

# The Wellspring

## Appalachian Chapter

American Society of Dowzers  
<http://www.wncdowzers.org>

January – February 2012

*Appalachian Dowzers presents*

**Robert J. Gilbert**

**Vesica Institute for Holistic Studies**

### ***ELECTROMAGNETIC FIELD (EMF) POLLUTION SOLUTIONS***

**Saturday, February 18, 2012 – Unity Center, Mills River, NC**



- Overview of EMF pollution: home electricity, cellphones, wireless internet and communications, and the new "smart meters".
- Scientific and medical indications of health effects from EMF.
- Testing EMF in your home and office with scientific meters and with vibrational methods (Radiesthesia)
- Scientific and Holistic (BIO-ENERGETIC) methods to protect yourself from EMF.
- Detoxifying your body from EMF and nuclear fallout radiation.
- Recent breakthroughs: the Egyptian science of BioGeometry and how it solved EMF issues in Switzerland.

Robert J. Gilbert Ph.D. is a former U.S. Marine Corps instructor in the Nuclear-Biological-Chemical Warfare Survival field. He holds a Ph.D. in International Studies, and has studied both mainstream and holistic approaches to testing and correcting toxic radiations. Dr. Gilbert was the first person outside of Egypt to be certified to teach the BioGeometry system of corrections developed by Dr. Ibrahim Karim of Cairo, Egypt. Dr. Gilbert is currently the Director of the Vesica Institute for Holistic Studies, located in Asheville, North Carolina.

Please join us for this fun and informative program, sponsored by your local ASD chapter!

In addition to the regular **Introduction to Dowsing** class at 11:15, there will also be a **Map Dowsing** class with Sam Richardson at the same time.

11:00 am - 1:00 pm	Registration (books and dowsing instruments for sale)
11:15 am - 12:45 pm	Introduction to Dowsing class (simple dowsing tools provided)
11:15 am - 12:45 pm	Map Dowsing class
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)

If the weather is uncertain, check our website for the latest status information, or call Roy Dudgeon at 458-5675.

## *President's Corner*

By Roy Dudgeon

As we began a new year, we have many things to look forward to in the coming months. Dowsing continues to take new directions while honoring the ancient practice on which it was based.

One of the many things that concern us in this modern technological era is the effects of Electromagnetic Fields (**EMF**) on us, our families, and our surroundings. Our featured speaker for our Feb. 18 meeting is **Robert Gilbert** of The Vesica Institute in Asheville and that is the topic of his program. See page 1 for more details.

In addition to our Basic Dowsing Class taught by Lee Barnes, we will offer a special class on **Map Dowsing** presented by **Sam Richardson**. Sam is a long time dowser and creator of the wonderful labyrinth at the Unity Center. Both classes run from 11:15 to 1 pm.

At our last meeting, Shirley Bernuth, a lifetime ASD member presented the Chapter with her collection of **ASD quarterly journals**. This turned out to be 58 issues dating from Feb 1986 to Fall 2008. We are making these available to our members to borrow 8 issues at a time to be returned at the next meeting. A box containing the journals will be at the February meeting with a sign out sheet.

A new dowsing project has been brought to my attention that I believe is an excellent example of how dowsing can be used to benefit the higher good by serving others. This is the **Pegasus Project**. The main purpose of the project is to teach dowsing as a means to communicate with people in the Autism spectrum. Please visit the blog [pegasusproject.net](http://pegasusproject.net) and pass the information on to everyone you think may be interested.

The theme for this year's **ASD Convention** is *Ancient Mysteries, Dowsing, Pathways to the Future* and the convention committee is searching for speakers who are into new fields, research, or applications of dowsing. The application is on their website [www.dowsers.org](http://www.dowsers.org) under Conferences or contact Annette Weiss at [asd2012cc@gmail.com](mailto:asd2012cc@gmail.com).

Finally, I was contacted by someone who found a bag of **dowsing tools** in Carrier Park in Asheville recently. If you or someone you know has lost these items, contact me and I will arrange for the return.

