



The Wellspring

Newsletter of the

Appalachian Chapter
American Society of Dowzers

WEBSITE: <http://wncdowers.org>

LISTSERV: WNCdowers@yahoogroups.com

February 2008

February meeting: Dowsing for Health and Well-being

This presentation will explore how dowsing - in its various modalities - can be used to

- accurately identify illnesses and imbalances, determine their true causes, and suggest the most effective possible remedies
- maintain optimum health and energy

Some of the tools available to us are:

- Dowsing devices (the pendulum, L rods, bobbles, dowsing charts, etc.)
- Deviceless dowsing (using the body as in kinesiology)
- Animals as communicators of information
- Surrogate "patients"
- Clairvoyant means, such as those of the "medical intuitive"

Causes of imbalance and illness include these categories:

- Chemical (toxins in food, air, water)
- Biological
- Electromagnetic and geopathogenic
- Psychological, emotional & behavioral
- Spiritual / psychic
- Cosmic

The categories overlap considerably. Many of these influences are environmental; some are natural and others are artificial (man-made).

Starting with the understanding that everything, including thoughts, feelings, actions, physical organisms, indeed all matter and phenomena in the Universe (and, we assume, in the "other world") is energy and has an identifiable "signature frequency", we can learn to identify these influences with careful and detailed dowsing methods. Our presenters will focus on specific ways of discerning and dealing with these different causes of problems.

Our intention is to promote self-discovery; to learn that we can dowse to find out if any given methodology is beneficial or detrimental to us, whether it be nutrition, energy work, acupuncture, aura readings, past life analysis, or other technique.

We will emphasize the power of focused prayer and visualization, such as that used in the Huna tradition, especially in the areas of geomagnetic, psychological / behavioral and spiritual / psychic problems. And the importance of maintaining Sacred Space and groundedness at all stages.

Lee Barnes, a professional dowser and our long-time beginning dowsing teacher, will introduce the philosophy, tools, and methods of dowsing.

Margery Bastian is an intuitive, herbalist, cook, and channel for healing. She will teach how to use the body as a dowsing instrument, especially as regards food and supplements.

Laurel Davis, a holistic veterinarian, will talk about the clarity that dowsing has brought to her veterinary practice and some of the guidelines she uses as a medical dowser.

Richard Crutchfield, president of Appalachian Dowzers, dowses water resources, personality and behavioral problems, harmful and benevolent earth energies, sacred sites and working with the elementals on the spiritual level.

The final hour will consist of a **panel discussion** with the presenters and the audience.

Recommended readings (we will try to have these available at the meeting):

1. Dale Olson, *The Pendulum Charts*
2. Herbert Parker, *Dowsing Your Health*

The advice of a licensed medical practitioner should be part of any health diagnosis and treatment plan.

Preface to the Dowsing Your Health meeting

By Richard Crutchfield

Lee Barnes has explained repeatedly - and very clearly - how dowsing works and why it is an enormously beneficial tool for getting to know who we are, what our powers really are and how to use them with skill and confidence. Now, in our next quarterly meeting, it is up to us to explore as extensively and yet in as detailed a manner as possible, one of the most important territories needing exploration by dowsers - indeed, perhaps the most precious one to us - namely, the issue of the health and welfare of us and our children in a time of great environmental, political, emotional, and spiritual crisis. Perhaps the greatest one in our recorded history.

Lee and others here have demonstrated the power that dowsing, used in a sensitive, open-minded and responsible way, offer us an ideal - perhaps the ideal - tool for doing precisely that. I would say as healers, researchers and teachers, we have, in this respect, a job ahead of us. The subject is vast and complex, with many interrelated aspects. We will do as best we can to explore them all, suggesting how dowsing

can detect most of the problems and offering ways to solve many of them, using practical or spiritual means which are easily available to dowsers. I should say: upon the asking, especially to dowsers.

Do come to this meeting, participate, lend your support, share your views and experience, question, explore. A panel discussion at the end will be for you and your concerns. Dowsing is a highly individual practice, one's own dialogue with the High Self (and the "Poe Aumakua" or Community of High Selves as well). It is without question, in my view, what the Spanish mystics called a "Camino de Perfeccion" (Way of Self-Perfection) for the individual. Yet it is an ideal way to practice Community as well: listening, sharing, giving and receiving truth, comparing notes. Nothing could be more democratic in my view. Everyone's experience is absolutely unique and important, is related to everyone else's and can contribute to the welfare of the Whole, whether it's in dowsing or just living. So do participate; our survival in the coming Changes may well depend on it. As dowsers we have an enormous amount to give. We have only to become fully aware of that.

