

# The Wellspring

## Appalachian Chapter

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

November 2012



*Appalachian Dowzers presents*

### Damaris Drewery



#### **Who's Driving Your Bus: Clearing Subconscious Programs that Run the Body**

Damaris will show us how to use our own personal power to release physical and emotional disorders caused by early trauma. These events create "programs" that run in the subconscious background of the body's biocomputer. Those programs have more to do with what we decided about the event than the event itself. We have the power to clear the emotional charge from those traumatic events and stop the tape that is running in the background. The results are immediate and transformational. Intent is the key.

In terms of past ASD President Terry Ross' "Seven Levels of Dowsing", this type of healing work falls into levels 5 and 6 where the dowser initiates healing in self or others.

**Damaris Drewery**, Ph.D. Psychology, is a shamanic healer, body dowser, Earth grid singer, and lifelong student of mystical and esoteric traditions. For 25 years she has taught vibrational medicine and sound healing for organizations including the International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM), the American Society of Dowzers, the Institute for Noetic Sciences, and the Association for Comprehensive Energy Psychology.

**Saturday, November 17, 2012 – 1 to 4 pm – Unity Center, Mills River, NC**

Members free • Nonmembers and guests \$10

**Our annual business meeting, with officer elections, will be held from 4:00 to 4:30. All members are requested to attend.**

11:00 am - 1:00 pm	Registration (books and dowsing instruments for sale)
11:15 am - 12:45 pm	Introduction to Dowsing class with Lee Barnes (simple dowsing tools provided)
11:15 am - 12:45 pm	Spiritual Dowsing class with Richard Crutchfield
1:00 pm - 4:00 pm	Program (1/2 hr break 2:15 – 2:45 pm)
4:00 pm - 4:30 pm	Business meeting for members with officer elections

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*

By Roy "Dudge" Dudgeon

As the old expression goes "time flies when you're having fun". Well, for me the past two years must have been fun because they sure whizzed by. I have enjoyed my two years as chapter president and hope I have made a positive contribution. But since I have moved back to Spartanburg, seeking another term is not in the cards. The job requires someone who lives closer to the Asheville area who can attend meetings and perform other chapter related duties.

On November 17<sup>th</sup>, an election will be held following the speaker program as part of the annual business meeting. In addition to President, we will also be electing a Vice President (Chiwa Clark will not be seeking re-election either), a Treasurer, and a Board Member-at-Large. If you are interested in any of these offices, please contact me or any of the other officers.

We are also looking for a couple of folks to handle the book sales table at the meetings as Victoria will not be doing it after the first of the year.

For our chapter to continue to prosper and grow, we need good people to fill these positions. If no one steps up, nothing will be done.

Roy "Dudge" Dudgeon (828 458-5675, [dudge@att.net](mailto:dudge@att.net) )

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*[Below are the primary responsibilities of the chapter officers up for election - Ed.]*

The President's main responsibility is to keep the Chapter active, as a needed and vital resource to truth seekers in the Asheville/Hendersonville community. This means guiding program content in a general way, and providing guidance and oversight to the other officers. The President is the spark plug that keeps the engine going. He or she acts as master of ceremonies at meetings, oversees setup before meetings, and establishes a personal connection to the membership in general. The President presides at quarterly Board meetings, and acts as "managing editor", or general overseer, of the newsletter and website.

The chapter Board selects future program speakers, and the Vice President follows through to make those programs happen, contacting presenters and arranging details of their visit. The VP also has responsibility for the physical location of meetings, acting as liaison to that organization, scheduling meeting dates, etc.

The Treasurer handles the chapter finances. He/she receives membership dues, admission fees, and funds from book sales; and deposits those funds in a timely and accurate manner. The Treasurer pays chapter expenses and submits the quarterly sales tax to the state. He/she prepares a yearly financial statement.

The "at-large" Board members provide general guidance on all matters and are usually past officers.

Article IV of the Chapter bylaws also gives an outline of officer responsibilities (see the 'Our Chapter' page of [wncdowers.org](http://wncdowers.org) ; click on Bylaws)

## *Announcements*

### **Chapter Elections in November**

Elections will be held at the November business meeting for President, Vice President, Treasurer, and an at-large Board Member. If you have organizational skills and work well in a group, please find out what these positions entail (see page 2), and if it looks like a match, please consider volunteering to help our Chapter stay active. We also need persons to take over the book sales table as Victoria is stepping down.