Infinite love and gratitude to all,  
Roy (Dudge) Dudgeon

## *Announcements*

### Upcoming Events

#### **Gregg Braden returns**

He's bA-ack! Gregg Braden will present a three-hour program on Friday evening and a full day on Saturday. Both programs will feature a special guest, Braden friend and colleague **Howard Martin**, co-founder and developer of HeartMath and The Global Coherence Initiative. The program title is *Deep Truth: Igniting the Memory of Our Origin, History and Destiny*.

#### **Evening Program**

Friday, March 16, 2012

7:00 PM to 10:00 PM

Blue Ridge Community College

Flat Rock, North Carolina

General Admission \$50

([www.greggbradennc.com](http://www.greggbradennc.com))

#### **Full-day Seminar with evening concert**

Saturday, March 17, 2012

9:00 AM to 5:00 PM

Kenmure Country Club

Flat Rock, North Carolina

Admission \$159

#### **Asheville Wholistic Integrative Fair – Saturday March 10**

A gathering of leading WNC holistic professionals.

Where: Renaissance Hotel Ballroom, 31 Woodfin Street, Asheville

When: Saturday March 10th (2012), 10am to 5pm

Presented by the Asheville Area Wholistic and Integrative Professionals. Over 50 vendors will be in attendance, including alternative medicine practitioners, manufacturers of herbal products, and energy healers. Suggested donation is \$5. For more information go to [www.AWIF.net](http://www.AWIF.net) or call (828) 681-1728.

#### **Hendersonville Health and Wellness Fair**

January 28 (Saturday) , 2012, 10 am – 2:30 pm

LightHouse Medical, 310 W. 7<sup>th</sup> Avenue, Hendersonville (692-5329)

#### **Events at Crystal Visions Books**

(5426 Asheville Highway • Hendersonville, NC 28791)

#### **Asheville Area Wholistic and Integrative Professionals Meet-up**

Monday, February 13th, 11:00 am to 1:00 pm

This is a networking event for practitioners, with opportunity to circulate business cards and introduce yourself to the group. Meetings also typically include presentations and round table discussions. These events are free and the group usually meets once per month. For more information or to sign up please go to [www.meetup.com](http://www.meetup.com).

### **Builders of the Adytum – Asheville Study Group**

The Asheville chapter of the Builders of the Adytum meets once a month for fellowship, study and special meditations designed to bring healing to the world. Our subject is Qabalah, and our primary tool for pursuing this subject is the Tarot. 3<sup>rd</sup> Saturdays, 1:30 – 4: 30.

(www.crystalvisionsbooks.com, 828-687-1193)

### **April 2012 Body-Mind-Spirit Expo**

WNC Agricultural Center - Asheville, NC (across road from AVL airport)

Join us April 14-15, 2012 for exciting exhibits and free Lectures. Get your online coupon or call for booth information or to lecture. America's Favorite Holistic Expos for over 20 Years !  
www.bmse.net (541) 482-3722 (Marcella )

## **Other notices of interest to members**

### **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.dowers.org](http://www.dowers.org).

### **Volunteer needed**

The Chapter needs someone to donate a little energy in the form of setting up the coffee and drinks at chapter meetings. If you might be interested please contact an officer (see below).

### **Keep us up to date with your addresses**

If your print mail or email address has changed, please notify the Secretary (see below).

#### **Chapter Officers, other Board Members, and Associates**

			(area code 828)
<b>PRESIDENT:</b>	Roy Dudgeon	dudge@att.net	458-5675
<b>VICE PRESIDENT:</b>	Chiwa	chiwaz@earthlink.net	298-0426
<b>SECRETARY:</b>	Nancy Baumgarten	nancy@psykids.net	689-9710
<b>TREASURER:</b>	Rusty Ault	compault@bellsouth.net	693-6556
<b>DIR. AT LARGE:</b>	Lee Barnes	lbarnes2@earthlink.net	452-5716
<b>DIR. AT LARGE:</b>	Richard Crutchfield	highwatchdowsing@gmail.com	274-3423
<b>CONSULTANT:</b>	Marilyn Gasque	dowsingdaily@bellsouth.net	692-5197
<b>BOOK SALES:</b>	Victoria Rubley	vic.rubley@gmail.com	335-4035
<b>NEWSLETTER/WEB:</b>	Paul Bennett	paulwbennett@bellsouth.net	692-6599

