly-running meetings. Especially needed is someone to do publicity; also persons to help set up for meetings and to help at the registration tables for an hour before the meeting, and to control the DVD recorder. We also need your suggestions for future programs.

Finally, our new Treasurer, Laura Davidsen, and Secretary, Bonnie Dorsey, are serving the chapter skillfully and we all owe them our gratitude.

Uncomfortable Energies: A Brief Introduction

By Lee Barnes

Once a person learns to recognize their natural awareness and sensitivity to underground flowing water, a whole another world of information is accessible to the subconscious mind which then can be investigated through simple dowsing techniques. Most folks can learn to tap into their natural biological abilities to sense far beyond the usual five senses of sight, smell, hearing, taste, and touch. Dowzers can learn to sense subtle energy fields including magnetic fields (such as magnetic north), underground pipes and wires, dug ditches (whether with metal or plastic pipes) underground passages and caves, grave sites, archeological foundations, and subtle Earth Energies.

Our bodies produce electromagnetic fields and interact with and can be distorted by other electromagnetic fields. We can “tune-into” or sense distinct vibrations out of a cloud of cosmic energies, and apparently resonate with and become “entrained” with distant places, objects, animals and other people, allowing location, estimate of direction and distance, and “knowing” of apparent health and state of mind.

We are capable of sensing both subtle and weak natural and weak-to-overpowering man-made energies. These energies can affect our natural electromagnetic fields and apparently weaken or disrupt our normal healthy immune system. Cultures around the world and throughout all time have discovered places with recognizable Earth Energies, noting places best suited for visionings, increased hormonal flows influencing fertility, as well as, natural energies that are apparently detrimental to normal health. We are now being increasingly bombarded by powerful man-made electromagnetic energies that are biologically disruptive at a cellular level. Dowzers often sense and identify energies flows as “Dowseable Energy Lines” (DELs) that have been often called ley lines by folks. Ley Lines are by definition apparent visual alignments of ancient sites (stone circles, pagan sites, historical church sites (often build on older sites), distinctive mountain tops and gaps, etc. and

do not have dowseable energies with them. A great place to start learning about various earth energies is to review the Encyclopedia of Dowzing Terms at http://www.britishdowzers.org/EEG_site/Glossary/title.html on their Earth Energies Special Interest Group webpage.

European dowzers have recognized and long referred to so-called Geopathic Energies (“Earth-pathic” energies) that should generally be avoided, although relatively short exposure may have a homeopathic affect that may increase resistance or “prime” the immune system. Many sacred sites were visited for short periods for ceremony and people did not live continuously within these energy fields. Many of these sites are associated with underground flowing water and the dowseable energy fields directly above these sources. I prefer my own term “Uncomfortable Energies (to me) ”since these energies “feel” uncomfortable to me (I generally feel these as a tightening in my chest; others sense as weakness in knees, headaches, etc.) and appear to disrupt our bioelectric-fields (such as shrinking of auric fields; etc.). Most humans seem to share a liking or at least a tolerance to certain subtle energies – traditionally babies, horses, cows, and dogs will avoid these energies in choosing places to sleep.

Alternatively, these same energies may attract other animals such as cats, bees, ants, and even groundhogs which seem to prefer these sites for sleeping and nesting. Many sacred sites are at places with scientifically measured abnormal high or low magnetic fields that are known to increase hallucinations, dream visioning states, and even feelings or images of ghosts.

Long-term dowser Walt Woods has championed the concept of a relative “SafeTime” exposure to these uncomfortable energies. “SafeTime” is basically the amount of time a person can be in these energy fields in “hours” which takes in account the 1) relative strength of these energies, 2) distance from energy source, and 3) an

individual's ability to tolerate or repair from exposure. Long safetimes of greater than 8-10 hours are apparently OK for a person who normally sleeps less than that time while a short Safetime of say, 3-4 hours, are uncomfortable areas for most individuals that I have dowsed who report problems sleeping – these sites can result in restless sleep, auto-immune system weakness, and even cancerous tumor formation with years of exposure. On several occasions I have tried to camp overnight on such sites with only all night tossing and turning...too powerful for any rest!

