

The Wellspring

Newsletter of

Appalachian Chapter
American Society of Dowsers

<http://www.wncdowsers.org>

November 2010



Appalachian Dowsers presents

Leroy Bull

“Be the 21st Century with Green Dowsing”

Saturday, November 20, 2010 – Unity Center, Mills River, NC

How to use your intuition to find information about objects and events in your life. such as your house, car, ghosts, pets, noxious and beneficial energies. How to ask the right questions, how negative thinking affects dowsing, and how dowsing affects the dowser.

Map dowsing is finding out information about an area represented by a map. Learn how to dowse without the need to be on location. Types of tools and map dowsing styles will be discussed and you will have the opportunity to try your skills on a map provided. The basic principles of remote viewing will be discussed.

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Leroy Bull is a past president of the American Society of Dowsers. Currently he is the Vice-President for ASD International Communications. He has been dowsing for over 54 years and has successfully located about 1500 water wells and 2000 earth energy sites on four continents. He is the author of the iconic book “The Art and Craft of Map Dowsing”. Visit his website: www.IntuitiveEnergyOptions.com.

Saturday, November 20, 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 – Lee Barnes (simple dowsing tools provided)
1:00 pm - 1:15 pm	Business meeting
1:15 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. (2041 Old Fanning Bridge Road; Mills River, NC 28759)

Sensing the Connection

By Paul Bennett

I've written before about the increasing relevance of dowsing and how that explains our remarkable growth over the past two or three years. That relevance has become even clearer recently. Reading the various channeled messages that have come down from the angelic realm, what stands out is the vital importance of recognizing our connection to everything in physical reality. We are all equal parts of the great sum, and we are connected to the Earth, to the rocks, to the water, to the animals, to nature beings, to plant and tree essences.

Dowsing makes us aware of these connections. It gets us outside into nature, walking directly on the Earth in a more aware way than usual. When I find a Hartmann grid line, let's say, and I stand in it, I can sense that my body fields are joined with the grid and I can sense the vastness of the grid. I am joined with energy that encircles the Earth. Even if I am not directly in the line, my body fields extend out far enough to intersect with the grid lines, which are on the order of 10 to 15 feet apart. All of us are connected all the time to the encircling grids, and thereby to Earth, to each other and everything on Earth.

Dowsing for nature spirits has become a favorite activity for a lot of us. The elementals are everywhere; the higher order beings are not everywhere but are not hard to find. Some of our members know how to take pictures in which these beings are visible as white orbs. When you know that those spirits are present you can't help but be more respectful of nature and the Earth. After you have dowsed a tree or a rock for its spiral energy vortex, you will always look at trees and rocks differently.

All species in nature, all beings including plants and trees, are aware of how we relate to Earth. They have become disheartened by how humanity has treated nature. When they see us dowsing, they are gladdened by our attempts at connection and they appreciate our intent to be aware of them.

Dowsing clubs forge communities and networks that will be vital for survival in the coming years. They bring together people of awareness, who teach each other dowsing and healing arts. They foster Earth-healing ceremonies. They build community gardens and teach gardening skills. In our Chapter are many remarkable persons with special skills, who have been drawn to this area. We have channelers, people who can see higher-dimensional beings in nature, people who have dowsed stones and crop circles in Europe, and people with other amazing abilities, who are all sharing their knowledge with us.

Another possible reason for our growth as a Chapter is that people are guided here as a safe place to live during the possible coming Earth changes. Whatever the reason, we are blessed in being an organization that is very much in tune with the future.

This is my last column as President. It is time to turn the reins over to someone else. We have a candidate for President (Roy Dudgeon); I do hope that members who are motivated to serve the Chapter will consider being nominated for Vice President or President (see the election announcement on p.3) and keep a good thing going. Despite all I have said about the strength of the Chapter, we cannot long survive without effective leadership.

Announcements

November elections

November is our traditional time for elections. The positions of President and Vice President are up for election this year, as is one of the At-Large Board Member positions. Paul Bennett has stated his intention not to run for a second 2-year term as President. The Board of App Chapter hopes that there are members out there, perhaps who are not well known to the Board, who would be willing to be candidates for Vice President or President. Questions? – contact a board member (see p. 5).

Please plan on being checked in by 1:00 on Nov. 20. Arrive a little early.