## What You Need to Know About the Mayan Calendar

By Paul W. Bennett and Nancy K. Baumgarten

The Mayan and other Mesoamerican cultures go back at least three thousand years, and they all considered keeping track of time as a sacred responsibility. The Mayans recognized Time as a fifth ‘direction,’ calling the cyclic, spiraling nature of evolutionary time the **Tree of Life**. It is represented by the hub, the central axis, and is valued above all else. The center of life is denoted by the color green and the precious stone Jade.

The various calendars that the Mayans used originated in those early civilizations, and other Mexican cultures such as the Aztecs used those same calendars, sometimes with different names for the days, but all sharing the same structure, based on the two most sacred numbers, 13 and 20. Learning how the calendars all worked and interacted is not an easy undertaking. We will try to give you factual information about the calendars that normally would require reading several books. We will condense it to 4 pages so you don’t have to read those books.

The baseline calendar time cycle was the sacred Tzolkin. Each of its 260 days was a unique combination of a number (1 to 13) and a day sign (symbol) from the 20-day “month” (Fig. 1). The number and day sign both advance at the same time; thus the first day of the tzolkin is 1 IMIX (“eemeesh”), the next is 2 IK etc. The last of the 260 days is 13 AHAU or AJAW (“ahow”).

This calendar, being about nine of our months long, represents the gestation cycle of the human, and was not synchronized with the Earth year. The Mayan astronomer-priests understood that there were sacred time lengths and cycles that were more important than the Earth seasonal schedule. They made use of a kind of astrology whereby each of the 260 days had a special property or character that could be used to time their activities fortuitously.

The mathematician-astronomers kept track of the earth year, too, for the purpose of planting crops.



Fig. 1: Tzolkin day signs

The 365-day Haab calendar consists of day numbers and a *month* symbol, much like our system. And as if all that’s not confusing enough, the combination of the Tzolkin and the Haab produces another cycle, called the Calendar Round, that repeats about every 52 Earth years, so this was an important time period also. It was considered to represent the typical human life span. (whew!)

But in 2012 we’re mostly concerned with the **Long Count**, a calendar independent of the other ones, that they used to mark events in time over long periods, and as a foundation for their astronomical work. This calendar has as its basis the 20-day month (“winal”). 18 Winals is a Tun, pronounced “tune” (360 days). 20 Tuns is a Katun, and 20 Katuns is a Baktun. 20 baktuns (a Pictun) are enough to cover about 8000 years, but they also had names for the higher powers of 20 that went back billions of years, longer than the age of the universe.

Important events such as the accession of a king to power (each city had its own king or ruler) were often marked by inscribing the Long Count date in stone, and many of these stone monuments, called *stelae*, still exist. (Almost all of the Mayan books were destroyed in the 1500’s when the Spanish invaded the area – only four written in Mayan hieroglyphics are known to exist now.)

Shown below are the glyphs (signs) for the Long Count periods: (k’in means “day”):

