

The WellSpring

November Dowsing School Guest Speakers

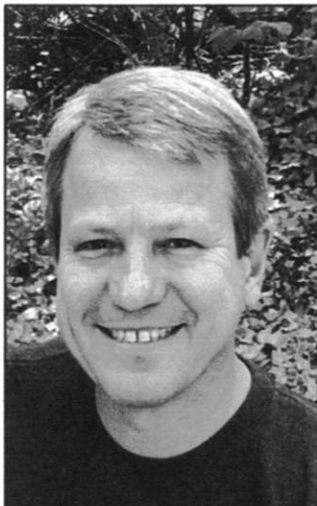


Marty Cain

“Dowsing: A Geomancer’s Tool”

In 1986 Marty attended the American Society of Dowsers’ (ASD) school in Vermont and added formalized dowsing training to her life. She has been an avid dowser since then. For the past six years, she has co-directed the Beginner’s Dowsing School at the ASD National Convention and is now serving as Secretary of the ASD.

Marty Cain will share her theory of how dowsing works and why it is essential for harmonic placement of healing sites. Dowsing will be taught as a major tool for geomancy; the art of placement in harmony with all life in the universe. She will use labyrinth designing as an example of sacred site creation as well as provide attendees with handouts that further instruct and lead them to helpful resources for their continued progress.



Joey Korn

“Unlocking the Secrets of the Energetic World”

We are filled with and surrounded by subtle life force energies connecting us to everyone and everything in the universe. What are these energies? Why do some of these energies seem to be detrimental to us, causing what many call geopathic stress? How can we make and keep the energies around us beneficial and supportive of what we most desire to bring into our lives? How does this all fit into ancient spiritual teachings such as Kabbalah and into modern science? Joey will answer all of these questions and more, helping us to demystify the metaphysical and apply new understandings into our lives. He will demonstrate how we are tied to the energies of the Earth and how to keep the energies within and around us balanced and beneficial to create a positive environment in our lives.

Chapter Meeting Saturday, November 21, 2009

Members Free ■ Non-members \$8

11:00 am - 1:00 pm
11:15 am - 12:45 pm
1:00 pm - 2:30 pm
2:30 pm - 3:00 pm
3:00 pm - 4:30 pm
4:30 pm - 5:00 pm

Registration (books and dowsing instruments for sale)
Basic dowsing class - Lee Barnes (pendulums and L-rods provided)
Program - Marty Cain
Break (no food provided, beverages for sale)
Program - Joey Korn
Additional basic dowsing instruction (sales tables open)

Directions to Unity Center: I-26 to exit 40 (Airport and Hwy 280). Turn west toward the airport and Brevard. At about 1.4 miles, turn Right on Old Fanning Bridge Road. Go 2 miles and the Unity Center sign and entrance will be on the left. GPS address: 2041 Old Fanning Bridge Road; Mills River, NC 28759.

President's Corner

The Magical Adventure

By Paul Bennett

Discovering the role we were meant to fulfill in this lifetime is, these days, a personal quest for many of us. How to help rescue the planet is another equally important question. These undertakings are not separate. In fact, they may be the same thing, as I found out at the ASD Convention in August.

Become self-empowered and you automatically help Earth at the same time – this theme was present in at least eight of the workshops at the convention. As Vincent Bridges reminded us at the September 19th meeting, we are all connected to the world energy grid. He emphasized that we need to learn how to strengthen that connection, by becoming geomancers and rediscovering the ancient knowledge of grid engineering using standing stones, water etc. Richard Feather Anderson, the California geomancer, raised this concept also in his talk here in June.

We are connected to Earth and the choices we each make reverberate in the Earth. As we choose to live more purely and drop fear-based attitudes and behaviors, Earth is able to vibrate more freely. As we free ourselves, we free up the planet.