New officers elected at November meeting

Results of the November 17 chapter elections:

President: Richard Crutchfield

Treasurer: Harriett Belue

At-large Board member: Connie Hummel

March 22 is World Water Day

World Water Day is a day of observance and action to draw attention to the more than 1 billion people worldwide who lack access to clean, safe drinking water. It was created by a UN resolution in 1992. The theme of World Water Day 2007 was "Coping with Water Scarcity", and the 2008 theme is "Sanitation".

Book Review

Zero Limits, by Dr. Joe Vitale and Dr. Hew Len (John Wiley & Sons, ISBN 978-0-470-10147-6.)

Reviewed by Pat Brinkley

After seeing a writeup on Ho'oponopono, the ancient Hawaiian science of problem solving, in *Spirit in the Smokies* (9/06), I was very intrigued with the story of Dr. Hew Len, the staff psychologist who was assigned to the Hawaii State Hospital for the criminally insane and who healed the entire ward by using four simple phrases. (This sounds simplistic...it is anything but.) Prior to Dr. Len's work, psychologists quit on a monthly basis, staff called in sick a lot or simply quit, and patients and staff were attacked regularly by other patients. Dr. Joe Vitale (you may have seen him in the popular "The Secret" video about manifesting your reality), heard about this story, contacted Dr. Hew Len and together they collaborated on the book, *Zero Limits*. Dr. Len told

Vitale that he never saw patients; he agreed to have an office and to review their files. While he looked at those files, *he would work on himself*, and as he did this, patients began to heal. After a few months, patients that had to be shackled were being allowed to walk freely; others who had to be heavily medicated were getting off medications, and those who had no chance of ever being released were being freed. Not only that, but the staff began to enjoy coming to work. Today, that ward is closed.

This book is riveting and transforming. The techniques are useable by all healers and self-healers. We will try to order a few copies in time for the February meeting.

Chapter Activities



Dowsers's Social - October 20

Kate Pittman talks with members and guests at Marilyn Gasque's home in Flat Rock.



Chapter meeting – November 17

Lee Barnes teaches at the dowsing clinic held after every chapter meeting.

February Quarterly Meeting

Saturday, February 16, 2007

10 am – 3 pm; pot luck lunch. Registration starting at 9:15 am.

Members \$3 Nonmembers \$6

Leicester Community Center, 2979 New Leicester Hwy (Hwy 63), Leicester NC

Other meeting details and directions: page 10

In the event of inclement weather, check the website or call 274-3423

As always the meeting will be followed by our 1-hour basic dowsing class outside (weather permitting), for those interested in hands-on instruction.

To apply for membership in Appalachian Chapter, print the membership form at www.wncdowsers.org and send it with the membership fee to the address on the form. The membership fee is \$15 annually and entitles you to reduced admission at quarterly meetings, the newsletter, and social gatherings. Membership in the national American Society of Dowsers is optional but encouraged (www.dowsers.org).

Chapter Officers, other Board Members, and Associates

			(area code 828)
PRESIDENT:	Richard Crutchfield	highwatchdowsing@gmail.com	274-3423
VICE PRESIDENT:	Marilyn Gasque	dowsingdaily@bellsouth.net	692-5197
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Dowsing the Metaphoric Level of Things

By Richard Crutchfield

A Yute-Pueblo mystic and medicine teacher named Joseph Rael (Beautiful Painted Arrow) used to tell his students “everything is metaphor; there is a teaching in every event”. I have thought about that and experienced its wisdom many times over the years, often wondering if the idea could relate to and be helpful in dowsing.

Being a consummate “tree hugger”, I have for years marveled at an enormous, spreading White Oak standing sentinel and alone in a meadow of the Crowfields estate immediately off of Rt. 25 south (Hendersonville Rd.) - a wise and stately reminder of what Asheville used to be like, and its age dowsing in at perhaps 167. Not long ago I began noticing ominous construction work going on in that meadow, which used to be open pastureland. I felt uneasy, in fact, angry, at the thought that anyone would even think of disturbing such an idyllic old farm scene, still surviving, in Thomas Wolfe’s town. As for my tree, surely, I thought, the developers and planners would have the sensitivity to work around, even use the beauty of that ancient being to enhance the value of what they had in mind for our Land of the Sky!