For a good introduction to these uncomfortable energies, I recommend the free on-line book "As Safe As Houses?" at http://www.leyman.demon.co.uk/Book,_Safe_As_Houses.html and the webpage by Miroslav Provod's <http://www.miroslavprovod.com>. We need to better recognize and learn to avoid such sites to protect our well-ness.

Lee Barnes is a member and past President of Appalachian chapter.

Announcements

August Picnic

French Broad River Park in Asheville is the site of our annual summer picnic this year, on Saturday August 21. This park is adjacent to the river, and offers many opportunities for dowsing underground water, earth energies, rock energies, and nature devas and elementals. It connects to a greenway trail that borders the river. Bring a potluck dish at 11 am and look for the gazebo shelter. And bring whatever dowsing tools you have. Guests of members are welcome.

Directions:

From Hendersonville and south: I-26 "west" to I-240, then exit 1C (Amboy Rd), continue straight on Amboy Rd. about 1.5 mile and the entrance to the park will be on the left.

From Asheville center: I-240 west to exit 1B. Left at the light, cross over I-240 / I-26 and turn left to enter I-240 the other way. Stay to the right and immediately take exit 1C. Park is on left after 1.5 miles.

From I-40 west of Asheville: take I-240 toward Asheville, proceed as in the Hendersonville directions (exit 1C).

From I-40 east of Asheville: exit 50B (north), cross over the tracks and river in Biltmore Village. Left at Meadow St. (traffic light), go 1.5 miles; left on Amboy Rd at a traffic light, entrance to park is on the right immediately after crossing the bridge over the river.

From Biltmore Village in Asheville: see above.

Water dowser list

Notify us if you want to be on our active water dowsers list. We receive requests periodically for a well site dowser.

DVDs available

DVDs of past programs, starting with June 2009, are available on wncdowsers.org and at the book sales table at chapter meetings. Price is \$12.

November program

On November 20, Appalachian Chapter will present longtime dowser Leroy Bull, speaking on "Be the 21st Century with Green Dowsing". Leroy is well-known at the national level and has taught many workshops on map dowsing and other topics.

Chapter Officers, other Board Members, and Associates

(area code 828)

PRESIDENT:	Paul Bennett	paulwbennett@bellsouth.net	692-6599
VICE PRESIDENT:			
SECRETARY:	Bonnie Dorsey	ravenchlt@yahoo.com	697-6360
TREASURER:	Laura Davidsen	davidsen@charter.net	216-6965
DIR. AT LARGE:	Lee Barnes	lbarnes2@earthlink.net	452-5716
DIR. AT LARGE:	Richard Crutchfield	highwatchdowsing@gmail.com	274-3423
BOOKS & MEDIA:	Victoria Rubley	vic.rubley@gmail.com	645-4043
NEWSLETTER:	Paul Bennett	paulwbennett@bellsouth.net	692-6599

50th ASD Convention

By Roy "Dudge" Dudgeon

June 15, 2010 - I have just returned from five magickal days at the ASD Convention in the Northeast Kingdom of Vermont. This was my first convention and it will not be my last. Spending time with 400+ like-minded people, attending learning sessions and programs led by master dowsers like Raymon Grace, Leroy Bull, and Marty Cain gave me a new appreciation of what dowsing in the 21st century really means.

One of my favorite things at the convention was the wonderful labyrinth constructed by Marty Cain. I walked it four times and each time the energy increased exponentially. One evening, White Eagle (a First Nations shaman) had ceremony at the labyrinth and it was truly a magickal experience.

Although water dowsing is the foundation upon which 21st century dowsing is built, healing and spirituality through energy management using dowsing is the growing trend not only among dowsers but practitioners of other modalities. Remote viewing, gardening, sacred sound, and feng shui were just a few of the diverse workshops available and each session was filled to capacity.