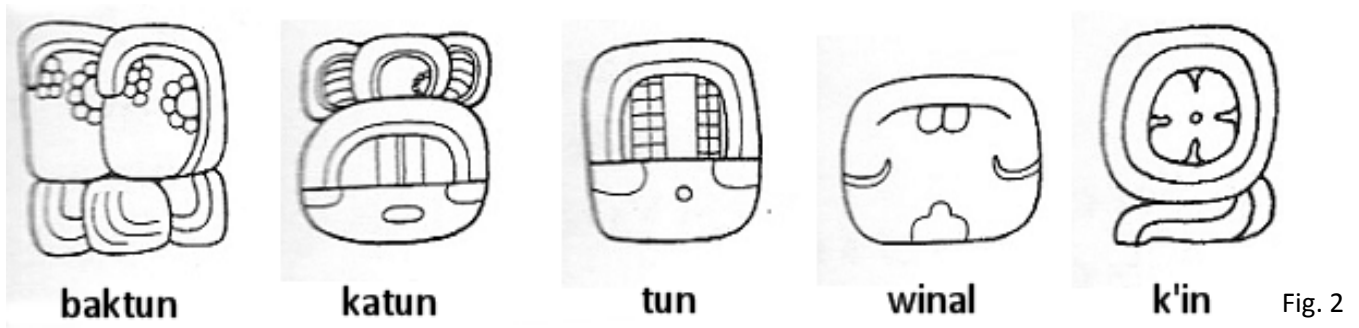


Fig. 2

There are more intricate signs that were often used for these time periods; these are the simple ones! Also, the scribes had a lot of latitude in drawing the glyphs; they didn't always look exactly like this.

Here is how a Long Count date for January 10, 2012 might look in modernized script:

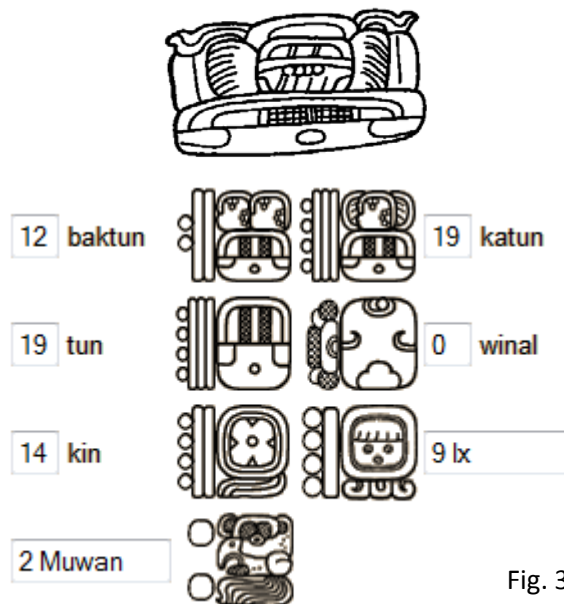


Fig. 3

The wide glyph on top signals that a date is coming below. The glyphs are read by rows: the two on top, then the two in the second row etc. In the Mayan number system, a small circle is one, and a bar represents five – two bars and two circles is 12 for example. This inscription would mean it's baktun 12, katun 19 etc. since the start of the current Pictun. After the Long Count date, there follows the Tzolkin date (9 Ix), and the 365-day calendar date (2 Muwan). In an actual inscription there would also be some intervening signs for the God of the Night and the lunar phase. The first Baktun is Baktun 0, and Baktun 12 is sometimes referred to as the 13<sup>th</sup>

baktun, in the same way that the 1500's are called the 16<sup>th</sup> century.

The picture below shows a Long Count date of (using the standard shorthand) 9.1.1.10.10 painted on a wall, in a single column. The date equates to March 14, 457 AD in our calendar. The tzolkin date, 4 OK, follows the long count:



Fig. 4

The correlation between the Long Count and our Gregorian calendar was established by means of certain events for which both the Long Count and the Gregorian date are known (sort of a Rosetta stone for time). Using this correlation, we find that the start of the current Pictun equates to August 11, 3114 BC. The Mayan civilization flourished between about the years 200 BC and 900 AD. Baktuns 7, 8, and 9 of the current era cover that time period, and all known Mayan Long Count inscriptions start with 7, 8, or 9 as the baktun coefficient (a baktun is a little under 400 years).

We are now in the 13<sup>th</sup> baktun of that same long era. It will end on December 21, 2012, when we enter the 14<sup>th</sup> baktun.

