



The Wellspring

Newsletter of the

Appalachian Chapter
American Society of Dowsers

WEBSITE: <http://wncdowsers.org>

LISTSERV: WNCdowsers@yahoogroups.com

May 2007

May chapter meeting to feature EFT

Local residents **Romella Hart-O'Keefe** and **Ed O'Keefe** will present **EFT and Dowsing: Energy Sisters** at the May 19 quarterly chapter meeting.

The O'Keefes have taught over 200 people a form of energy work called Emotional Freedom Technique (EFT). EFT is a simple but powerful method for releasing fears, angers, cravings, addictions, depression and other negative feelings and behaviors.

In freeing ourselves from harmful emotions and beliefs, we often clear physical symptoms at the same time. "Unresolved emotional issues are the main cause of 85% of all health problems" (Eric Robins, MD)

EFT works by clearing disruptions to the flow of life energy in the body. Often this kind of disruption was caused by an emotional trauma and has been held in the body for a long time. EFT is like acupuncture without needles: you stimulate well established energy meridian endpoints on your body by tapping on them with your fingertips, to clear the energy pathways.

The "Basic Recipe" is a simple technique that is easy to learn and takes about 5 minutes to do, after you have learned the locations of the tapping points.

Our speakers, both interdenominational ministers, have been using a combination of dowsing and EFT in their energy work with people and animals. They live in Mills River and love the mountains of western North Carolina.

For further information about EFT, visit Gary Craig's website at www.emofree.com.

May Quarterly Meeting

May 19 2007 at Leicester Community Center, Leicester NC

Speakers: Ed and Romella O'Keefe

See page 10 for details and directions

Spring Dowsers' Social – Saturday June 16, 2007 – see page 2



Earth Day – Sunday April 22, 2007

Responding to widespread environmental degradation, Senator Gaylord Nelson of Wisconsin initiated the first Earth Day on April 22, 1970. Over 20 million people participated and it is now observed each year by more than 500 million people and national governments in 175 countries. The first Earth Day is commonly credited with creating the environmentalist movement.

Earth Day-related activities in Asheville and elsewhere

Strive Not To Drive: This year is the 17th anniversary of this event. Residents are encouraged to reduce their driving for one week, and to try not to drive at all on one day: Friday April 20. Local buses will offer reduced fares on that day. Ride a bike, ride a bus, walk, skate, anything except drive.

Earth Day Community Potluck: Malvern Hills Park in West Asheville, April 22, 5 pm. Sponsored by RiverLink. They will be choosing the winner of the Creek Naming Contest for the creek that runs through the park. French Broad riverkeeper Hartwell Carson will talk about the stream restoration project planned for the creek and ways that citizens can care for our creeks and rivers. Bring your family and some food!

Family Art Party: April 22, 2:00 – 4:00 pm. In conjunction with Make It New, the Asheville Art Museum will host a day of activities for the whole family, including artist's gallery talks, panel discussions and film screenings. (www.ashevilleart.org.)

Nature Center Open House: Sat. April 21, 10:00 – 2:00, Balsam Mountain Nature Preserve, US Rte. 74 in Jackson County at mile marker 90. 828-631-1062.

Earth Day on the Hill: April 22, Washington D.C. A mass gathering to promote earth-friendly policies.

Also of interest:

Environmental activists led by former U.S. Vice President Al Gore have announced plans for a worldwide string of pop concerts on beginning July 7 featuring Sheryl Crow, Red Hot Chili Peppers and scores of others to mobilize action to stop global warming.

Dowers' Social – June 16

at the home of Lisa Parresol in the Fairview area off Route 74. 11 am – 3 pm; pot luck lunch. For directions and further information (such as what you might bring) e-mail Lisa at lparresol@bellsouth.net or call 828-275-4814. Carpooling is encouraged. Join Lisa and her nature spirits for a day of good company and dowsing for water and energies.

Dowers' Social – July 21

at the home of Dora Nell Hedrick in Clyde, near Waynesville. Pot luck lunch. Call her at 828-627-8966 for directions.