### **October Social**

Come out to a dowsers' social at the home of Paul Bennett in Etowah NC, the former Big Willow campground. A quiet and fun afternoon of relaxing, dowsing and dowser talk is promised. Members, guests of members and kids welcome. Arrive between 11:00 and noon with something to share for the potluck lunch. Newcomers are encouraged to come and learn from the pros. Enjoy the large deck, stream, small pond, gazebos. Bring a carved pumpkin (optional) and we'll take a picture of them. The best pumpkin will not win a prize.

Directions from I-26: take Exit 49B onto US 64 West (left lane). In the center of town, turn left on US 25 (Church St). At the 8th light, turn right on Kanuga Rd. Stay on Kanuga for about 6 miles (becomes Crab Creek Rd). Go past the Valley Hill Fire Dept, then turn right on Evans Rd. Go about 4 miles to 3946 on the right. From Etowah and Brevard: go to wncdowsers.org. (3946 Evans Rd, Hendersonville NC 28739)(692-6599)

*[The following events are not associated with Appalachian Chapter but may be of interest to members.]*

### **Women's Full Moon Ceremony**

Monday October 15 and Wednesday November 28, 7-9 PM  
Crystal Visions, 5426 Asheville Hwy, Naples, NC, 687-1193

### **Living in the Fifth World**

Friday & Saturday, October 26 - 27

**Zoë Allison** covers the Mayan calendar, opening the heart and living in the *Fifth World* of this new dawn.  
Crystal Visions, 5426 Asheville Hwy, Naples, NC, 687-1193

### **Barbara Marciniak: Channeling the Pleiades**

Friday-Saturday, October 19-20

Barbara Marciniak is a trance channel, inspirational speaker, and best-selling author of *Bringers of the Dawn, Earth, Family of Light, and Path of Empowerment*.

Ramada Ridge Hotel, 800 Fairview Rd., Bldg A, Asheville, 298-6300

### **Emotion Code - Releasing Trapped Emotions with Magnets**

Saturday, October 27, 11 AM-1 PM

From Dr. Nelson's *The Emotion Code*, intuitive healer Ann Bliss will identify and teach emotional release.  
West Asheville, 845-282-0643. Call for location.

### **Communicating with the Great Star Nation**

Saturday, November 10, 2-6 PM

Page Bryant presents topics that include: the power inherent in seven major stars that are influencing life on Earth today; Star Systems: their meaning and power, a detailed discussion of the star SIRIUS and how it affects you. For the past 40+ years, Bryant has been an intuitive teacher and is the author of 12 books.

Crystal Visions, 5426 Asheville Hwy, Naples, NC, 687-1193

## Shining stars honored at September meeting

By Roy Dudgeon, President

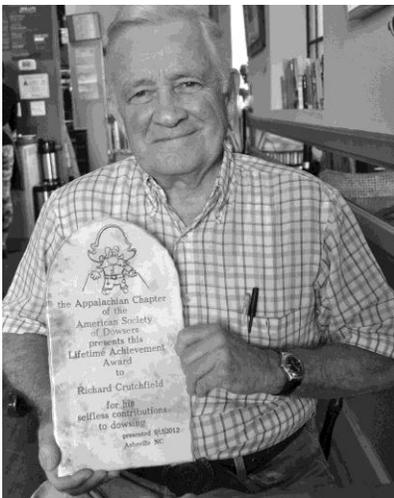
We always believed that the Appalachian Chapter was blessed with the finest group of dowzers in the country. At the September meeting, two of our members were recognized as the best in the ASD in two areas. Certificates were presented by Marty Cain, ASD co-vice president and Roy Dudgeon, chapter president

The first was ASD "Teacher of the Year" to Lee Barnes. Lee is a current board member at large and a past chapter president. He teaches the basic dowsing course at each chapter meeting and has provided instruction to thousands of beginning dowzers. A professional dowser, Lee is currently working on the revised instruction manual for the ASD.