**Time and the calendar do not end on December 21.** That date is only the end of the current 394-year baktun, and the start of the next. There has been much talk in recent years about the time period covered by thirteen baktuns – it covers 5125 years and has been called a Great Cycle, and the current one is ending this year. The best direct indication from Mayan times that the Great Cycle concept is a stone stele at Coba in the Yucatan part of Mexico. On this monument are inscribed time period glyphs, altogether covering trillions of years. Each time period glyph, up to and including the one for baktuns, has a coefficient of 13 in front of it.

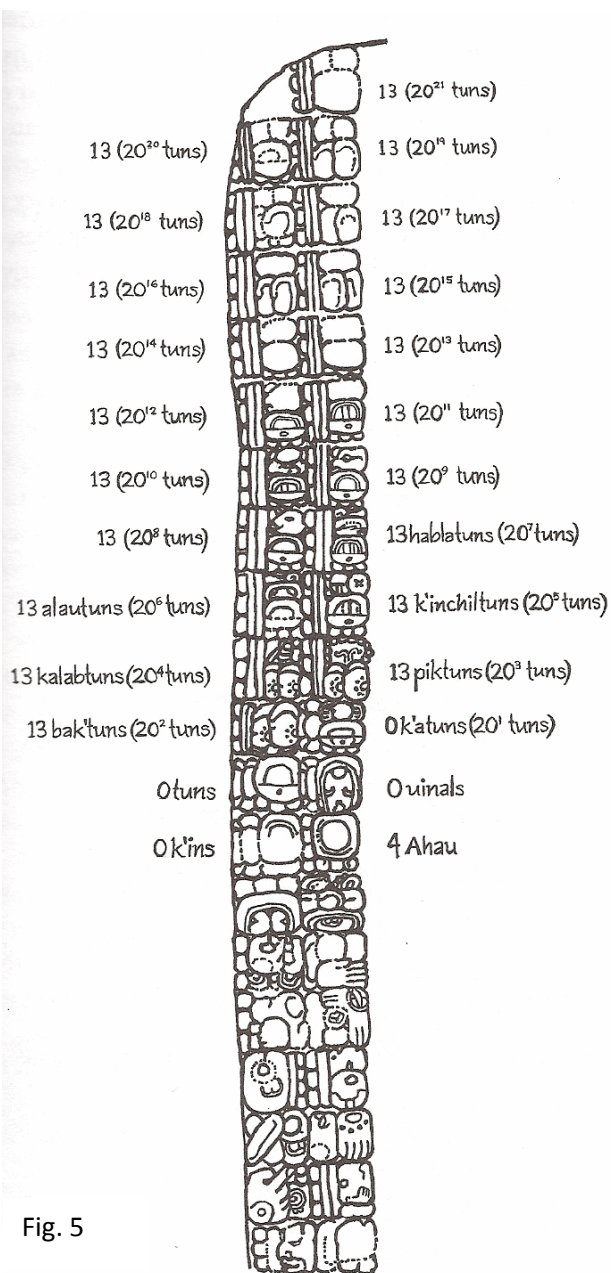


Fig. 5

Another explanation of the Great Cycle, initially developed by John Major Jenkins, relates to an astronomical event - the alignment of the Earth, Sun and the center of the Milky Way galaxy at a winter solstice sunrise. Such an alignment happens once every 26,000 years, due to axial precession (the slow "wobble" of the Earth's axis). That special sunrise solstice line-up happens on December 21 of this year. Since the earliest surviving Long Count monument dates to 37 B.C., the 3114 B.C. "beginning" date appears to have been a back calculation - set so that a Great Cycle would end at the time of the alignment. The Mayan scientist priests knew that they were creating a  $1/5^{\text{th}}$  cycle of the very long term "precession of the equinoxes" cycle.