In at least three of the workshops I went to, I heard the same theme, although in a slightly different context in each case. You discover your true path by staying in the present moment, allowing whatever comes along and not resisting directions that are unexpected but still feel right. Operate from the heart chakra, and you will stay connected to the Source of your true guidance. Trust your own instincts, trust what your heart or your “gut” says about choices. Trust that the universe will deliver. Don’t over-analyze what happens, just trust. (Trust is a big concept here, but not blind trust and not trust in others over yourself.) Stay in a positive and empathic frame of mind; get rid of unnecessary worries, anger, competitiveness, judgements. Replace those with gratitude for everything you have. Your physical health will improve along with your mental state. These ideas have become platitudes but maybe it’s time to really embrace them.

Ian McBeth (no relation, probably, to Shakespeare’s Macbeth, who did take his destiny into his own hands, but in a quite destructive way) led a workshop on dis-

covering the impetuous, child-like spirit within you that is your true essence. Find and live your true passion and you will eventually free this “magical child”. Ian’s main idea is that the *search* is more important than reaching the objective which is probably unknown anyway. In a sense, the journey or quest *is* the objective. It’s the Magical Adventure and everyone is on one but not everyone knows it.

To live the Magical Adventure consciously, stay heart-centered and believe in the beauty and power of the path that’s right for you. Remain playful and free and sparkling on the inside. Accept what is given to you if it feels right. You will face adversity and doubts. Life is always a dance between the dark and the light, otherwise there would be no point to it. Team up with other “spiritual warriors” to lighten the task. And this is a key point: living the Adventure is how to make a difference in the world. As Ian says, “when you live consciously, everything you do or say affects the Universe”.

The group consciousness of humanity and the planetary consciousness are closely related, said another presenter, Mary Swaine. Humanity as a group is now moving toward heart-centered and soul-aware consciousness as part of the dimensional shift and, in fact, it’s now possible for us to become empowered as individuals according to Mary.

Opening the heart chakra is the key. Some of the ways to do so are being a parent, suffering heartbreak, transforming painful emotions, being vulnerable, being compassionate toward others and gratitude. Other signs of spiritual power include clarity of thought, receptivity and enhanced sensory perceptions.

Soul awareness means shifting awareness from our current body and personality toward our larger, Higher Self. The Soul does not have personality issues. Speaker after speaker, it seemed, sounded these same themes from his or her particular viewpoint and I would say it was the predominant theme at the convention. This says a lot about what interests dowsers now, as a whole.

Paul Bennett is an engineer and lives in Buncombe County, NC.

Turn Doom and Gloom into Bloom

By

Andrew Brown

It's easy to feel like our human world is teetering towards crazy, driven by greed and short sighted gain at the expense of the whole, and it is this way. Except that, perhaps, the situation is not new and people have always had this capacity given an opportunity. In the early days of the global salt trade, in order to extract salt from the saturated peat, so many people in Holland dug up the very dikes necessary to hold back the sea that Holland was forced to outlaw this dangerous practice.

Our current economic crisis, nationally as well as globally, resulting from unbridled, shortsighted, unethical greed, is going to bring down our country's dikes, in the form of the dollar's fall as the global standard of currency. That doesn't bide well for us.

In addition, global production of fossil fuel has peaked, as world demand steadily outpaces production, hence the \$4.50 per gallon petrol of the year past. An unexpected effect of the global economic collapse has given us some breathing space. And who feels this to be less than temporary?

What are we to do in these rapidly changing, unstable times? Ah! Good News! What is more truly empowering



than walking into your yard and eating healthily grown fruit off your own trees? Plant a pear or apple and not only deeply enjoy and benefit from the delicious fruit

but also feed the next 200 years of inhabitants of your site! And why stop there when available to us to plant are many more types of delicious perennial fruits, from small shrub to moderately sized trees.

In western North Carolina, we can grow a wide range of delicious fruits, such as blueberries, gooseberries, currants, goumi, jostas, figs, raspberries, blackberries, wineberries, elderberries, mulberries, asian pear, asian and american persimmon, pears, apples, peaches, (plums are tricky), cherries, pawpaw, jujube, medlar and others.

Why be limited to a delinquent landscape (grass) when earth is happy to say "Fruit" instead! Bill Mollison, co-founder of Permaculture, says, "If you have fruit, you have friends"! Who among us has too much fruit or too many friends?