Picnic – August 18

at Janet Shisler's in Fairview. Pot luck lunch. Email the editor (see p. 6) for directions.

Climate Change Solutions: What You Can Do On Earth Day and Every Day

(condensed from www.earthday.net)

The threat of global warming hangs over our planet like a storm cloud. If not checked soon, it could some day soon cause untold – possibly irreparable – harm to our planet's ecosystem, triggering:

- severe weather changes;
- threats to our food and water supplies;
- rising sea levels;
- glacier melting;
- endangerment of thousands of plant and animal species;
- the spread of deadly diseases.

Most of the world now recognizes the problem. Governments around the globe, but primarily in Europe, are taking action to cap carbon dioxide emissions, set meaningful targets for fuel-efficient cars and offer incentives for green buildings.

If just a third of us in the U.S. take a handful of meaningful actions in our daily lives to conserve energy – thereby conserving fossil fuels – we stand a good chance of reducing our nation's emissions to the targets set for the United States by the Kyoto Protocol that the U.S. government refuses to sign. What's more, many of the ideas that we'll describe below can also save us money.

1. Dry your laundry on a wooden drying rack.
2. Use the new highly efficient compact fluorescent light bulbs (CFLs) that last for years, use a quarter of the energy of regular bulbs and actually produce more light. Look for the ENERGY STAR label.
3. Experts say that paying attention to fuel efficiency in your car and miles driven may be the single biggest thing you can do to prevent global warming. Inefficient SUVs, minivans and pickup trucks now make up more than half of the cars on American roads. **Drive less.** If you can walk, ride a bike or take a bus instead of drive, even better.
4. Tune up your heating system. Close unused vents, and change filters in the vents. Buy a programmable thermostat. If you already have one, program it. Add two degrees to the AC thermostat in summer, and reduce it two degrees in winter. Make sure windows and doors are sealed. Ceiling fans instead of air conditioning can reduce your cooling costs by more than half.
5. Insulate your hot water heater and pipes. Wash dishes by hand. Reduce your hot water temperature to 125 degrees (still quite hot). Get a timer for your water heater.
6. Plant trees and conserve water. Oppose clearing of forests for new development.
7. Buy locally grown food and eat fruits and vegetables in season. If the food doesn't have to travel far, there's less CO₂ from the trucks that ship it. Even better, start your own garden.
8. Buy only those things you really need. Buy American-made goods wherever possible.
9. If you invest, invest in green stocks and renewable energy companies through socially responsible funds.

Buncombe County Groundwater Research is Needed

(reprinted by permission from the Asheville Citizen-Times, March 27, 2007 [www.citizen-times.com])

By Clarke Morrison

ASHEVILLE — Development on the thin soils of mountain slopes and ridges could deplete groundwater supplies to the point that it causes wells to run dry.

That's the conclusion of Jim McElduff, an environmental engineer who presented his findings on groundwater use in a recent report to the Buncombe County Board of Commissioners.

McElduff recommends the county identify areas where water supplies are inadequate to support development and where it's not economically feasible to extend city waterlines. The county should consider controlling development in such areas, he said. "We need to do more research to evaluate whether our suspicions are well-founded," McElduff said.

Larry Wells, owner of Appalachian Well Drilling in Leicester, said it seems he is having to drill deeper to reach the water table these days. "If you go up on these mountaintops, that's where you are going to generally see the deepest wells," he said. "If you get a drought, then the water table is going to drop, and the shallow well is what goes first."

McElduff, co-owner of Altamont Environmental Inc. in Asheville, has worked as an environmental engineer for 22 years and has been involved in the design and construction of systems to monitor and treat contaminated groundwater.

But it wasn't until his seven-year stint on the Buncombe County Planning Board that he realized the extent to which mountain residents rely on groundwater supplies for their drinking water as opposed to those who have municipal waterlines running to their homes.

About 56 percent of Buncombe County's 103,000 households get their water from wells. In addition, McElduff said, most of the county's growth is occurring outside the boundaries of its municipalities.

