



# The Wellspring

## Appalachian Chapter

American Society of Dowzers  
<http://www.wncdowzers.org>

May 2012

*Appalachian Dowzers presents*

## Kate Pittman

### Dowsing to Communicate and Understand

Saturday, May 19, 2012 – 1 to 4 pm – Unity Center, Mills River, NC

Members free • Nonmembers and guests \$10

Kate Pittman's wealth of experience will help us appreciate our own capabilities and encourage us to make needed changes for our times. Her humorous, down to earth approach always inspires people to jump in with both feet.

Kate will also share her recent immersion in an incredibly wonderful and intense two year project.

Kate is a professional dowser/intuitive with 38 years experience who is widely known within our Chapter, and beyond, for her ability to communicate with and assist animals (pets & wildlife). Kate lives with her husband Red and two canine friends in western NC.



Please join us for this fun and informative program, sponsored by your local ASD chapter!

In addition to the regular **Introduction to Dowsing** class at 11:15, there will also be a **Spiritual Dowsing** class with Richard Crutchfield at the same time.

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|---------------------|--|
| 11:00 am - 1:00 pm  | Registration (books and dowsing instruments for sale)                                |
| 11:15 am - 12:45 pm | Introduction to Dowsing class with <b>Lee Barnes</b> (simple dowsing tools provided) |
| 11:15 am - 12:45 pm | Spiritual Dowsing class with <b>Richard Crutchfield</b>                              |
| 1:00 pm - 4:00 pm   | Program (1/2 hr break 2:15 – 2:45 pm)  |
| 4:00 pm - 4:30 pm   | Book sales tables and dowsing practice course remain open                            |

Directions: Take I-26 to Exit 40 (Airport and Rt. 280). Turn west toward the airport and Brevard. At about 1 mile past the second airport entrance, turn Right on Old Fanning Bridge Rd (green signs). Go 2 miles and the Unity Center sign and entrance will be on the left. (2041 Old Fanning Bridge Road; Mills River, NC 28759)

## *President's Corner*

### **Not So Subtle Energy**

By Roy Dudgeon

The Subtle Energy Research Institute (SERI) website gives the following definition of subtle energy:

“One or more forms of energy which do not appear to be within the electromagnetic spectrum.”

Chi, prana, love, kundalini, ether, aura, spiritual and life force energy are other names that are used. Subtle energy (SE) is the energy of consciousness. SE is used in Reiki, acupuncture, feng shui, applied kinesiology, and dowsing, as well as other forms of energy work.

How do we know it exists? Where science is concerned, if energy cannot be measured with a meter, then it does not exist. As dowers, we know differently.

Scientists do tell us that the observer affects the outcome of the event being observed. This is true of an experiment as well as the “home field advantage” often mentioned in sporting events. Imagine walking into a room where a couple has just had a violent argument. How does that feel energetically? Now imagine entering a sacred site or place of worship. Notice the difference. What you are feeling in both examples is the residual subtle energy that has accumulated in each location from human interaction.

How can we use SE to improve our lives?

First of all, there are three rules to remember:

Everything is composed of energy.

Energy follows thought and the intelligent human mind can direct thought.

Energy can be imposed upon matter.

With these three rules in mind, let's look at a method we can use to change our situations. By setting our intentions, focusing our thoughts through creative visualization and positive affirmations and directing the process with our dowsing device, we can create change. Intention consists of three things. The Desire to accomplish something; the Belief that we can; and Accepting the results as already being fact.

Now let's do it !

You'll need your pendulum and a circular (or half circle) dowsing chart. Think of something you would like to change. It might be something you want to remove from your life, something you want to add, or change for the better. First ask your dowsing system how this is currently affecting you on a scale of 1-10. If you get a reading on the negative side, don't worry as you can transform it to your benefit.

Now form a positive image of what you want to achieve, see yourself already being without the problem and having achieved your goal. In removing a negative energy, the pendulum will rotate counter clockwise. Once this has been accomplished, the pendulum will change direction and rotate clockwise transforming the energy to positive beneficial energy for your greater good. When complete, the pendulum will stop. Now check the 1-10 chart again. It may be necessary to repeat the session from time to time.