For the ecological grower, there are challenges to successfully growing some fruit in western North Carolina, notably, pear, apple, and pit fruits such as plum, peach, and apricot. Our summer climate favors fungal and bacterial diseases that lay waste to the above mentioned fruits. In other parts of the country, it's a piece of cake. Here, we can overcome these challenges with a few strategies.

Very important for selection of pear and apple varieties is to purchase varieties with known resistance to "fire blight". If you want successful fruit production that is healthy for you to be around and eat, this is of prime importance! The second strategy is using an organic clay spray (surround) to lessen or stop insect damage.

For pit fruits, the "disease du jour" is a brown rot (bacterial) and once it comes into your site, it claims over 90% of your fruit. This can be controlled by an organic product called Serenade. An ideal site, mid-slope, north-facing, with good airflow, will minimize these diseases.

Finally, most fruit trees need two varieties for pollination and good fruit set. Important here is that the varieties are in bloom at the same time. This information is all known and easily available on the web.

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Finally, most fruit trees need two varieties for pollination and good fruit set. It is important that the varieties are in bloom at the same time. This information is all known, and easily available on the web.

For tree fruit such as apple and pear, tree size is determined by root-stock. A standard apple, can be 40 feet tall. On semi-dwarfing and dwarfing root-stock, that same variety apple will be 12 feet and 8 feet tall respectively. Indeed, there are correct sized trees for every yard!



So, forget the challenging economic times and invest in real security - fruit, friends, and a healthy you!

Andrew Goodheart Brown, a.k.a. The Urban Orchardist, practices and teaches Permaculture nationally and internationally. He and his dear wife Chiwa live on a one acre urban homestead in East Asheville. He is available for consultations.

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RIP's TIPS

by Richard Crutchfield

Word is that Dowsing Coach RIP is back in town and on the job. We know, of course, that he actually never left because so many of us are still dowsing like mad and need his service. He, being that special part of ourselves (Reason, Intuition & Psyche) that does the work, is always hanging around when we get serious about the craft, offering gentle but firm guidance if we will but listen.

The fundamental aspect of Intuition, for example, which he calls "Low Self", is the energy and wisdom of the body, the memory bank, or the "subconscious" in Freudian terms. RIP always insists that we pay special attention to what's "in there" and work persistently on keeping it as clear as possible of obstructing energies and "old stuff" like negative and limiting programming, thought forms, images and emotions such as guilt, remorse, anger, grief, despair, doubt, fear, etc. - even desires for certain outcomes. This clearing and self-healing process, RIP reminds us, is by far the most difficult part of dowsing but absolutely essential - even more than identifying the problem and thinking up the right questions which are the domain of Reason, or the Middle Self.

RIP recognizes, of course, that powerful healing modes that work are invaluable for this clearing of the subconscious. He insists, therefore, that good dowsing demands first of all being centered, in balance, grounded and focused in the present and at peace with oneself. And he readily acknowledges that there are many effective methods for achieving this state of mind, be it meditation, yoga or any number of very effective healing modalities. For some interesting insights on the subject from the origin of RIP's inception (the Huna tradition), see "Clearing Your Lifepath Through Kahuna Wisdom" by Allan P. Lewis.





NOVEMBER DOWSING SCHOOL

ABOUT OUR GUEST SPEAKERS



Marty Cain

After receiving her Bachelor of Arts degree from the University of New Hampshire and her Master of Arts and Master of Fine Arts degrees from the University of Iowa, Marty has served on the board of various art and cultural organizations and has taught in several leading art institutions. Currently, Marty is a visual arts instructor in the MFA program of Vermont College.

Marty presents labyrinth and dowsing workshops, consults, writes and collaborates with the earth energy and angelic realms to co-create contemporary sacred spaces for individuals and institutions. Her labyrinth designs are located across North America, Brazil and South Africa. She is a founding member of the Labyrinth Society and on the Board of the ASD. Marty can be reached in North Carolina at 828-669-9900 or in Vermont at 603-863-7343 or via email at marty@nhvt.net. Visit Marty's website at www.martycain.com.

