May 2010 and we welcome Sheila Applegate from the USA who is speaking in Glastonbury and Carol Fraser from India who will be at Elworthy, Sherborne and Stoke Trister. A welcome to the PLG at Bath [www.positivelivinggroups.co.uk/BATH.html] and the SVET centre in Hamburg [www.svet-centre.eu]

The latest addition to the on-line lecture archive is Crystals, Sound and Colour by Lin Law. About the Nature of the Teachings of Grigorij Grabowoj by Svetlana Smirnova is the latest addition to the article archive with The Feminine and the Masculine and Material or Ethereal - Our Human Choice the latest additions to the on-line video archive.

**Pure Soundbirthing with the Ren or Personal Sonic. Your note for the Aquarian Age**

by Dean Carter

The Ren or Personal Sonic (the term ‘Ren’ is from the Egyptian Mystery Tradition) is your note, your frequency. The idea that we all have a sonic signature like this is generally accepted among spiritual seekers, but its mechanics and what it actually relates to, and how we can find out what in straightforward musical terms that note is less well known. Through my researches over time in the field of sound healing I now believe I can answer these questions.

The Ren is actually the frequency of the ‘hara’ or ‘tan tien’. This energy centre is similar to a *cakra* but is actually of another order of energy, vibrating at a higher energetic level than the *cakras*, and is located between the 2nd (Sacral) and 3rd (solar-plexus) *cakras*. It is not to be confused with them. Teachers such as Barbara Brennan and masters of Eastern Martial arts have been spreading information about the hara for a long time. The human hara vibrates as an overtone of the earth’s own ‘hara’ note, it is the frequency around which your energy-body is in fact centred and around which the various layers of the aura, ‘culminating’ in the (lowest frequency) physical body, are built up. As Barbara Brennan points out, it is also the frequency of your spiritual intentionality.

If all the energy frequencies on the planet, including ourselves, are now ascending, how can this note be detected and understood and meaningfully worked with? Knowing in musical and intervallic terms how this energetically transitional phase is working one can establish through dowsing using the Universal Mandala or Face of God what the Ren for any individual is. Knowing your note for the Aquarian Age and the 2012 energetic portal can only be a boon, perhaps even, for those committed to spiritual ascension, a necessity.

Our Pure Soundbirthing workshops using crystal and Tibetan bowls and overtone chanting, in which you learn the basics of overtone technique, are now also geared to revealing to each participant their Ren or personal sonic note, quite easily understandable in terms of the Western scale. You might, for example, be an F#, or a G, or any note in the Western Tempered scale, and then could align yourself quite easily with this note by buying a crystal or Tibetan bowl at that pitch, or through using any other instrument or method.

People often find when I tell them their note that their favourite pieces of music are in that key. I had been gravitating to the key of ‘D’ in my playing, transposing pieces from other keys to fit this...and guess what my Ren turned out to be? Yes, D.

Pure Soundwaves also make perfect sine waves when represented through an oscilloscope and/or mathematically. Put two perfect sine waves in parallel and you have the symbol for Aquarius. Some coincidence! To find out more about Pure Soundbirthing with the Ren and the forthcoming June workshop email Dean at ahiahel@live.com

Above: The Universal Mandala or Face of God
EVENTS

Glastonbury 7 May
An Evening Channelling the Goddess Isis and Mary Magdalene. Sheila Applegate
Tel. 01458 834587

Glastonbury 1 May
Flowering Mayday Ceremony
Tel. 01458 831154

Otterhampton 1-2 May
Parsonage Side Retreat
Open Weekend
Tel. 01278 652062

Stroud 3 May
Hawkwood College Open Day
www.hawkwoodcollege.co.uk

Wokingham 3 May
Conscious Living Day
www.cld2010.co.uk

Cambridge 7-9 May
Following the Light.
Theosophical Society Spring Conference
www.theosophical-society.org.uk

Glastonbury 8-9 May
Megalithomania Convention
www.megalithomania.co.uk

Cardiff 8-9 May
Vision for Living.
The Cardiff Natural Health Show
www.visionforliving.co.uk

Stoke Trister 15 May
The Healing Fair
Tel. 01963 33360

Swindon 15-16 May
Mystic, Holistic Fayre
www.universaleyewebs.com

London 22 May
John Michell: A Temenos Celebration of his Work
www.temenosacademy.org

Taunton 22 May
The Wake Up Call Conference
www.thewakeupcall.org.uk

Tadley 30 May
May Fayre
Equilibrium Centre
www.equilibriumcentre.net

TALKS

Frome 5 May
Cancer: Looking Beyond the Orthodox Approach
Ann Donelan
Tel. Marina 01373 465848

Glastonbury PLG 5 May
Super Healthy Being: The Art of being Super Healthy!
Free Love Cannabis
Tel. 01458 833128

Edinburgh 6 May
One Light Many Lanterns. Spiritual Healing in World Religions
Jim Pym
christinebrian@totalise.co.uk