Not so. Before I knew it that gorgeous living creature was down, sectioned and carted away, leaving only a shaved stump some 5 feet across and sitting forlornly in the middle of a huge gaping cavity, obviously intended for the foundations of a building. Soon even that vanished. Saddened? That’s too mild. I was horrified. No, outraged - as evidenced by the sudden and violent explosion of language appropriate for the situation but most unbecoming for a gentleman, that ensued! Realizing, however, that violent emotions and spiritual work don’t go together, I was able to rein in my wild horses and dowse if, in fact, in this tragedy of ignorance and destruction, there was a hidden teaching, a message intended for me in particular. I should have expected it: there was indeed.



As a metaphor, the cold and precise elimination of such a tree, especially in these times of capitalist greed, corporate power and exploitation of nature, is so rich in obvious meaning, especially on the spiritual and mythological levels, that one could go on forever exploring it. Indeed, that may be the great literary, philosophical, ecological and moral theme of our time: the destruction of the sacred Tree of Life, no less, for the sake of profit. Something told me there was more, however, and that only dowsing or dream time could reveal it. One has only to ask. Dowsers, when it comes to the search for the Truth, can be a restless, insistent and curious lot, and the answers can sometimes seem illogical, impractical, difficult to accept, even absurd - and for sure difficult to communicate to others.

Dowsing on the spiritual level, I was astounded to discover that the spirit of that tree, which was still very much intact, had given its physical form in such a dramatic fashion to call my attention to the need - especially in these times of global crisis - to work not just with the “tree people” (as I call them), but directly with the Tree of Life itself. How that is to work out, I don’t yet know, but from the look of things these days with the planet, I will at the appropriate time - as will we all. Awesome, this business of dowsing.

Pendulum Dowsing

By Paul Bennett

Much has been written and taught about pendulum dowsing. I have a collection of seven or eight small books, including the classic one, *Letter To Robin* by Walt Woods. In my own dowsing, I have had experiences and learned lessons that those writings don't speak to, and it may be that recounting some of those learnings may help others with their pendulums, especially with the frustrations that happen when the pendulum seems to not be working. My dowsing results now are consistent and believable, although I don't always get an answer, as I'll explain. One thing I have learned in the community of dowsers is that everyone's experience is unique--different from everyone else's. So I write only from my own experience, but with the belief that what I have learned may be useful to others. And I pendulum-dowsed that it would be appropriate to write something on pendulum dowsing. These are my opinions only, not necessarily those of ASD or App Chapter in general.

My first experience worthy of note is that my pendulum response patterns have changed over time. When I started, I asked for the preferred Yes and No responses, and a clockwise circular pattern was Yes, and an opposite rotation was No. Some teachers say to program your pendulum for a certain response pattern, but I prefer to let whatever/whoever is moving the pendulum decide what's easiest for it/them. And I emphasize that different people can get different responses.

About two years ago I noticed that the pattern had changed on its own: Yes seemed to be a linear forward and back swing, and No was a sideways swing (the *Letter to Robin* pattern). More recently, the No response has changed to a counterclockwise rotation again but Yes is still back and forth. And about a year ago, I started a project to send peace poles to certain regions in the Middle East. Whenever I asked the pendulum questions about it, such as which countries, number of poles etc., there would be no response for 10 or 15 seconds, and then there would be a response that was different from and a lot stronger than the normal one. The Yes response would start with a counterclockwise rotation, halfway around, and then go to the back and forth swing. At first I mistook this as No, and didn't let the pattern finish. Only after a frustrating time during which the answers didn't make sense, did I finally realize what was happening. It must have been just as frustrating for whatever/whoever was trying to give me answers.

When I ask questions on other topics I get the more normal response, but often I will have to wait, sometimes as much as a minute, if the question involves some kind of specialized knowledge, like medical or diet issues.