Joey Korn

Joey Korn is an internationally renowned dowser, energy worker and spiritual teacher from Augusta, GA. He specializes in working with the life force energies that connect us with everything in the universe. Joey condenses years of personal exploration into an extraordinary system of practical understanding and energy work. He is a revolutionary explorer of modern day spiritual seekers. Learn about his Spiritual Housecleaning Services at www.dowsers.com/page24.html. Contact him at 877-369-7464 or Joey@dowsers.com or visit his website at www.dowsers.com.

Joey will be conducting a workshop entitled "Spiritual Dowsing and the Simple Blessing Process" on Sunday, November 22, 2009. The workshop will be held at LakeHouse Lodge & Spa (www.highlandlake.com); 447 Lily Pad Lane; Flat Rock, NC 28731. Special room rate - \$125 - call 828-693-5070. One day class price is \$110 by November 4, \$125 after, with a \$50 deposit. For more details, visit www.appalachiadowsers.org and click on the Chapter events page, scroll down to "November Program" section and click on "Workshop poster" link to view details. Learn more about Joey's workshops at www.dowsers.com/page6.html.

Ode to A Dowser

by Polly Elam

*Sometimes he can't find a thing, then other times he can
And there's always the little dowsing devils messing up his plan
But thru it all he perseveres until he finds his way
To all those unknown, unseen things that are around him every day
And when he wants to get it right, he gets a helping hand
From higher self or dowsing guides or spirits of the land
Just don't get in his way though when he's hot on a trail
Or you may get stampeded in his zeal to find that well*

Chapter Announcements

No food will be served at the November meeting. We invite everyone to bring a bag lunch and/or snack for break time if you so desire. An assortment of beverages will be sold for \$.50 each during the meeting.

Electronic Newsletter

Would you like to help the Chapter save \$1,200 - \$1,500 per year and go “greener” too? If so, you will support our wish to discontinue the hardcopy of the newsletter mailed through the postal service and, instead, let us send it to you through our new email service provider, Constant Contact. There are many possibilities with this new service such as direct links to websites for speaker advertisements and Chapter approved print ready ads published free for our members’ products or services. We plan to start the electronic mailings and discontinue the hardcopy mailings starting with our February 2010 newsletter. If you do not have an email account, we will automatically send you a hardcopy or if you just simply don’t want to discontinue receiving a hardcopy by mail, let us know at www.appalachianowsers.org and we will accommodate your wishes. Thanks for your cooperation and support!

Election for Treasurer and Secretary

Elections for Treasurer and Secretary will be held at the November 21st Chapter meeting. Volunteer’s or nominee’s name should be submitted to appalachianowsers@gmail.com before November 15th. Include address and phone number, qualifications and how many hours person could devote to the duties of office per week. For a description of the duties, visit www.appalachianowsers.org and click on the “Chapter Bylaws” and “Policy Manual” pages.

Basic Dowsing Class

Volunteers are needed to help with the setup of the outdoor field exercise stations and the indoor dowsing class. Contact Lee Barnes at lbarnes2@earthlink.net or call 828-452-5716.

Chapter Sales

Help support our Chapter. Visit our sales table and look over our selection of popular books. We also have a great selection of dowsing instruments and accessories at very affordable prices. Visit our website and click on the “CD’s and DVD’s” page to view our list of audio and video recordings of guest speakers featured at past meetings.

Members’ Advertising Table

We will provide a table at the November meeting for our members to advertise their personal businesses or special interests. We ask that you provide your own display rack. Please limit the advertisements to brochures and business cards. (No samples or items for sale allowed on the table, at the meeting or in the parking lot.) We ask that each person remove their remaining advertising materials and display racks after the meeting.

New Labyrinth at Unity Center

Meeting attendees may be interested in walking the new labyrinth at Unity before or after the meeting and during the break. It is also wheelchair accessible. (See labyrinth article by Sam Richardson on page 9).



Beware of the dowsing bug. It may bite you.!