Join the national ASD

ASD has established, on their website, a list of dowsers somewhat confusingly entitled the “Dowsers Specialty List”. It lists persons with experience in any of the following six categories: Water, Personal Well-being, Lost, Ancient Wisdom/Spirituality, Earth Energies, and Speakers’ Bureau. Dowsers who are members of the ASD may apply to be listed on any of the above Specialty List categories. Applicants should submit at least three valid references for each category to the Specialty List Committee, attesting to the applicant’s skill in that area of expertise.

To see the list, go to www.dowsers.org and click on Dowsers Specialty List.

Join the national ASD

While we’re talking about the American Society of Dowsers (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.

Host a Social

Hold a Dowser Social at your home in January, March, April, June, or July. Find out all the cool energies that are around your yard, make new friends, learn new techniques from experienced dowsers. Contact Marilyn Gasque (see p. 6).

February Program – Susan Hale

Susan Hale, who presented a short program on toning and chants in September, will give a full program on February 19, 2011, at Unity Center. She will include such topics as freeing the voice, tuning to the heart of nature, sacred space and sound, and ancient wisdom.

Susan is presenting a workshop on **Saturday November 6**, entitled "**Exploring Sacred Sound / Freeing Your Natural Voice**". It will feature simple ways to open the voice in a safe atmosphere, and using sound for healing. Plus a New Moon ritual for planting seeds to empower your voice. It will be held at Cloud Nine Relaxation in Fairview. Cost is \$75. Preregister before Oct. 29 or get more info by emailing [susong \[at\] yahoo.com](mailto:susong@yahoo.com). Susan is the author of *Sacred Space, Sacred Sound: The Acoustic Mysteries of Holy Places*. (www.songkeeper.net)

Feedback – We Want Feedback

Give the Board your thoughts on Chapter activities, anything from speaker suggestions to whether we should bring back the potluck lunches. You can email appalachiaandowsers@gmail.com.

And tell us whether you like the puzzles that we include in the newsletter.

The First Wave

By Marie Galaz

This is a true story, a pivotal turning point in my life although like all unenlightened humans, I was unaware of its significance at the time. It is in the remembering and sharing of the event I've come to appreciate its true magic, a resurrecting intuitive feeling that even now brings a happy smile to my face and appreciative tears to wipe from my eyes using the soft green sleeve of my favorite hoodie.

In the final months of my old life, living in a sprawling concrete city, unconnected to yet surrounded by coastal and inland mountain ranges, I learned about a private preserve, near where I lived. I *always* looked forward to my weekly restorative visits. I didn't know what was pulling me to this magical preserve; I only knew if I stopped going, I would continue to wither away and die.

I preferred a popular trail that has long-distance views and arboreal enclosures, wooden bridges, trickling waterfalls, hot open meadows with mule deer grazing on lower branches in the far edges at dusk, and brambly oases protecting bunnies, birds and wild turkeys. One late afternoon, I caught sight of a sinuating bobcat in the distance winding away from me through the tall grasses.

At the beginning of the trail, you cross over a large, flat wooden bridge that is wide enough to accommodate many feet at one time. If you are conscious, you realize you are physically leaving the mundane, crossing over cleansing waters and entering the mystical. It is only now, living in the wonder of the Blue Ridge Mountains, that it dawns on me how thin I was then in my awareness.

I recall the first time I altered my usual trek, choosing the steeper single person trail that beckoned me from across a different footbridge. It was much narrower and less substantial than the first one, the path disappearing behind the curve of the flowering berry brambles happily growing under the oak trees. Here goes!

I walked into the soft light of a quiet wonderland and fell in love with life again. A family of quail slowly and peacefully crossed the path ahead of me, my abrupt appearance shattering the quiet, all of us startled, causing me to laugh out loud in happy response to their rapid noisy flight and warning cries. Closing my eyes to absorb with my other senses the vibrating energy all around me, I stopped moving and simply inhaled deep cleansing breaths.

What a delightful surprise to discover this wondrous trail completely hidden, open to curious and respectful adventurers. This serendipitous choice was another unfolding of the transformation of my life: gaining physical knowledge of layered universes behind veils of illusion. I could feel my heart expanding, nourished by the wealth of vital abundance all around me, distances distorted, my spirit intra-connected within and without to all. Time did not exist for me, for us.

The happy shout of a child somewhere far below brought me out of my meditative state. I felt light, very light, capable of effortlessly leaping tall buildings with grace and abandon.