All of this naturally makes us wonder about where the answers are coming from. It's the age-old question of How Does Dowsing Work? Some of the earlier teachers (Walt Woods, Richard Webster, Leroy Bull, others) simply ascribe it to intuition, to tapping into the great subconscious which knows everything. That's as far as this explanation goes, and it conveniently avoids any mention of spirituality or belief systems. Others (Susan Collins of the Canadian Dowsers, Sig Lonegren, Joey Korn, Tom Milliren etc.) feel that you can't avoid spiritual beliefs when talking about dowsing. A Kryon channeling says "It's simply that your body is connected at an interdimensional level to everything around it."

But many of that latter set of teachers go further, and feel that there are conscious intelligences at work, which are separate from the knowledge itself. They are the means by which information is found and then given to us. The fact that the responses can change over time and are sensitive to the question context supports that belief. Also, the "may I, can I, should I" protocol makes much more sense if we are communicating with an intelligence that can make value judgements about what's in our best interest, not just with a body of knowledge. If you reject the idea of these conscious entities, then you have a harder time explaining who or what is answering the questions May I and Should I, and why those questions need to be asked in the first place.

These intelligences are sometimes referred to as Guides, but there are many other terms that could be used. It seems apparent to me that there is a whole hierarchy of these guides, and that if something is not known by my immediate guide or guides, they know where to go to get the answer, but some time may be involved. And when the pendulum reaction changes, it means that a different guide is manipulating it.

I have learned that to get meaningful results I should structure my dowsing in a way that respects the presence and work of these intelligences. For example, questions that ask for an opinion or to make a decision for us are always tricky. Before writing this I asked whether it

would be appropriate to write about this topic. I felt I would probably get an answer because I had no advance expectations about the answer or any ulterior motives. I first ask if the guides even have an opinion about whatever question I'm thinking about. If I get Yes, then I ask for the opinion. If I get No, then I'm on my own. When I asked about doing this column, I got Yes and Yes. If I had gotten No to the first part, it would mean only that the decision was up to me.

Recently an important decision was rolling around in my mind. When I asked if the guides had an opinion about it, the pendulum stood rock-still, not moving even a millimeter. I gave it a minute or so and it still didn't move. This rarely happens. At first I took it to mean "we're not even going to dignify that question with a response". Other questions were answered normally, but that particular issue kept giving me the non-response. I finally learned that it was just their way of emphasizing that I really was on my own on that issue. Part of living in a free-will, learning-type existence is that we have to make some decisions ourselves. That's why it's important to always include the Should I part of the permission protocol.

Equally tricky are questions that ask for a prediction of the future. In a free-will reality no one knows the exact future, not even the ultimate intelligence. But the guides can see trends, and sometimes will be willing to make predictions based on those trends, as long as we understand that that's all they're doing. That's why I always ask questions about the future in terms of probabilities. Instead of "will there be an economic collapse within the next two years?", I would say "is it likely that there will be an economic collapse in the next two years?". But first I would ask the permission questions, and then ask if the answer to my question is known. If I get Yes to that, it doesn't mean an economic collapse is likely, it just means they know the answer to the question. So finally I ask the question: is a collapse likely. A No to the first question would just mean that they don't know (are you still with me on this?).

With *any* topic, I usually first check whether the answer is known, before I actually ask the question. But even if I structure my questioning correctly, and allow time for the answer, I can still get invalid answers sometimes. See the explanation of Can I? below for some of the possible reasons. And our dowsing is so susceptible to the mind's influence. I can *so easily* make my pendulum move in any arbitrary way just by picturing it moving that way, in my mind (try it!). I have to force my mind to let go, and not look at the pendulum until it's moving.

Be aware that even the question "Can I?" itself can give an incorrect answer. Our former member Mo Wheeler says that for the best chance of success, first ask to be connected to your guides of 100% pure light. Then ask

any interfering entities or forces to leave (she calls this "getting rid of the riff-raff"). Beyond this, Mo has developed a detailed protocol to detect and fix any "biofield disturbances" that may be present (see www.energyhealingpartners.com/BiofieldDisturbances.pdf). And, Mo says, it's important to know that after receiving any answer, we can say "Guide who is always there, is that answer the truth?" and that question will always be answered correctly; it can't be interfered with. My experience bears this out.

In dowsing as in everything else, there's no substitute for experience, especially since we all encounter different circumstances on our respective journeys.

May I? Can I? Should I?

Here is my take on what these questions mean. May I and Should I are related so let's deal with Can I first.