Picture Gallery

At our August Picnic, members and friends dined and socialized at the Hawk and Ivy in Barnardsville, NC. Our hosts were members, James and Eve Davis. Fun time for all.



To Your Health

Turmeric

By Margery Bastian

Common Names: Turmeric, Turmeric Root, Indian Saffron • Latin Name: *Curcuma Longa*

What is turmeric? It is a member of the *Curcuma* botanical group, which is part of the ginger family of herbs, the *Zingiberaceae*. The root and rhizome (underground stem) of the *Curcuma Longa* plant is crushed and powdered into ground turmeric. Ground turmeric is used worldwide as a seasoning and is the main ingredient in curry. Turmeric is widely used as a food coloring and gives Indian curry its distinctive flavor and yellow color. It is also used in mustard and to color butter and cheese. The amount of turmeric found in foods is considered safe. This rhizome root has long been used in traditional Asian medicine to treat gastrointestinal upset, arthritic pain, and "low energy". Turmeric may have promise for fighting infections and some cancers, reducing inflammation, and treating digestive problems. It has also been shown to stimulate the production of bile by the gallbladder. Because of its ability to reduce inflammation, turmeric may help relieve the symptoms of osteoarthritis. Early studies suggest that turmeric may prove helpful in preventing atherosclerosis (the buildup of plaque that can block arteries and lead to heart attack or stroke). In animal studies, an extract of turmeric lowered cholesterol levels and kept LDL or "bad" cholesterol from forming plaque build-up in the blood vessels. Studies have not shown yet whether turmeric would have this effect in humans.

Curcumin is the main biologically active phytochemical compound of turmeric and also contributes to its yellow color. It is extracted, concentrated, standardized and researched and was first isolated almost two centuries ago. Its structure was determined in 1910. Extensive research within the last half-century has proven it has medicinal properties. It has been determined that curcumin is the world's healthiest food. In 688 studies, more than 400 of them published within the last four years, curcumin's remarkable anticarcinogenic, anti-

inflammatory, and antioxidant properties have been confirmed. Antioxidants scavenge the damaging particles in the body known as free radicals which damage cell membranes, tamper with DNA, and even cause cell death. Antioxidants can neutralize free radicals and may reduce or even help prevent some of the damage they cause. Curcumin reduces inflammation in the body by lowering levels of two inflammatory enzymes called COX-2 and LOX and stops platelets from clumping together to form blood clots. Within the last year, interest in curcumin's potential as a neuroprotective agent have been rising.

Turmeric is available in the following forms: capsules containing powder, fluid extract and tincture. Because bromelain increases the absorption and the anti-inflammatory benefits of curcumin, it is often combined with turmeric products.

Research has shown that the following intake allowances of turmeric are acceptable for adults:

Cut root: 1.5 - 3 grams per day

Dried, powdered root: 1 - 3 grams per day

Standardized powder (curcumin): 400 - 600 milligrams, 3 times per day

Fluid extract (1:1): 30 - 90 drops a day

Tincture (1:2): 15 - 30 drops, 4 times per day

WARNING: If you are on any medication, check with your doctor to determine if turmeric is safe for you. Research indicates that turmeric should be ingested with caution in people diagnosed with diabetes, hypoglycemia or gallstone related ailments.

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

Health treatments should always include the advice of a licensed medical practitioner.

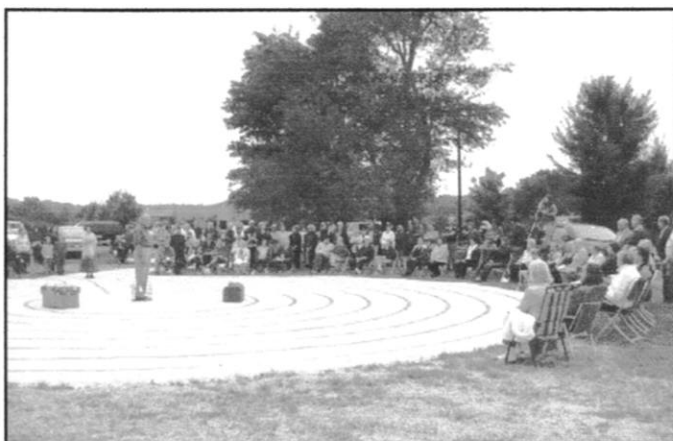
Labyrinths

By Sam Richardson

What are labyrinths? Labyrinths are archetypal energy patterns of unknown origin placed on the ground for people to walk. Unlike mazes, they have only one path into the center and back out. Labyrinths are used for meditation, prayer, healing, introspection to solving problems, as a metaphor for walking our spiritual journey and for creating transformation.