There is little data available on groundwater levels in North Carolina, said Landon Davidson, regional supervisor of the Aquifer Protection Section of the N.C. Division of Water. He said the state might be willing to conduct pilot studies measuring groundwater depletion in the mountains.

"My concern is that people are not considering the available groundwater quality and quantity prior to designing housing," Davidson said. "With the way that the county is growing, it would be prudent to start thinking about these things now when there is not a large-scale quantity or quality issue. You need scientifically sound studies, and these things take time."

County Commissioner David Gantt said he wants county staff to work with the state to identify available information about groundwater supplies and what might be done to preserve them. "I'd like this board to be proactive," he said.

The county took a step last year to address the issue with passage of an ordinance that limits the density of development on slopes with grades greater than 25 percent, commission Chairman Nathan Ramsey said. He said it's good policy for developers to extend water and sewer lines to areas under development.

McElduff said mountain slopes don't absorb as much water because the dirt layer is thinner than in valleys. In addition, the storage capacity of aquifers is generally less on steeper slopes, he said.

Aquifer Facts

What is an aquifer?

Two-thirds of the freshwater on earth is found underground. This “groundwater” is held in a naturally occurring reservoir called an aquifer. An aquifer is made up of the layers of limestone and sandshell under the earth’s crust. Water is held here in the tiny spaces between soil particles or cracks in the bedrock, similar to a sponge. The holes in the rock allow the water to freely flow through it. Aquifers are a source for well and spring water. Available groundwater is also referred to as the "water table".

Groundwater moves from areas of high pressure to areas of low pressure. It may be accessed by wells or as it naturally discharges from springs. Some discharging water has just recently entered the aquifer, while some may have been stored there for thousands of years.

What causes springs?

A spring is an area where groundwater from an aquifer naturally flows to the earth’s surface. Springs are fed through cracks in the underlying rock of the aquifer allowing for the free flow of water to the surface. Most spring water has excellent quality

Can an aquifer dry up completely?

Under natural conditions, there is a balance between the amount of water entering the aquifer and the amount leaving it. Groundwater is replenished through a process called groundwater recharge - rain seeps through the soil and into the layers of limestone and sandshell. Only about 25% of rainwater actually reaches the aquifer; the rest evaporates or becomes runoff. The balance in the aquifer may be naturally disrupted when a draught causes lower-than-normal amounts of water to enter the aquifer. The use of wells has begun to deplete groundwater resources, disrupting the natural balance. When an aquifer is overpumped (the rate of pumping is not matched by recharge), the aquifer is depleted. Because of the increased demand on the groundwater supply, aquifer depletion has become a serious problem in the United States in general. Some alternate water sources include using reclaimed water and removing the salt from brackish and salt water.

How does groundwater become contaminated?

Some groundwater contamination occurs naturally. Saltwater intrusion occurs when too much fresh water is pumped out of the aquifer and saltwater from the ocean is drawn in to replace it. Serious contamination usually occurs because of human activities. This contamination includes the runoff of agricultural pesticides, synthetic organics from household cleaning products, and petroleum and metals from roadways. Leakage of bacteria from septic systems, as well as petroleum from gasoline storage tanks, also creates a serious hazard to groundwater purity. Most of these pollutants enter the aquifer through “recharge water” from the surface. Since groundwater moves slowly, it may take many years for a pollutant to be detected.

[edited from <http://pelotes.jea.com/animalfact/naturesafety/aquifers.htm>]

Organic Growers School a Big Success

The recent 14th annual Organic Growers School (OGS) in March at Blue Ridge Community College near Flat Rock was an outstanding success with nearly 1000 participants, speakers, and volunteers. This one-day school is an annual, not-to-be-missed event for many of the Appalachian Dowers. The Organic Growers School has been lovingly organized to help educate and enthuse all levels of beginning to advanced gardeners with over 60 workshops. The OGS is the largest organic education event in the southeast.

Organic gardening and agriculture is much more than just not using poisonous pesticides, but is a holistic approach that includes preservation of family farms, native wildlife habitat, beneficial insect management, and protection of groundwater resources.