Axminster 7 May
5 Steps to Ascension
Cathie Welchman
Tel. 01297 32331

Glastonbury 7 May
An Evening Channelling the Goddess Isis and Mary Magdalene. Sheila Applegate
Tel. 01458 834587

Taunton 10 May
Three Viking Women
Val Bannister
Tel. Yarrow 07974 649794

Bath PLG 10 May
Prayer Energy. The Power to Bring About Change
Mark Bennett
Tel. 01458 833128

Bournemouth PLG 10 May
Working with the Invisible Guides of Humanity. Carol Fraser
Tel. Sue 01202 581898

London 11 May
Mind Healing
Toni Ferrett
Tel. 0207 736 4187

London 11 May
Beating the Bounds Ceremonies
Geraldine Beskin
lemc@operamail.com

Weymouth & Dorchester 12 May
Who Am I? Knowing Your True Nature through the Spiritual Philosophy of Yoga
Derek Thorne
Tel. Roma 01305 816644

Yeovil 12 May
Trance Demonstration
Angie Kruger and Richard
Tel. Colleen 01935 477756

London (TS) 12 May
Bosch Cathars and the Afterlife
Lynda Harris
Tel. 0207 563 9815

Glastonbury PLG 12 May
Prayer energy. The Power to Bring about Change
Mark Bennett
Tel. 01458 833128

London (TS) 13 May
Bath Story Telling Circle
Sarah Godwin & David Boldick
Tel. Sue 01202 581898

Bath PLG 17 May
Introduction to Psych-K
Mary Trenfield
Tel. 01458 833128

Bradford on Avon 19 May
Why Did Your House Choose You? How Earth Energies in a Property Select and Affect its Owners.
Summer Watson
Tel. 07810010840

Glastonbury PLG 19 May
Star Temple of Sophia. The Glastonbury Zodiac and the Star Temple of Sophia
Tel. 01458 833128

Axminster 21 May
2012 and Beyond. An Astrological Perspective.
Jane Bowler
Tel. 01297 32331

Taunton 21 May
The rest is Silence. Working Psychoanalytically with Patients who are Facing Death
Mark Budden
Tel. 01823 665798

Bath PLG 24 May
Introduction to the Raw Food Lifestyle
Andrew & Angela Davis
Tel. 01458 833128

Roadwater 13 May
Natures Alchemy
Dr Andrew Tressider
Tel. Edward 01984 640417

Axminster 14 May
Clairvoyane
Tony Whitehead
Tel 01297 32331

Weymouth & Dorchester 15 May
Bring a Friend Evening
WCCSG
Tel. 01380 739 966

Bristol 16 May
the Magic of Orbs through Photography
Katie Hall & John Pickering
Tel. Lea 01225 722963

Totnes 16 May
Sam Hkam
Tel. Jeffrey 01803 866744

Woodshaw 17 May
Geology of the Marlborough Downs.
Isobel Geddes
wds@wyverndowsing. freerve.co.uk

Bath 17 May
Bath Story Telling Circle
Tel. David 01225 482170

Bournemouth PLG 17 May
Ilahinoor
Sarah Godwin & David Boldick
Tel. Sue 01202 581898

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Introduction to the Raw Food Lifestyle
Andrew & Angela Davis
Tel. 01458 833128
Bournemouth PLG 24 May
Connecting with Gaia
Peter Knight
Tel. Sue 01202 581898

London 25 May
Travels in Tibet: A Pilgrims Progress Around Sacred Mount Kailash
Eileen Roche
lemc@operamail.com

Glastonbury PLG 26 May
Awakening to the Power of Poetry
Amanda Gázidas
Tel. 01458 833128

London (TS) 26 May
Another Heaven Another Hell
George Wood
Tel. 0207 563 9815

Dorchester 26 May
Meeting of the Pagan Moot
Jeremy Taylor
Tel. 0870 766 9657

Yeovil 26 May
Orbs
Dean Carter & Lorna Heath
Tel. Colleen 01935 477756

London 27 May
Ancient Mysteries and Sites of an Arcane Ritual Landscape
Tel. 01305 251646

Glastonbury 28 May
Sacred Geometry Evening
Claudie Planche
Tel. 01458 835506

Sherborne 31 May
Exploring the Song of the Earth: a new look at crop circles and landscape zombies
Tel. Jean 01963 220323

WORKSHOPS & COURSES

Elworthy 1 May
the Two Fires of Beltane and their Working in Us
Carol Fraser
Tel. Jill 01984 656236

Sherborne 2 May
From Consumer to Co-worker
Carol Fraser
Tel. Jill 01984 656236

Thakeham 5 May
Painting Unicorns
Justine van de Weg

Ilton 14-16 May
Dowser Training Course
Margaret 01460 53699

Bristol 15 May
Foot Reading, Polly Hall
Tel. 0117 924 4512

Weymouth 15 May
Arthurian Initiations
Tel. 0783 3164615

Bishops Waltham 16 May
Dowsing and Earth Energies
Peter Knight
Tel. 0775 408 2691