The earliest labyrinths were found on the island of Crete and date back 5,000 years. They have been found in most cultures around the world. The most famous one is an 11 circuit labyrinth in Chartres Cathedral in France, which was created around 1201 AD. During the Holy Crusades, it was dangerous to make a pilgrimage to the Holy Land and Christians walked the labyrinth as a metaphor for their pilgrimage to the Holy City of Jerusalem.

Today, there is a revival in the use of labyrinths. Many churches recognize the value of labyrinths as part of one's spiritual journey. A labyrinth has been created on the property of the Unity Center located at 2041 Old Fanning Bridge Road in Mills River, NC. The official dedication ceremony was held on September 10th.



The mission of this labyrinth is to invite and facilitate universal healing and well being for ALL through loving, light-filled prayer. The Community Prayer Labyrinth at Unity is open to anyone and is wheelchair accessible.

This labyrinth is a modified 7-path classical labyrinth which is the oldest design in the world. It is 50 feet in

diameter. The design, location on Unity's land and entrance orientation were dowsed for accuracy before being submitted for approval to the committee overseeing the construction of the project.

Construction of the labyrinth began in late May 2009. First, the ground was leveled, then a layer of filter fabric was put down for weed control. On top of the fabric, a layer of about 2 inches of fine white gravel was spread and leveled. This provided the base of the labyrinth. Then the pattern was outlined with the use of surveyor flags and ribbon. Once the pattern was established, bricks were laid down to replace the flags and ribbon. More fine white gravel was then spread between the bricks to raise the level of the pathways flush with the top of the bricks. This was also the process used to create the meandering path from the parking area to the labyrinth.

When walking a labyrinth, there are only two choices - walk it or do not walk it. However, if you do, it can change your life. Once the decision is made to walk the labyrinth, it is suggested that you have an intent of what you want to happen with the experience. Remember, it is both individual and personal and there is no wrong way. Walk with an open mind and, at the end, offer a prayer of gratitude.

There are three phases to a labyrinth walk after you have set the intent. (1) The journey into the center is a time of letting go, releasing thoughts and feelings about daily worries, destructive attitudes, and life's roadblocks. It is also a time of seeking communion with the Divine. (2) In the Center is where we receive insight or clarity about life's situations or problems. (3) The return from the center is a time of renewal and integration when we bring the experience of the center back with us and incorporate it into our lives from that moment forward.

Walk and enjoy . . .



Sam is a labyrinth designer and builder. He lives in Hendersonville, NC.

Dowsing Instructor's Corner

Dowsing Techniques

By Lee Barnes

This column begins a series of sharings about basic and advanced dowsing teachings, or rather, what I prefer to call "dowsing facilitation" since I try to aid each individual in discovering and developing their own unique dowsing skills. Dowsing is ultimately a personal quest for information beyond the obvious senses and the easily recognized ways of knowing.

I share many of my own preferences and bias based on my personal experiences when I teach dowsing so read between the lines. I suggest your dowsing success will greatly improve if you: (1) Seek to ask clear questions, one at a time; (2) Develop a way to allow your subconscious awareness to answer your questions using dowsing tools and, ultimately, deviceless dowsing techniques; (3) Let the conscious mind ask the question but get out of the way for the answers to avoid hidden or personal agendas; and (4) Relax and allow your natural abilities to flow.

One of the first questions folks ask about dowsing is, "How does it work?" and I answer, "Any way you allow" since dowsing is a personal and holistic experience.