Many dowers seek gardening solutions using pendulums or other dowsing tools and charts to determine ideal plant location (what a thought! Ask and dowse the plant for its light and nutritional needs!); to test the inherent “energies” of various soil improvement additives; and even to query a plant for its water-needs.

Our own dowsing instructor, Lee Barnes, orchestrated another one of his many “Seed and Plant Exchanges” that promotes the preservation of unique heirloom vegetable, herb, and native plant seeds. For everyone who missed the School, mark your calendars for the second weekend of March 2008. Be sure to check out the workshop hand-outs and reference lists on-line at www.organicgrowersschool.org/resources.html

March 22 was World Water Day

In 1992, the United Nations General Assembly declared March 22 "World Water Day," following its Conference on Environment and Development (UNCED). The purpose of World Water Day is to address the global need for clean and safe water and adequate sanitation. Over 1.1

billion people around the world lack access to safe water, and more than 2.4 billion suffer the effects of substandard sanitation.

The theme of World Water Day 2007 was "Coping with Water Scarcity."

Chapter Officers, other Board Members, and Associates

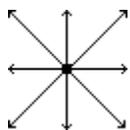
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The Middle East Peace Pole Project

By Paul Bennett

There are thousands of peace poles worldwide now. These poles are 6 to 8 feet high, with the message “May peace prevail on Earth” on the four sides, sometimes in different languages. They are made primarily by Peace Pole Makers Inc. in Michigan. There are at least four in western NC (but none in Asheville that I know of so far; the closest is at the Light Center in Black Mountain).

In April 2005 I happened to be dowsing in the vicinity of one of these poles in Tennessee. I discovered an energy line that exactly intersected the pole location. On further investigation I was surprised to find that there were eight energy lines radiating out from the



peace pole. These were very strong lines and I followed one of them out for a quarter mile or more, to convince myself that it was real and not just a local effect. These energy leys are similar to the Curry and Hartmann grid lines but distinct from those lines, that is, they are superimposed over those grids.

Every peace pole I have checked since then has shown these lines, always with the same orientation: north-south, east-west, and the two others at 45 degrees to those. I believe that a peace pole that is dedicated with the intention of love acts as an antenna, receiving the high vibration of peace and sending it out around the world. The poles form an energy grid of their own.

For a long time I didn't know what to do with this knowledge. Then in September of last year I was guided to the realization that a network of peace poles in the Middle East could go a long way toward easing the Israel-Palestinian conflict, a situation that has saddened me for a long time and has seemed intractable. Seven poles were to be placed in Israel and seven in the West Bank (Palestine), and seven in each of the countries that border those regions. These countries are Lebanon, Syria, Jordan and Egypt

(and it makes sense since there are a lot of Palestinians living in those countries). Furthermore, the poles would be even more effective if they were energized with what Mo Wheeler calls the Sangoma energy.

During a telephone conference call with Mo's Sangoma group, we dedicated a set of peace poles. In January and February, nine schools in Lebanon requested poles, in response to letters sent out, and the poles were sent. The heartfelt language in these requests shows that the peace pole idea strikes a resonant chord with certain people in these troubled regions. The poles are a way to quietly and safely give voice to the yearning for peace.

I found a young man in Jordan who was willing to help find sites there, and on a recent trip we found places for eight poles in Amman and southern Jordan. These poles are already generating requests for more poles. This person has now asked (!) that he be allowed to “do” Egypt and Syria on his own, because he has contacts in those places and understands the politics.

So I am sending additional poles beyond the first seven, but my guides say that only the first seven in each country should be given the Sangoma energizing. Both visually and energetically, all the poles inspire people toward a higher awareness, and thus they silently work on two levels to raise the vibration of each country.

I am planning to visit Israel and Palestine in late May and early June with Interfaith Peacebuilders, to locate sites there. Israel already has more than 60 peace poles. Palestine will probably prove to be the most difficult area to find sites in, but I'm confident it will happen.

The website for this project is peacepoleplacers.org.

Dolphins and Whales—Our Family in the Sea

By Mary “Mo” Wheeler, Ph.D.