After this particularly satisfying day hiking, a multitude of grateful visitors were slowly making their way back out of the preserve. I could feel the steady hum of low voices all around me, the occasional laugh but mostly I felt in communion with all. I was happy and content, a state of being rare for me at that period of my life. As I looked around at my surroundings in the lowering twilight, capturing snapshots in my mind for future reminiscence, I happened to glance over my shoulder. I saw waves and waves of people behind me.

My mind was arrested by the sight of a particularly striking couple, of indeterminate age, about twenty yards behind me, part of a contented group of perhaps a couple dozen children and adults. Their jovial faces broke into wide smiles when our eyes connected across the distance. They were wearing the most amazing clothes I had even encountered in a non-costumed event.

Her long and quite full skirt had wide shimmering vertical stripes, alternating muted colors with dark brown streaks of chocolate. Her short close-fitting vest was a rich maroon that contrasted quite nicely with her lovely white and feminine puffed sleeve underblouse. She wore an oddly shaped loose cap of a fabric hat gathered around her head full of white-gold curls. And spectacles. She wore spectacles.

He was just as flamboyant in his attire, adorned with calf-length puffy breeches of chocolate brown and matching unbuttoned hip-length wide-collared jacket, horizontal striped hose, with a flowing white shirt that even at my distance I could see was richly textured and sensuous. His hat was tall and conical with earflaps and strap securing it to his head, a head covered in shoulder-length white-gold waves of curls matching the color of his companion's.

They were enchanting and I was astonished to see them nonchalantly part of the large, late afternoon crowd. They stood out conspicuously yet no one else partook of their company or seemed to be aware of their presence, but me.

They each gave me a simultaneous short little wave of their left hands, a graceful delicate movement,

about waist-high with open palms toward me. I returned the greeting with a smile, turned back around and continued on my way.

A bit later, curiosity overcame me and I looked over my shoulder again. *They had disappeared.*

I went into shock, not comprehending fully what had just happened to me in these final steps before the crossroads out of the preserve. Neither did I have a ready confidante to share my experience with, to help me understand what I had just seen and lived through.

I moved out of the state soon after that fateful hike so I've never had the opportunity to revisit and learn if this Hobbit couple appears more than once for awakening humans. Since that day I have twice been given that same wave from someone who then immediately disappeared. But that day on the preserve was a turning point for me. I am blessed to have it strong and healthy in my memory, continually reawakening all my senses to the wonder and healing that all the universes surrounding us have to offer.

Marie Galaz is a member of Appalachian Chapter and lives in Hendersonville.

October/November Puzzle

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- | | | | |
|----------------|---------------------------------|-------------|------------------|
| A. Fall | -- -- -- -- -- | G. Clan | -- -- -- -- -- |
| | 40 64 25 18 15 6 | | 48 65 20 17 39 |
| B. Tale | -- -- -- -- -- | H. Limited | -- -- -- -- -- |
| | 50 8 33 53 44 | | 36 3 10 42 45 26 |
| C. Block | -- -- -- -- -- | I. Fact | -- -- -- -- -- |
| | 61 7 49 2 | | 58 38 62 31 59 |
| D. Ideas | -- -- -- -- -- | J. Discolor | -- -- -- -- -- |
| | 19 54 60 35 12 1 52 16 | | 57 43 47 32 24 |
| E. Happening | -- -- -- -- -- | | |
| | 11 5 4 66 29 23 56 27 13 21 63 | | |
| F. Our Chapter | -- -- -- -- -- | | |
| | 37 51 28 14 41 30 22 46 9 55 34 | | |

D 1		C 2	H 3	E 4	E 5		A 6	C 7	B 8		F 9	H 10		E 11	D 12	E 13	F 14	A 15	D 16
G 17	A 18	D 19		G 20	E 21		F 22	E 23	J 24	A 25	H 26	E 27	F 28	E 29	F 30	I 31	J 32	B 33	F 34
D 35	H 36		F 37		I 38	G 39	A 40	F 41	H 42	J 43	B 44		H 45	F 46	J 47	G 48		C 49	B 50
F 51	D 52	B 53	D 54	F 55	E 56	J 57		I 58	I 59	D 60		C 61	I 62	E 63	A 64	G 65	E 66		

Rainer Maria Rilke

(Solution on p. 7)

Chapter Activities



October Social

By Marilyn Gasque

A dowsing filled, belly filling gathering of the App Chap members was held at Chapter President Paul Bennett's newly renovated former camp rec hall/turned fantastic big man cave. Since it was a former RV camp, it has a lot of cleared off "fool around dowsing" space with a wonderful stream meandering through. Paul recently built a bridge over the stream with a new gazebo and picnic tables to make us lucky dowsing members totally welcomed. This wonderful location made me want to yell out, "Dowse and Party On!!!" Thank you, Paul, for this delightful, memorable Members' Social.