Remember, if we do something, something might happen. If we do nothing, then we will continue to get what we've been getting. This fits in with my definition of Magick as “probability enhancement”.

Infinite love and gratitude to all.

## *Announcements*

### **July Social – Saturday July 21**

Dora Nell Hedrick is again hosting the July dowsers' social at her home in the beautiful countryside outside of Waynesville. Arrive between 11:30 and noon with something to share for the potluck lunch. Newcomers are encouraged to come and learn from the pros. **Directions:** west on I-40 to Exit 24. Turn right at stop sign. Go 1 and a half mile; turn right on Bannock Drive (gravel road). Bear to the right and immediately look for a driveway with a "250" sign (just past another driveway).



### **Coptic Conference 2012**

#### **The Emergence of a New Humanity: Transformation into Unity Consciousness**

April 20 – 22, 2012

Holiday Inn, Johnson City TN (800-465-4329)

This popular annual conference returns with several noted speakers including well-known intuitive healers Patti Conklin and Gisela Kroeger-Hoffman. ([www.thecopticcenter.org](http://www.thecopticcenter.org))

### **Body-Mind-Spirit Expo Spring 2012**

Dates: Saturday & Sunday, April 14 & 15, 2012

Times: Saturday 10-6, Sunday 11-5

**WNC Agricultural Center, Airport Rd, Asheville** (across the road from Asheville Airport)

Theme: "Shift Yourself & Transform the World". With over 50 exhibitors and 30 presentations on all areas of new thought, this expo truly has something for everyone.

### **Earth Day 2012 / Asheville**

When: April 21, 2012, 12 noon – 12 midnight

Where: along Lexington Avenue, downtown Asheville ([www.avlearthday.org](http://www.avlearthday.org))

On Saturday, April 21st, the 5th annual Asheville Earth Day Festival returns to downtown Asheville in a new location on Lexington Avenue. This FREE family-friendly festival features musicians from various genres, eco-friendly speakers, a Kids Village, Eco Village, poetry contest and photo contest. Musicians for this year's festival include Mark Farina Mushroom Jazz, New Orleans Suspects, Floodwood (members of Moe), The Fritz, Underhill Rose and a Leaf in Schools and Streets Performance.

### **ASD Annual Convention 2012**

# ANCIENT MYSTERIES

#### **Dowsing -- Pathways to the Future**

**Lyndon State College • Lyndonville, Vermont • June 6-11, 2012**

Further info: [dowsers.org](http://dowsers.org)

## Dr. Bradley Nelson / The Emotion Code

When: May 18 & 19

Where: Mountain Lodge in Flat Rock, NC ([mountainlodgeflatrock.com](http://mountainlodgeflatrock.com))

Cost: \$197 for both days (until May 4)

Event info: [www.healerslibrary.com/category/events/seminars/](http://www.healerslibrary.com/category/events/seminars/)

### Events at Crystal Visions

(5426 Asheville Highway • Hendersonville, NC 28791)

Saturday, April 28th: **Vibratory Attunement Ritual**

Saturday May 26: **Annual Garden Party Festival**

([www.crystalvisionsbooks.com](http://www.crystalvisionsbooks.com), 828-687-1193)

### Join the national ASD

The Chapter encourages all local chapter members to join our parent organization. Dues are \$50 annually. You get a subscription to The American Dowser, a discount on the cost of the national convention, and a bookstore discount. Visit [www.dowers.org](http://www.dowers.org).

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### *Chapter Outreach*

Lee Barnes, Marty Cain, Roy Dudgeon and Richard Crutchfield imparted their dowsing wisdom at the White Horse in Black Mountain on March 24, as part of the Horse's **Spirit Series** of events.