A tall, heavy-set man approached me at a workshop several years ago and told me, “Mo, the dolphins want you to know that you can channel their unconditional love.” When he saw my shocked look, he added that they love us unconditionally, and that I could pass that love on to my clients. It sounded good to me, although I had no idea how I was to carry it out.

In time, I learned that the low tone of “mmm,” hummed with your lips closed, conveys that love. Some of us can do it naturally. What a deal! If you want to share it with someone who might laugh at you, you can disguise it by just pretending you are thinking about something, or just happily humming.

Our connection to the dolphins goes beyond anything we could imagine, even with our awareness that they seem to be “almost human.” One day last March, one of my guides channeled to me, “They want you (humans) to know the dolphins are part of the process of creation and contain it in their molecules. They must be protected at all costs because they ARE your (Earth's) history. When you connect with them, their unconditional love is connected to your human capacity for unconditional love. When you connect with them you rekindle your human unconditional love.”

Not long afterwards, I got the idea of connecting “the matrix of me to the matrix of dolphin energy.” It improved the accuracy of my dowsing! You only have to do it once, like programming your pendulum.



But it was still a surprise to me when I was driving to the Atlanta Aquarium and my guides channeled, “Today you are going to see beautiful animals of the sea....And we suggest that you sit with them and listen to their voices as they speak to you. And the mammals you will see (the Beluga Whales) are part of your family (those with Sangoma energy) and want to communicate to you. As with us, you will need to invite them to do that....and there is nothing else you need to do except to make known your intention of listening and receiving their wisdom, for they have much to say. And you can take your notes, with a pen and your paper so that you can write, as you sit there, absorbing the knowledge of the history of the universe.”

So I sat there before them with pen and pad in hand. And they said to me, “Life for us in the sea is hard now because of the pollution of humans. Please ask them to take care of our home—our waters that we live in—as you live in your homes. And with that said, we want to speak to you about other important things. Like war and peace and your peace pole project. We want peace poles for the sea as well—poles to ask for a peaceful and nurturing relationship between humans and

mammals. You have been told that we carry your history, and it is so....”

They were speaking of the Peace Pole Project for the Middle East that our member, Paul Bennett, has been working on. Paul has enlisted the help of a group of people with Sangoma energy to energize “Peace Poles” that he is placing in the Middle East. And who would have thought of SEA poles?!? When Paul heard about the sea poles, he was as surprised as I was, but together we worked out a “Sea Pole Project,” to help the Beluga Whales. Whereas the land peace poles are physical, the sea poles are virtual, not physical, and have a specified height of 100 feet. I dowsed 82 locations of latitude and longitude in the Arctic waters where they live and got together a group of twelve people with Sangoma energy to energize the sea poles. Paul checked the locations and wrote up a ceremony for us to use.

Channeling from the whales told me we needed twelve people with Sangoma energy, and we had TWENTY-FIVE involved in the energizing of the first set of poles. The whales told me, “Earth is in trouble now, as you know. And the extent



Beluga whales

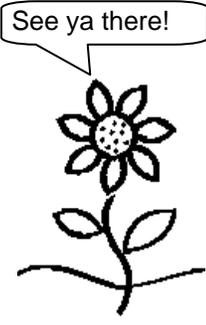
of it is very serious indeed. Your intention with the poles in the sea can be more explicit and more helpful if you include the intention of purification along with your stated sadness and purpose. Remember the work of Emoto and create a more specific request to bless the water of the seas with love and gratitude and purify them for the benefit of all. Because just as Emoto was able to pray for and therefore change the structure of the water he worked with, you, too, can actually CHANGE the pollution of the seas. The poles will connect the intention throughout the area and actually change the vibration of the water....And yes, you can work your way around the Earth!”

And that’s just what we are doing. The Beluga whales spoke again to me and said that “their sea poles are serving the purpose well, and that now it is time for another set of poles. This time the poles are for dolphins and other species of whales who need your attention”.

So our latest project was 16 poles east of the Southeastern United States and around the Bahamas, to help both whales and dolphins.

Also on the list are the Hawaiian Islands and the Mediterranean Sea.