Phase I of the pot luck lunch was so impressive that I think we need to feature one of these recipes in each newsletter, even if they were secret recipes! So, if all of you would send your recipes to Mr. Newsletter Man (Paul), we'd be set for a while. Thanks!

Our dowsing adventures outside revealed many vortexes (even new ones Paul didn't know about), the vortex that changes spin direction, the nature spirit enclave that knocked Marilyn to the ground, and watching Leyla build a pine stick structure with a built in self moving dowsing stick.

Old friends, new friends, tales of how people got started in dowsing, latest helpful supplements, therapies (rolfing, theta healing), hearing about those with lightning looking squiggles in their eyes, learning of those who easily see beings (that disappear), having Sam de Man explain water domes, comparing notes on attended workshops, Pennsylvania tales, etc. This is what a Members' social is all about, learning from others, finding interesting things beneath and all around us, trading dowsing experiences and pointers, making new friends.....and the food. Ahhhh, the benefits of being a member of the Appalachian Chapter!



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To Your Health

Onions!

By Margery Bastian

Yes, you probably already know they are good for us, but just see below on all the things we can use them for.

There are numerous forms and varieties of onion, perennial and biennial. The part used is the bulb, but for green onions, you use the tops also. Onions contains a variety of organic sulfur compounds. They also contain the enzyme alliinase, which is released when the onion is cut or crushed, causing conversions. Others constituents include flavonoids, mainly quercetin, phenolic acids, sterols, saponins, pectin and volatile oils.

The onion is chiefly regarded as a food or seasoning, but what about the medicinal effects? Though not as potent as garlic, the onion has been used almost as widely. Both are used as an antispasmodic, carminative, diuretic, expectorant, stomachic, anthelmintic, and antiinfective agent. The onion has been used as a rubefacient and poultice, giving relieve in skin diseases and insect bites. However, there are some significant differences between garlic and the onion. Although the onion exhibits some antibacterial, antifungal, and anthelmintic (intestinal worm killing) activity, it is not nearly as effective as garlic. Onions can usually be consumed in larger quantities than garlic, which may increase the concentration of the antimicrobial compounds to approximate those of the garlic.

Like garlic, onions have been shown to decrease blood lipid levels, prevent clot formation and lower blood pressure in several clinical studies. Their consumption is also associated with lower levels of cholesterol and triglycerides, and lower incidence of heart disease.

Puzzle solution (from p. 5)

I LIVE NOT IN DREAMS BUT IN CONTEMPLATION
OF A REALITY THAT IS PERHAPS THE FUTURE
A. AUTUMN; B. STORY; C. FOIL; D. THEORIES; E. DEVELOPMENT
F. APPALACHIAN; G. TRIBE; H. FINITE; I. TRUTH; J. STAIN

Onion's ability to lower blood sugar levels is comparable to that of the prescription drugs tolbutamide and phenformin, which are often given to diabetics. The active blood sugar-lowering principle in onion is believed to be allyl propyl disulfide, although other constituents, such as flavonoids, may play a significant role as well. Other mechanisms, such as increased liver metabolism of glucose or increased insulin secretion, have also been proposed.

Historically the onion has been used as an antiasthmatic agent. Its action in asthma is due to its ability to inhibit the production of compounds that cause the bronchial muscle to spasm, along with its ability to relax the bronchial muscle.

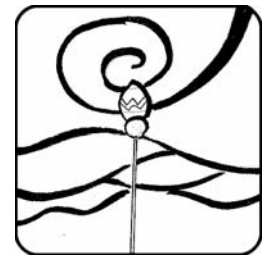
An onion extract was found to destroy tumor cells in test tubes and to arrest tumor growth when tumor cells were implanted in rats. The onion extract was shown to be unusually nontoxic, since a dose as high as forty times that of the dose required to kill the tumor cells had no adverse effect on the host. Shallots exhibits significant activity against leukemia in mice.

Dosage of the different forms of onion are typically equivalent to 2 to 5 ounces of fresh onion (roughly 1/4 to 1 cup of chopped onions) per day.

There have been no significant reports of toxicity being caused by the onion.

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

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