#### Chapter Officers, other Board Members, and Associates

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## *Member's Corner*

### **Trapped Emotions Released; Eyesight Restored to Normal**

By Fran Westin

I would like to share a true personal experience I had using the Emotion Code, a method of using muscle testing to release trapped emotions, which has been developed by Chiropractor Dr. Bradley Nelson, after he was given the gift of the information "from above." His web site is [healerslibrary.com](http://healerslibrary.com), where a couple of chapters from his book can be downloaded. I am so excited that he is coming to Hendersonville, NC, for a weekend workshop on May 18th and 19th!

A friend of mine from college days invited me to accompany her to Spain in December, 2011, to share a week of vacation in her time-share in Marbella. Due to the holiday season, we found the best day to return was Christmas Day. Fortunately, I had scheduled my yearly eye check-up for Monday, Nov. 28th, so that I would be stress-free about my eye health as my mother has glaucoma, and therefore, I am a candidate. Unbeknownst to me, glaucoma was not my major eye health challenge that day!

After taking pictures of my eyes, I was informed that I had a hemorrhage in my right eye and that it was very important that I return on Friday, Dec. 1st for a follow-up to see if it were enlarging. If it were expanding, then surgery would be the next step as, if it kept growing, I could lose my eyesight in that eye. I was shown the picture and saw what the camera had found.

Now one would think that possible loss of one's eyesight would trump what had now mushroomed into a twenty-five day trip to Spain and Portugal! To this day I am astounded that I did not feel

much apprehension and hand-wrenching worry about it. My thought was, "O.K., I have the Emotion Code. This is a great time to see if it really works. I will release trapped emotions each day and see if that will keep it from increasing, not really thinking that it might decrease it!" Against the doctor's comfort level and taking full responsibility for the outcome, I made another appointment for Tuesday, Dec. 27th, exactly one month after learning about the hemorrhage.

I spent about fifteen minutes each day releasing, on average, three emotions, which interestingly to me, is the amount my body was willing to release at one session, each time telling me that more could be released in twenty-four hours. As I look back on this, I am still amazed at the peace I had about using this method and the confidence that it would work. After all, this was my eyesight! What was I thinking?

Two days after returning from my trip, I hot-footed to my appointment, not at all prepared for what the photographs of my eyes revealed. After looking at the results, the doctor said, "It was the right eye, right?" I said, "Yes." He said, "Well, I know it was, because I have the before and after pictures of both of your eyes. But there is no hemorrhage now in your right eye. It is completely healed. I don't know what you have been doing, but whatever it is, keep it up." After looking at the pictures myself, I then proceeded to show and tell him what I had been doing as I usually carry a copy of the Emotion Code chart with me. I give thanks, I give thanks, I give thanks!

*Fran Westin is a member of Appalachian Chapter.*

## *Accessing Your Intuition – Automatic Writing*

*This is the second topic in a series about how to access your intuition.*

This series will outline various ways to get in touch with your inner knowledge, to receive the messages that want to come through to you. There are a few principles that are common to all these methods, which will help you connect to the source:

1. Be calm and receptive to guidance and information
2. Be in the moment as much as possible, free from interference and distractions.
3. If there is an issue or question that you have been concerned about, state the question to the Universe and let it go for now.
4. Release any expectations about the answer.
5. Maintain respect for the source of information, trust in its value, and be appreciative.
6. Ask the question again and allow a few seconds for the response.
7. Express appreciation.

### Automatic Writing

*Adapted from [www.crystalinks.com/automatic\\_writing.html](http://www.crystalinks.com/automatic_writing.html) (Ellie Crystal)*

Automatic writing is a method of channeling messages from the spirit world that works well for some people. The message is written down – you don't have to remember it. You do have to interpret it, though.

- 1 You can write on paper or at a computer. Get calm and free of distractions. Release any expectations. Setting a timer will help you release your focus from the external world.
- 2 Mentally or out loud, invite the presence of a spirit guide or higher self, or whoever you wish to receive input from.
- 3 A specific question may help to start the flow of information. Just start writing anything that seems to be there, even if it seems like you are making it up yourself. It often helps to shift your conscious focus elsewhere.
- 4 Don't try to interpret or process the material as it comes. The intuition operates outside of the limitations of your experience. Sometimes you might get messages that are poetical or metaphoric whose meaning is not immediately clear.
- 5 You can ask about who the guide is up front, or later on.
- 6 Genuine guidance will always be supportive and uplifting in nature. If you are uncomfortable with the feelings surrounding the message, stop.