You may have noticed that I use a "k" when spelling magickal. This is to distinguish between real magick and stage magic. Real magick is what we do every time we pickup an L rod or a pendulum. Real magick is when we use our higher self, spirit guides, and intuition to manifest change in ourselves and our surroundings.

21st Century Dowsing in all of its forms is MAGICK.

To Your Health

Your Liver

By Margery Bastian

Toxic chemicals are common in our lives. You probably are exposed to chemicals from coal-burning plants, chemical-manufacturing companies, chemicals used in our agricultural farming that end up in our water, and air pollutants from the burning of gasoline and other fossil fuels. Also, in our home, the off-gassing of certain chemicals that are in our carpets, furniture, fabrics and cleaning products. Your food may contain toxins from insecticides, herbicides and contaminated soil.

Some of these chemicals are hormone disrupters. They mimic, block or interfere with hormones (estrogen, androgen). This can cause problems with your reproductive system, brain functions and behavior. There are carcinogen chemicals which can cause cancerous tumors.

Many heavy metals and pesticides are neurotoxins and can damage the brain and nervous system, especially in children. There are other chemicals that are respiratory toxins that cause conditions like bronchitis and emphysema.

Very important to know is that toxins affect your liver. It has a very important job, in that the liver cells carry out more chemical processes than any other group of cells in your body. The liver converts most of the nutrients that are digested into forms your body can use. This is A Very Important Job!

Toxins can build up in your system which hinders its ability to do its job. So, maintaining low levels of toxicity is very important. The fewer toxins that build up in your system, the better. It is not easy in this day and age to keep your body clear of these substances. To keep your body clear and continue to efficiently break down nutrients for your body, let

us look at some of the best natural remedies for detoxifying your liver.

Drinking lemon juice is the simplest method for detoxifying your liver. It is a natural antiseptic. You can begin or end your day with a freshly squeezed lemon, diluted in pure water, preferably warm water. Dilute to your taste. Do not use any sweetener! It is best to take on an empty stomach. Lemon juice can help dissolve uric acid and other poisons and help liquefy bile.

Green leafy vegetables that have a bitter taste are green liver tonics as well as have fiber boosting nutrients. Some of the greens are rapini, mustard greens, Belgian endive, escarole, dandelion leaves and chicory leaves. Just add them to your salads and other recipes. Royal jelly can also protect your liver from the damaging effects of toxins.

Get as many organic fruits and vegetables as you can, as you will reduce the amount of toxic chemicals that you ingest. Exercise helps flush toxins from your body through sweat. Try to exercise three times a week and drink lots of filtered water to help the flushing-out process. You can buy an inexpensive water filter which installs on your kitchen tap.

Your liver can regenerate itself by repairing and replacing injured tissues. This sounds great, but there are limits and your liver can fall victim to disease, such as hepatitis or cirrhosis. Be very careful when you take any medications, as some can do severe damage to your liver over time.

Health treatments should always include the advice of a licensed health practitioner.

Margery Bastian is a member of App Chapter, and an herbalist and nutritionist.

Dowser puzzle

August/September 2010

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Locate the words below in this matrix. They may be horizontal, vertical or diagonal.



APPALACHIAN
CROP CIRCLE
CRYSTALS
CURRY LINE
DIVINING

DOWSERS
ELECTRICITY
ENERGY
FAIRY REALM
GRAINS

HARVEST
LABYRINTH
LAMMAS
L ROD
LUGHNASADH

PENDULUM
QUEST
RAIN
SCHOOL
STORM

SUMMER
SUNSET
THUNDER
WATER
WHEAT

Chapter Activities

The July dowser social was again held at the home of Dora Nell Hedrick in Clyde. At one point in the afternoon, attendees gathered around the Healing Rock, which is now energized with a set of large quartz crystals.



The Wellspring is published quarterly at no cost to members by
The Appalachian Chapter of the American Society of Dowzers
P.O. Box 932, Asheville NC 28802
A chapter of the American Society of Dowzers

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