Can I involves several issues. First, the state of my body and mind: the mechanical dowsing reaction depends on the flow of energy through the body, and the energy flows more easily if I am hydrated (drink water). My mind must be calm and free of expectations. Next, is the information even available? Does the answer exist somewhere, and can I connect to it? Don't assume that every question already has an answer. Example: a lost item. First find out if the location of it is even known.

A No response to Can I could also mean that the question doesn't make sense or was not understood by whatever is giving you the answers. You can program or ask your pendulum (or other device) to react in a special way if the question is not understood.

May I: a Yes may mean the Universe is giving me a blanket kind of permission to ask almost anything, under the conventions of free will. But part of the learning process is for me to decide myself what questions are appropriate, guided by the response to Should I.

Should I: it might not be appropriate for me to access the information if my motivations are not pure, if it invades someone else's privacy, or if it might not be in my own best interests. A No to May I or Should I, when asking an opinion or decision question, can also mean the Universe is just not going to decide for you.

Some dowsers, instead of asking the permission questions, just rely on their device to signal in a special way when the answer to "May I? Can I? Should I?" is No (the "don't go there" response).

If you still feel it's not working, persevere! The Universe wants to speak to all seekers. And if you want to share your experiences, findings, and questions, post them to the WNCdowsers group on Yahoo. Not a member yet? Contact Lee Barnes (see page 3).

The Critter Corner

By Kate Pittman

Like a stealth dowser I quietly rolled my car to a spot where it would be out of view of humans, next to a large, handsome green barn. I arrived early enough to unwind, get grounded, and dowse my work priorities.

Ferguson, an older gentleman of eleven years, in the form of a black and white Corgi, trotted up to the car at a pace that seemed to surprise even his own physical body. This fine fellow is normally in the background overseeing the goings on in his domain, seldom venturing any nearer than necessary to get his messages across. This time he quickly sat down just out of the reach of the opening car door and stared wide eyed at me as I reached down to greet him.

Our lopsided conversation started with me, obviously the less efficient interspecies communicator, swinging my pendulum and asking questions that would lead me to the crux of his situation. An abbreviated version:

“There is a horse in the third stall down on the left in the left hand wing of the barn. He says he doesn’t feel very well and nobody has noticed.”

“Thank you, I’ll check as soon as I can.”

At that, the dog turned and slowly walked away, his work done for the moment.

Normal hubbub greeted me when I entered the barn proper and I quickly became absorbed in conversation with an enormous four-legged friend and his person. In my peripheral vision I saw

Ferguson approaching. “Oops, I forgot,” I said to the stable owner and walked to the third stall down on the left and saw a large grey gelding back in the shadow of his quarters. “Who’s this?”, I said. She told me, and said he had been very quiet lately, but he was always well-behaved. The grey and I were introduced and I asked permission of the stable owner (in lieu of the horse’s person), the horse, and the powers that be, to chat with and work with this horse. Having gotten an okay from all, I learned that although nobody had noticed, he had a terrible headache and wanted help. Would I please find a chiropractor to adjust his neck up near his skull?

The stable owner checked where I pointed and could feel things were out of adjustment. I told the horse that he would be fixed as soon as possible and, as a stop gap measure, requested that energy be transferred to him in order to ease his pain. Dowsing that I’d done all I was supposed to do for the grey, I left his stall to return to scheduled work. While closing the stall door, I saw Ferguson strolling out the far end of the barn to return to his watchful perch on a bale of hay. He had done his job, gotten help, and now felt that his domain was back in order.

Sometimes those wide-eyed glances from our critters have nothing to do with cookies and games of fetch. Critters will speak up for each other and for us when important needs arise. We just have to learn to listen.

Kate Pittman is a dowser, intuitive and animal communicator. She lives in Haywood County.

Kate Pittman will present “Dowsing the Dog” in Leicester, NC, on Sunday February 3rd, 2008 between 9:30AM and 4 PM. This workshop covers dowsing as it relates to communicating with and working for animals. The class size is limited to 15 to ensure plenty of individual attention. Participants can expect a fun and thought-provoking day as they learn and then apply their new skills by chatting with and dowsing about animals remotely. For more information, please contact Margery Bastian at 828 - 683- 8711 or sd50nc@charter.net.

Recent Member Spotlight

Spotlight on: Suzanne Dauber

Where do you currently live?