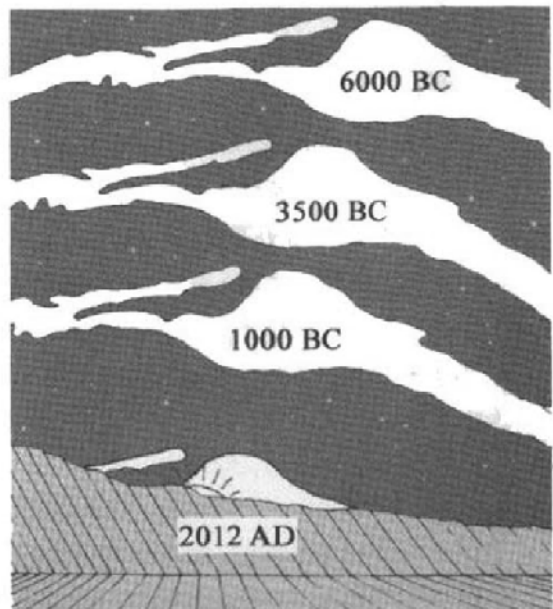


Fig. 6 Galactic alignment

The notion of time and the world ending on December 21 probably began in 1966, when Michael D. Coe wrote in *The Maya* that "there is a suggestion ... that Armageddon would overtake the degenerate peoples of the world and all creation on the final day of the 13th baktun. Thus ... our present universe [would] be annihilated when the Great Cycle of the Long Count reaches completion." Coe's interpretation was repeated by other scholars through the early 1990s.

Later researchers have countered the doomsday prediction. "There is nothing in the Maya or Aztec or ancient Mesoamerican prophecy to suggest that

they prophesied a sudden or major change of any sort in 2012," wrote Mayanist scholar Mark Van Stone. Coe's second edition of *The Maya* omits the earlier statement.

Then what IS the significance of December 21? In *Galactic Alignment* John Major Jenkins states,

The Mayans conceived of the Great Cycle as one World Age, one growth cycle, at the end of which humanity reaches the next stage in its spiritual development. As the life of an individual goes through distinct stages, so too the collective lifewave of humanity grows through several distinct stages. These phases are the 5 World Ages, or "Suns".

The day after Winter Solstice 2012, the tzolkin day 5 IMIX will begin a new Great Cycle, in fact the first of a new Precession Cycle. Imix is associated with the color red/east and represents the archetype of the primal source: the spirit of birth and generation, of abundance and growth, and the collective mind.

The concept of **World Ages** is not just a Mayan science. It originated in both Greek and Egyptian sciences also called the 'shifting of the ages.' The Sanskrit scholars also referred to these time periods, calling them the Yugas. Similar to the *seasons* of the earth year, created by the solstices and the equinoxes, the World Ages are perceived the way we might feel about the yearly cycle of warmth and growing versus cold and time to go within, and so forth.

This current Mayan Great Cycle which began on 4 Ahau will also end on 4 Ahau. Ahau is associated

with the color yellow and the direction South, and may be understood as representing the Sun, the giver of Life, and more deeply as Time Lord, higher consciousness, and ecstatic process.

Incidentally, you can purchase a card with your birthday or anniversary shown in Long Count glyphs from Nancy Baumgarten ([www.celestial-dynamics.com](http://www.celestial-dynamics.com) or look up her phone number on page 4).

References:

Coe, Michael, 1987, *The Maya*, New York, NY: Thames & Hudson, Ltd.  
Clow, Barbara Hand, 2007, *The Mayan Code*. Rochester VT: Bear & Co.  
Jenkins, John Major-, 2002. *Galactic Alignment: The Transformation of Consciousness According to Mayan, Egyptian, and Vedic Traditions*. Rochester Vermont: Bear & Company  
Jenkins, John Major, 1998. *Maya Cosmogogenesis: the True Meaning of the Maya Calendar End-Date*  
Montgomery, John, 2002. *How to Read Maya Heiroglyphs*. New York: Hippocrene Books  
Heley, Mark, 2009. *The Everything Guide to 2012*, Avon MA: Adams Media.