Great Dunmow 16 May
Angel Insight Workshop
Chrissie Astell

Aylesbury 16 May
Water Divining
Guy Hudson
Tel. Susan 01494 813 214

St Leonards 16-21 May
Discover Mediterranean
Colin Bates
Tel. 01424 729518

London (CPS) 21 May
Tools for Meditation. Part 1
Mantra. Swami Saradananda
Tel. 0207 589 3292

Maynooth 21-23 May
Heart and Soul Retreat
chrissie@angelight.co.uk

London 22 May
Woke Up to Abundance
Tel. 01656 890400

Weymouth 22 May
Introduction to Vibrational Medicine
Stephen Coburn
Tel. 01202 674636

Axminster 22 May
Astrology. Your Souls Purpose
Jane Bowler
Tel 01297 32331

Wimborne 22-23 May
Dare to Dream. Creating Compelling Futures Using NLP (Neuro Linguistic Programming)
Sarah Frossell
Tel. 01202 885294

Sedlescombe 22-23 May
Peace Circle Mystery School
Sacred Space Energy Workshop
Tel. 01273 688788

Glastonbury 22-23 May
Five Gateways Workshop
Chris Bourne
Tel. 01458 830443

Axminster 23 May
Homeopathy for Women
Anne Marshall
Tel 01297 32331

Bristol 27 May
Sound Relaxation and Meditation - With Gongs and Singing Bowls
Celia Beeson
Tel. 0117 924 4512

Jibhafanta, Mongolia 27 May
Full Moon Sacred Site Ceremony
Grand Mayan Itza Council
yokhahmaya@hotmail.com

www.White-Elk-Woman.com

3
Book Review: Anchoring the Light Body on Earth.
By Nada Yolanda

Travel back two thousand years. Imagine yourself in the Upper Room, sitting at the feet of the Master, the resurrected Christ, Jesus of Nazareth. Bask in the radiance of his materialised presence. Hear his illuminating words, given then to a few disciples. Receive his inner teaching, the true meaning of his resurrection in the light body, the spiritual or ascended form of his I Am Self.

So it is now. Anchoring the Light Body on Earth reveals the sacred wisdom that Christ Jesus imparts to all who are ready to follow his pattern in re-evolving in to cosmic consciousness; the information needed to understand and to prepare for, the demonstration of your own immortal, ethereal fourth dimensional, resurrected light Body. Clear unparalleled guidelines on how to recognize and work with the immortal, resurrected, light body of the I Am Self, as demonstrated by Christ Jesus are presented and the book which is available from either Gazelle Book Services www.gazellebookservices.co.uk or from the Mark-Age website: www.thenewearth.org

By Leah Lemieux

If you have ever dreamed of swimming with dolphins in a sunny, tropical paradise this book is a must read. Every year many millions of people swarm to marine parks, aquariums and “Dolphin-Swim” attractions in various holiday destinations, unaware that by participating in this popular activity, they are supporting terrible suffering, something purposely kept hidden and secret from the public.

This sensitive, lyrical book serves as an intimate exposé, presenting rich and diverse evidence raising dynamic ethical questions and calls for change in the way we regard and treat these creatures. Essential reading for anyone who cares about dolphins, the oceans they live in and this planet we share, Rekindling the Waters: The Truth About Swimming with Dolphins reveals that by rekindling a wiser and more respectful relationship with dolphins and the living world around us, we can and shift the underlying attitudes responsible for our participation in such harmful activities and take a vital step forward toward a better and kinder world. For further information log on to www.RekindlingTheWaters.com

Meditational Messages from the Mountain of Scrolls by Shakti Prem

Bring forth your pearls so that I may adorn them in my palace of love, drink sweet nectar of the lotus flower and be as the river to the sea and join us all like silken threads around the earth, love heals.
What is the abbreviation for Wessex Research Group Network? What does WRGN stand for? WRGN abbreviation stands for Wessex Research Group Network. Wessex Research Group Network can be abbreviated as WRGN. What is WRGN abbreviation? One of the meanings of WRGN is "Wessex Research Group Network". What is the abbreviation for Wessex Research Group Network? The abbreviation for Wessex Research Group Network is WRGN. What is the meaning of WRGN abbreviation? The meaning of WRGN abbreviation is "Wessex Research Group Network". What does WRGN mean? WRGN as abbreviation means "Wessex Research Group Network". Online search. Search for "WRGN - Wessex Research Group Network" in. Citations. The Wessex Research Group Network (WRGNetwork) is a co-ordinating network and focus for groups and individuals concerned with the exploration of consciousness and new areas of research and experience. The Cycles of Heaven. Cosmic Influences on Human Behaviour. May 22, 2020. Vast amounts of information about the solar system have been collected, but do we yet fully understand the relationship between human behaviour and the energy cycles and fluxes of the wider universe? Guy presents an evidence based summary of the mechanics of existence and the knowledge of such relationships. We know for exa