Florida, but am remodeling my new summer home in Fairview.

How did you get started in dowsing?

It started at a time when my health needs had no apparent answers from conventional sources and so a voyage of discovery began.

Tell us a little about yourself as it relates to dowsing.

I'm a Classical Feng Shui practitioner, dowser, teacher and researcher. My experience combines training at Syracuse University School of Art & Design, study with a Chinese Grand Master and 30 years of metaphysical exploration. I work with clients across the country to create healing ecologies with personalized support.



Classical Feng Shui involves making charts for the person, the place and year, as Qi moves; plus the land radiates, ley lines must be considered and other energies present are dowsed as part of the whole picture in which we aim to live harmoniously.

I endeavor to support a greater awareness of the unseen (but felt) worlds that affect us, and to encourage a reverence for Nature and the high-integrated purposes of Life.

As Mountain Qi is prime currently (2004-2024), I'm looking forward to more time here, yet still enjoy the warmth of Florida this winter. Be glad to hear from other members (ssdauber@aol.com).

Volunteer to be in the spotlight! Send a short description of your dowsing experiences to the editor (see page 3).

Chapter News Briefs

Dowser group hopes to continue the eco-friendly development educational effort

On December 3, 2007, a small group of five chapter members met at the home of Ronnie Watkins, to follow up on the November 17 chapter meeting. That meeting had dealt with how the knowledge of dowsing can help housing developers be conscious and respectful of the land we call home in Western North Carolina.

Speakers at the November meeting were Lee Barnes, a longtime water dowser, Bill Westel, a real estate broker active in the WNC Green Builders Council; and Richard Crutchfield, president of the Appalachian Dowsters. Mr. Westel reported on the efforts of the Stop the Cliffs Coalition, Mountain Voices Alliance and other groups concerned with saving our mountain heritage.

More dowsters and persons with legal knowledge are needed to help continue this advocacy effort. Please contact Richard Crutchfield (274-3423) if you would like to help out.

Member news

Tom Chesbrough has moved back to Vermont to be closer to family. He has two sons in Vermont. Tom, who is 90 now, says, "although the winters are bitter cold it feels good to be back. I'm about 8 miles from the ASD headquarters in Danville. I'm a life member of ASD and will have to get reunited with the Danville Chapter". Tom's wife Peg died in 2006 at age 88. His address is: Thomas Chesbrough, 45 Brunelle St., St. Johnsbury, VT 05819-1226. Email: chesbro@charter.net.

Harry Mills turned 100 this past year. Harry was one of the founding fathers of this chapter, along with Vern Peterson and others. At our September meeting we tape-recorded some comments for him from old and new members, thanking him and wishing him well.

How to step up to the plate and do your part to help App Chapter

Contribute

Contributions to Appalachian Chapter honoring someone's memory will be mentioned in the newsletter. Also, donations toward a future conference with nationally-known speakers are welcome. Our last such large-scale conference was in 1997. Send contributions to Harriett Belue, Treasurer, 7 Crabapple Knoll, Fletcher NC 28732.

Donate used books relating to dowsing

Bring books to the quarterly meetings to be sold during the meeting. Pick up any unsold books after the meeting.

Host a Social Gathering

Volunteers are needed to host socials for these months in 2008: March, April, June, August. A social can take the form of an in-house gathering, picnic, or field trip. A picnic could be at a private home or at a public park or other suitable location. We try to stay within a 20-mile radius of Asheville except for field trips. We usually hold social gatherings on a Saturday in the middle of the month. Talk to Marilyn Gasque or any board member.

Reach out to the local community

We would like to start a "speakers bureau" of persons who could be available to give talks on dowsing at local organizations and group residences. Interested? Contact a board member. We also want to know of anyone who teaches dowsing regularly in the WNC area.

Interact with other members

Post short comments of interest to dowsers at WNCdowsers on Yahoo. If you belong to that group, just send an email to WNCdowsers@yahoo.com and all others will get it. This is a great way for beginners (or anyone) to ask questions and get answers from their peers. Contact the moderator, Lee Barnes, to join (contact info on page 3).

Be an author

Write a short article based on your dowsing experiences for the newsletter, or website if too long for the newsletter. Book reviews, and workshop reviews by participants with no direct connection to the presenter, are also welcome. Submit items for the next newsletter by April 1.