[www.ancient-world-mysteries.com](http://www.ancient-world-mysteries.com)  
[www.ancientscripts.com](http://www.ancientscripts.com)

*Figs.1 and 3 are from [www.ancientscripts.com](http://www.ancientscripts.com).  
Fig. 4 is from *The Maya* by Michael Coe.  
Fig. 5 is from *The Mayan Code* by Barbara Clow.  
Fig. 6 is from *Galactic Alignment* by Jenkins.*

*Paul W. Bennett is editor of The Wellspring. Nancy K. Baumgarten is Secretary of Appalachian Chapter.*

## I Love EMFs

By Joey Korn (*excerpted from www.dowsers.com*)

If you have ever heard of EMFs, the electromagnetic fields that radiate from devices such as cell phones, televisions, and digital clocks, you've probably heard that they're harmful and can even cause cancer. I agree that most of these devices do radiate energy fields that are detrimental to us, but, believe it or not, you can learn to make EMFs beneficial and you can even use these energy fields to improve your life. *I love EMFs!*

This might sound odd to you, when so many people say they are so harmful. Many thousands of devices have been sold to neutralize or block these energies or protect people from them. Some of these devices help and some don't. But in my opinion, you don't need any devices to protect yourself and your loved ones from EMFs. You can ask the Divine to bless these fields and they will immediately change to be beneficial. The power to work with these energies is within you.

There is a difference between the *subtle* EMFs you can find with dowsing and the *physical* EMF fields you can detect with electronic measuring equipment. Subtle energy fields, whether related to electronic devices, to the Earth, or to us as human beings, cannot be detected by electrical measuring devices. Through many years of my own research, I find that it is the subtle counterpart to the physical electrical field that affects us, not the physical field. And I have found that any detrimental or neutral subtle energy field can be changed to be beneficial with a properly stated prayer or blessing, simply asking the Divine to change it to be beneficial.

*Joey Korn is a dowsing teacher in Augusta GA. He has presented programs several times at Appalachian Chapter meetings.*

### *Member Profile*

**By Gaines Brown**

Since my teens I've been fascinated with the power of the human mind. This is my second time around joining the Appalachian Dowsers. First time was in the mid 80's. Back then in our chapter, dowsing usually took the form of finding wells, dowsing for health problems, very basic stuff.

We had a little lending library with donated books so folks could learn more about dowsing and related subjects. Drove to Vermont in '88 for the annual convention. What an eye opener! It opened up another world for me.

I took the Silva Mind Control course in '91, then moved out of the area. Didn't do anything with dowsing all those years till we retired and returned to this area. I recently took Raymon Grace's course, which spurred me on to pendulum dowsing, which I now practice daily, using the charts created by Walt Woods and Raymon. Nothing esoteric, just information on everyday facets of life (like the degree of healing taking place in my finger, which I broke recently!) It's good to be back with the Appalachian Dowsers. They're a great group of people.

*If you would like to introduce yourself to our members via the Member Profile, please contact the Editor (see page 4).*

## *Accessing Your Intuition*

*In this issue, we are beginning a series about how to access your intuition. I will write the first one on pendulum dowsing – Editor*

This series will outline various ways to get in touch with your inner knowledge, to receive the messages that want to come through to you. There are a few principles that are common to all these methods, which will help you connect to the source:

1. Be calm and receptive to guidance and information
2. Be in the moment as much as possible, free from interference and distractions.
3. If there is an issue or question that you have been concerned about, state the question to the Universe and let it go for now.
4. Release any expectations about the answer.
5. Maintain respect for the source of information, trust in its value, and be appreciative.

### **Dowsing**

By Paul Bennett

Pendulum dowsing is a relatively easy way to access your intuition and guidance source. It does require care and knowledge of how to avoid interference and misinformation. Just the fact that the pendulum is swinging does not necessarily mean that you are getting an accurate answer to your question. There is a short tutorial on [wncdowsers.org](http://wncdowsers.org) and you can attend our beginner's dowsing class that happens before each regular Chapter meeting, if you have not done that already. There are several books on the subject, some of which are available at our regular meetings.

These are the basics in a nutshell; but if you are learning you would benefit from more in-depth instructions somewhere. I should mention that you can use L-rods or other tools instead of a pendulum, and some dowsers can feel the responses in their body without any tools.