Our own long-time member Marilyn Gasque adds:

Do not be surprised if you find yourself just scribbling on the paper at first - they may be trying to get on your wavelength/frequency/vibration (when I started 60 pages of scribble came out before words and sentences came through.) Also, being grateful is nice and give thanks often, as they like acknowledgement. Eventually, they may want to set a regular writing time with you. Move out of the way! Or just change channels.... Ruth Montgomery's books have inspired me and can be helpful.

## **Gluten**

By Margery Bastian

Celiac disease (CD) is an auto-immune reaction. Approximately two million people have CD and do not know it. Gluten is not a single protein, but is made up of several proteins. Gliadin and glutenins are both toxic to celiac sufferers. Some people who have reactions lack the mechanisms to properly digest gluten, because they have not adapted to handling the complex, long chain molecule. You may have eaten gluten products for years, and not notice or have any reaction, but this can occur any time, maybe even when you are a senior. The factors for the loss of gluten tolerance and the development of autoimmunity are not completely understood. In my estimation, I would say if we have eaten a lot of gluten products over the years, our systems probably have said, 'enough'.

Gluten is a protein component of wheat, rye and barley. Oats in their natural form do not contain the gluten protein. Most fields where oats are grown as well as the mills that produce and store oats, also manufacture wheat, barley, or rye resulting in cross contamination. Research shows that most patients with celiac disease can tolerate oats in their pure uncontaminated form. There are exceptions where some people do react to the oats. I have read that getting the steel cut oats is the best one. Other grains that contain gluten are spelt, kamut and triticale and their derivatives. Some people say they don't react to them, so congratulations, but they are not gluten free.

You may have been diagnosed with Gluten Sensitivity, Celiac Disease (CD) or even a Wheat Allergy, or even suspect you have one of them. If so, try doing without the gluten foods and see how you feel. I feel this is the best way to determine if there is such a problem, though there are those who disagree with me. If you question it, get a diagnosis.

One of the effects of CD is termed leaky gut, where

the intestine does not have a sealed wall, but rather has doors that open and close, increasing permeability and allowing the molecules, including toxins, to pass through into the bloodstream. If you have started and been on the Gluten Free Diet (GFD), antibody levels will return to normal and the damaged villi will repair.

### Wheat Allergy (WA)

The onset can occur in minutes to hours. Some symptoms include skin irritation, GI tract problems, respiratory tract problems, wheat dependent exercise induced anaphylaxis, occupational asthma and rhinitis. You may only get one or several of these.

### Gluten Sensitivity (GS)

The onset can go from hours to days. This is not an allergy, and not an autoimmune response. It is difficult to diagnose, so do your homework on doing without and then ingesting some gluten to test it out. Some symptoms are behavioral changes, bone or joint pain, muscle cramps, leg numbness, weight loss and chronic fatigue. You may only feel tired, like I do, so minimize the gluten, and decide to only eat it when you go out. You may not have any reaction then. You just have to test it out for yourself.

### Dermatitis Herpetiformis (DH)

It is presented with blistering rash, occurring in 5 to 20% of patients with CD.

### ADHD and Autism

People with CD are more prone to develop neurological disorders including ADHD. It has been shown in studies that neurologic disorders that occur in CD are broader than previously reported. One lady whose son developed autism put him on a gluten free diet and it made a big difference. It has also improved the behavior of other children with autism.

*Marge Bastian is an herbalist and nutritionist.*

*Treatments for medical conditions should always be coordinated with a medical professional.*

The Wellspring is published quarterly at no cost to members by  
The Appalachian Chapter of the American Society of Dowsers  
P.O. Box 932, Asheville NC 28802  
A chapter of the American Society of Dowsers



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May 2012

May Meeting Program	1
President's Corner	2
Announcements	3
Members Corner	5
Accessing Your Intuition	6
To Your Health	7