Toot your own horn

Volunteer to be profiled in the newsletter (see p. 8), especially if you are a recent member. Contact the newsletter editor (see page 3). (If you provide a service to clients, try to keep your profile more factual than self-promotional.)

Advertise your service

Starting with the April issue, we will place small business card-sized ads in the newsletter. Cost will be \$15 for preformatted ads, for two issues. Your service should relate to dowsing in some way. Send copy or a business card, with a check made out to Appalachian Chapter, ASD to Newsletter Editor, PO Box 19065, Asheville NC 28815. Our circulation is currently about 150.

-- Unidentified Flying Clouds --



"Rudolph"

Alan Blacklock
Wellington,
New Zealand

Dec. 2, 2007



Flying saucer (location/date unknown)

Quarterly Meeting Schedule

February 16, 2008

9:15 – 10:00	Registration	12:30 – 1:30	Lunch / book table
10:00 – 12:00	Program	1:30 – 3:00	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.**

Lunch Arrangements: **Pot luck** with ample kitchen facilities for warming and preparing dishes. Volunteers are needed for setting out food and cleaning up.

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.

Upcoming quarterly meetings: February 16, 2008, May 17, 2008, September 20, 2008.

Submissions to this quarterly newsletter relating to dowsing are encouraged. Send by email to paulwbennett@bellsouth.net. Deadline for the February issue is January 1.

Also please consider submitting a post to WNCdowsers@yahoo.com. If you are not a member contact Lee Barnes about joining.

Memory Fog

By Margery Bastian

Think you're losing your mind because you are forgetting things? Here are some natural remedies that might help.

1. Choline is used by our brains to make the important chemical acetylcholine, which is required for memory. This may improve your memory and your ability to learn. You may also notice a keener sense of mental organization.

At a health food store, buy choline chloride or choline hydrochloride, NOT choline bitartrate. Recommended dose is 500 mg of choline twice a day. Dowse to determine what is right for you.

2. Fresh Ginger is another good remedy used in cooking and as a tea, and it may heighten your memory.

3. Cloves in sage tea. Add 4 cloves to a cup of sage

tea. Drink a cup every day. This is said to strengthen the memory.

4. Apple cider vinegar. Take one teaspoon of apple cider vinegar in a glass of room temperature water before each meal. It's not only an excellent tonic for the memory, but also curbs the appetite.

5. Almonds are good for many things, but also helps to improve your memory. Just eat six raw almonds every day.

And remember to dowse, dowse, dowse all things that we put in and on our body. Dowse it to see what is *right for you*.

Margery Bastian is an intuitive, herbalist and cook, and is knowledgeable about food and supplements. She lives in Leicester.

Final Thoughts

Farewell to Another Old Timer

By Richard Crutchfield

One of the rewards of dowsing is that not only do you learn something new with every job, but that you meet so many interesting characters and see life more fully. One of those incredible characters for me was "Corky", a "spotman" or advance consultant for Caldwell Drilling Co. in Asheville. On many a water dowsing job I would find -- already there -- a short, stocky little man with a welcoming grin on his face and a kind word for the client about my "achievements" (meaning "accuracy"- that controversial no-no word). I soon learned that Corky, a veteran of 23 years with Caldwell, wasn't just all business (though drillers, in my experience, are pretty much "hard hat" boys) but had a most delightful and down-home sense of humor that positively disarmed me. I learned to always ask him -- up front -- if he had a joke for me that day. He always did, and it would set me howling right off, before my rods even had a chance to speak about business. What a pleasure, his presence.

Some weeks ago I was saddened to discover in the Asheville Citizen-Times that Lewis F. "Corky" Sheppard of Weaverville had left his earthly home on his 73rd birthday and gone Home. I remembered the last time I had seen him, never realizing then that he was not well. More than the place and the job, it was that brief moment of shared respect, laughter and unspoken friendship. Genuine camaraderie, I would call it, between two modes of being: dowsing and drilling, no doubt blessed by Themus, the Greek goddess of the confluence of things opposite. I realized too, that I had been in the presence of another great teacher.

I will greatly miss Corky now, out there on the mountainside. When I ask if my old friend has joined the Ancestral Spirits, the Helpers or the Guides (easy if you simply dowse it), the answer is "You bet; thought you'd never ask".

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