We hope you will connect your matrix to the matrix of the dolphins, join us in our intention to purify the waters that the dolphins and whales live in, share their love and gratitude, and like them, persevere against all odds to improve the world. “mmm...”



Quarterly Meeting Schedule			
May 19, 2007			
9:30 – 10:00	Registration	12:30 – 1:30	Lunch / book table
10:00 – 12:00	Program	12:30 – 1:30	Program, continued
12:00 – 12:30	Business meeting	3:00 – 4:00	Dowsing clinic

QUARTERLY MEETING INFORMATION

Fee Schedule: **members: \$ 3.00 ; non-members: \$ 6.00.** Talk to Richard Crutchfield about scholarships for children. Students are encouraged to participate free of charge at any time during the day.

Lunch Arrangements: **Pot luck** with ample kitchen facilities for warming and preparing dishes. Volunteers are needed for setting out food and cleaning up. (See sign-up sheet at registration.)

Books and Supplies: sales table, with books and other items related to dowsing, will be open during lunch and from 3:00 to 4:00 PM. Members and guests are invited to bring their used books and periodicals related to dowsing, healing, earth sciences etc. as a donation to the chapter to be sold during quarterly meetings. Because storage space is limited, however, unsold items should be retrieved at 4:00.

Dowsing Clinic: Lessons and demonstrations in basic dowsing, as well as advice for intermediate dowsers, will be arranged by one or two experienced practitioners following the afternoon program, according to the needs of those interested. This period and the lunch hour are the best times to share experiences, chat with the program speaker(s), and peruse the supplies table.

DIRECTIONS TO LEICESTER COMMUNITY CENTER

From I-40, Exit 53B and Asheville center : follow I-240 west thru Asheville; on the Westgate Bridge over the river be in the left two lanes, and continue onto 19/23 west (Patton Avenue). 4th light, near Ingles, is Leicester Hwy (state hwy 63). Turn right onto 63.

After turning onto 63, follow it for about 9 miles, passing signs for Erwin Middle and High Schools, and Leicester Elementary. The Community Center is less than one mile past the Leicester Supply Company, which will be on the right. There will be a low sign for the Center on the right.

From I-40, Exit 44: turn Left at the end of the ramp onto 19/23 (Patton Ave) going toward Asheville. Leicester Hwy (Rt 63) will be on the left near the second Ingles grocery store. Turn left on 63. See directions above (“after turning onto 63”).

From I-26 going north toward Asheville: exit I-26 onto I-40 West. Take Exit 44 off I-40 and follow the above directions.

From I-26 East going south toward Asheville: I-26 will merge with 240. On the Westgate Bridge over the river be in the left two lanes, and exit 240 onto 19/23 west (Patton Avenue). 4th light, near Ingles, is Leicester Hwy (state hwy 63), going to the right. Follow directions for “After turning onto 63” above.

Solution to February puzzle

Submissions to this quarterly newsletter relating to dowsing are encouraged. Send by email to paulwbennett@bellsouth.net. Deadline for the September issue is August 15.



AMERICAN SOCIETY OF DOWSERS

47th Annual International Dowsers Convention

JULY 29, 2007 ~ AUGUST 6, 2007

Juggling the Flow?
Just Dowse it!



NEW LOCATION
NEW EXPERIENCE
SUGARBUSH RESORT

Warren, Vermont

located in Vermont's Mad River Valley

Vermont is home to dowsers from everywhere...

Come and hear international speakers, attend workshops, enjoy music, learn ancient ways of locating water, map dowsing, treasure dowsing, dowsing for well-being and how dowsing can be used in your everyday life.



Dowsing is so much more than water...

This year's Special Guests include:

James Redfield and Salle Merrill Redfield ~ The Celestine Prophecy
Robert Coxon ~ The Number One New Age Artist in Canada & France
"MAX" ~ The Crystal Skull - Believed to be between 5,000 and 36,000 years old, Max is known to be one of the 13 ancient crystal skulls of the world.



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Visit the ASD Website for details...

www.dowsers.org



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availability**

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**water
purity**