I recognize at least three levels of dowsing awareness and at least two schools of dowsing. I will discuss these in



more depth in future columns. Briefly, at the first level, I recognize a person's abilities when field dowsing by how well they sense subtle electromagnetic fields when dowsing for underground flowing water and their ease of sensing subtle energy differences when searching archaeological sites or dowsing for buried pipes, electrical lines and buried graves. The second level involves vibration attunement with distant frequencies (remote dowsing). The third level involves initiating energy and physical changes at a distance.

Lee Barnes, PhD Environmental Horticulture, is a Land Stewardship Consultant. He lives in Haywood County, NC.

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Articles by our members for publication in the newsletter or on the website are welcome. Submission deadline for the February 2010 issue is January 1st. Send by email to polly_elam@yahoo.com.

If your email address has changed and you want to continue receiving notices of events, please send an email to appalachiadowers@gmail.com.

CHAPTER LOGO DESIGN CONTEST

HELP US DEVELOP A NEW LOGO DESIGN FOR THE CHAPTER

The Appalachian Chapter Board of Directors would like our members to help us with ideas on developing a new Chapter logo. The winners of the contest will each receive a coupon worth \$25 which can be redeemed at our Chapter sales table. The design can be either hand drawn or a computer generated draft using amateur graphics software. (Designs created by a non-member professional graphics artist will not be accepted.) The design should consist of simple dowsing related graphics without text.

Entries should be emailed, as attachments, to appalachiandowsers@gmail.com or mailed to Appalachian Chapter ASD; P. O. Box 932; Asheville, NC 28802. Up to five different designs from each contestant will be considered. Entries must be received by November 15, 2009 to be entered in the contest. The winning designs will be chosen by a panel of judges consisting of Board members and Chapter members not submitting entries in the contest. The winners will be announced at the November Chapter meeting and be presented with their prize.

All designs submitted will become the property of the Appalachian Chapter of the American Society of Dowsers. The winning designs will be used as an idea base for the final development of the Chapter logo.

Put on those thinking caps folks. We need your ideas!!!

American Society of Dowsers 2009 Convention Recap

by Paul Bennett

A great time was had by all at the ASD national convention in Killington, Vermont in August. This was the second convention held at Killington. The hotel accommodations were comfortable and the mountain views were amazing.

Sixty-six 75-minute workshops were held during the three day weekend with longer workshops before and after the weekend. Each time slot offered six workshops so you could only attend, at most, eleven of the presentations.

However, audio recordings were available for most of them so you could buy CD's of the ones you could not attend. There were a few well-known names such as Leroy Bull and Sandee Mac, and some that we in Asheville are familiar with, including Robert Gilbert and Adhi Two Owls.

Categorizing the presentations is impossible to do accurately because they all overlap, but here is my attempt at categorization: spiritual awareness as it relates to healing (17), spiritual awareness as it relates to other kinds of dowsing (8), self-empowerment and planetary healing (11) (*see the President's Corner in this issue*), dowsing skills/accuracy/tools (7), self-improvement psychology (6), clearing space/neutralizing energies/feng shui (5), science topics (2), earth energies (1), crop circles/orbs (1), astrology (1), animal communication (1).

The ASD committee set up field exercises outside, very similar to the ones we have at our meetings at Unity. One task was to dowse the properties of a water vein on the site. In another, you were asked to locate a water dome and dowse the number of veins emanating from it. A third task involved locating a vortex and finding out its properties. Four blocks were also set out on the ground and you had to find out which ones contained coins.

It's always a wonderful adventure to go to the ASD Convention!

The WellSpring
APPALACHIAN CHAPTER
of
The American Society of Dowsers
PO Box 932 Asheville, NC 28802



The WellSpring



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Join the Appalachian Dowsers

To apply for membership in the Appalachian Chapter, print the membership form at www.appalachiandowsers.org and send it with the membership fee of \$25 to the address on the form or pay by credit card through Pay Pal on our website. A couple living at the same address may both join for \$40 total. Membership entitles you to free admission at Chapter meetings, social gatherings and free subscription to the newsletter. After joining, you can check your membership expiration date. Click on "Membership Status".