1. Be balanced, calm and hydrated (drink water).
2. Ask that answers come only from truth and ask that any external interference be cleared or blocked.
3. If you haven't already, determine your yes, no, and "can't answer" pendulum responses.
4. Formulate your yes/no question literally and accurately. It should be in tune with your highest good.
5. If asking about the future, don't ask for an absolute prediction – phrase the question in terms of probabilities ("Is it likely that...")
6. Ask if the question is understood by your dowsing source. If not, rephrase it more accurately.
7. Ask if the answer is available and you are able to channel it through your body ("Can I?"). Be sure to do this step – sometimes it's just the wrong time of day or even the wrong day or place. You might be in an energy grid line or vortex that would cause problems.
8. Ask permission to receive the answer ("May I?")
9. Ask if it's appropriate for you to ask the question, even if you got Yes to "May I" (this is "Should I" and it goes to a higher level of appropriateness than May I.)
10. If you got No to any of these, rephrase the question and/or ask if you should try at a different time or place. If you keep getting No, drop it for now.
11. Get detached from the outcome. If you can't, ask someone else to dowse it for you, if they get permission to do so.
12. If permission was received, ask the question again and allow a few seconds for the response.
13. Express appreciation.

## **Wrinkles, Dementia and Losing Weight**

By Margery Bastian

**Wrinkles:** If you're concerned about wrinkles, cut down on sugar use. Also, the alternatives to sugar aren't that good for you either. If you really want to do away with sugar, a good one to use, even in cooking is zylitol. You use it just like sugar, proportion-wise. Make sure you get the one that is made from the bark of the birch tree. A lot of zylitol is now made from corn, which I don't recommend. Also, stevia is a good one, but be careful not to use too much as it can make things bitter.

**Dementia:** To prevent dementia, go on an anti-inflammatory diet. Some of which is no processed foods. Check labels for nitrites, nitrates, and make sure you read all of the label, and if you can't pronounce something, it's a good indication that you don't need it in your body. Processed foods are loaded with chemicals. Also, trans fats are on the no-no list.

**Maintaining or losing weight:** Some help with losing weight are what is called MUFA's. These healthy fats have been shown to improve cholesterol levels, reduce inflammation, lower your cancer risk, and even help keep your brain healthy. They also help control your appetite and control cravings. We eat for emotional reasons as well as physical ones. Your attitude is very important. If you believe something, it is true for you. Like looking at a piece of cake will make you gain weight. Now, really, think about it, that isn't true. So, watch your attitude and work at changing it.

MUFA's (Pronounced Moo-fahs) are MonoUnsaturated Fatty Acids. They target belly fat. MUFA's extend beyond helping with cholesterol and heart disease. They have been linked to warding off type 2 diabetes, breast cancer, inflammation and high blood pressure. Also, helps brain and lung function.

Some MUFA's are olive oil, olives, nuts and seeds, avocados and dark chocolate. Yes, that's chocolate with some sugar. It is best to buy the bars of dark chocolate that have 70% or greater actual chocolate. Eat only a small amount in any one day. So, remember moderation is the key.

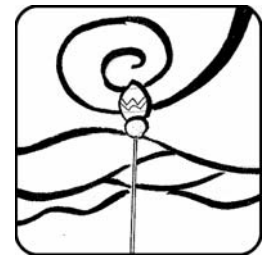
Trans fats are the ones you should avoid in all instances, whether watching weight or maintaining a healthy diet.

There is a lot more information in the book *Flat, Belly, Diet* by Liz Vaccariello. Also, watching Dr. Oz each week day gives you a lot of information. Something different each day.

*Marge Bastian is an herbalist and nutritionist.*

*Treatments for medical conditions should always be coordinated with a medical professional.*

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



*The Wellspring*  
Appalachian Dowsers

*The Wellspring*  
Appalachian Dowsers

January-February 2012

February Meeting Program	1
President's Corner	2
Announcements	3
The Mayan Calendar	5
I Love EMFs	9
Accessing Your Intuition	10
To Your Health	11