The ASD's "Best Newsletter" award was presented to the newsletter editor Paul Bennett. Paul is also a past president and secretary, and now the chapter's webmaster in addition to producing "The Wellspring" quarterly newsletter in two versions, the on-line and the mailer.

We are honored to have both of these gentlemen as members and friends.

### Appalachian Chapter honors Richard Crutchfield



Our chapter was privileged to present Richard Crutchfield with the chapter's first ever *Life Time Achievement Award* at the September 15<sup>th</sup> meeting.

Richard came to the stage to ask the members and all present to put directed positive energy toward stopping the practice of fracking for natural gas. Before he got an opportunity to return to his seat, president Roy Dudgeon snagged him and surprised Richard with the Life Time Achievement Award certificate and a beautiful ceramic plaque crafted by vice president Chiwa Clark. Richard was also presented with a life time membership.

We are truly honored to have this living treasure as a corner stone of our chapter. Richard is currently a board member at large and past president.

He also teaches a well attended workshop on spiritual dowsing at the quarterly meetings as well as helping the community with his dowsing skills.

Thank you Richard for all you do for the world.

### Help Wanted- Experience preferred but not necessary

After serving the Chapter for several years, Victoria Rubley has decided not to continue as our bookseller after the first of the year. We are currently searching for two individuals to replace her. Duties include the ordering of books and dowsing items, displaying them at the meetings and taking payment. Victoria will be available to train and we would like to have two replacements for November's meeting.

If you are interested, please contact Roy Dudgeon at (828) 458-5675.

## The 2012 Transition – What Will Happen?

*[There are many writings about December 21 – this one looks at the subject from a very high awareness level and seems to incorporate a high degree of truth – Editor]*

By Eden Sky ([www.13moon.com](http://www.13moon.com))

Is 2012 going to be the End of The World? No, not in terms of the complete destruction of the Earth and some kind of annihilation scenario. When we contemplate the expression "end of the world" let us realize the term "world" can refer to a cycle; a period of time; a world age era. Therefore 2012 is signaling the completion of one World Age Cycle, transiting into an emerging New World Age to come.

It is said that the world we are ending is the one that is dominated by materialism and ego consciousness, therefore it may be that the world to follow will be founded on different values that honor the spirit of the interdependence of all of life.

There are ideas in the collective mind that assert that 2012 is bringing the "end of the world as we know it," which may be linked with its other association of heralding "the end of linear time," and no one can say how valid these claims may be. However, based on the complex situation we are in as a planet, no one can predict the longevity of our modern world with all of its technological dependencies and unsustainable customs. Likewise, the more conscious we become of the non-linear, synchronistic nature of existence, the more rapidly we may indeed evolve beyond the linear time paradigm.

In regards to the ever-increasing attention on the December 21, 2012 date, the living Maya of Guatemala urgently want it to be known that their ancient prophecies have been distorted and misportrayed as doomsday predictions. They do not advocate all the fear and hysteria that is being generated by the sensationalized 2012 rumors, and they want people to be aware that most of the 2012 (mis)information being put out is not sourced from the Maya or their calendars whatsoever, even though it may appear to be associated with them.

In regards to the popular fascination with the possible "end of the world" cataclysm scenario in 2012, it is important to understand that these modern fantasies projected from our collective psyche are reflecting our internal process of fearing how out of harmony with nature we are collectively living. There is a sense of an impending retaliation from nature that will come, as a great punishment upon our misguided human world.

While it is clear we are living in times of great uncertainty and great imbalance, we need to realize that terrorizing ourselves by energizing fear-based rumors does not assist us in rising to the great challenges we face. Fear is a primal universal human reality, based on understanding how vulnerable we actually are, yet we need to understand that if we believe in all the fear thoughts, we can easily become shut down, delusional or reactionary in ways that feed the fear and lead us further into darkness.

In this time of prophecy, we need to move from motivating ourselves not from fear, but from awareness. To navigate these critical times on earth, in addition to our discernment and our intuition, we must find our hearts and follow their inspiration, for they are our purest guides and can help us tune into our unique path of service.

When we contemplate what the world might be like beyond 2012, let us be clear that no one can predict the specifics of how things may appear as we enter this new cycle, or whether the transformations still to come may emerge gradually or swiftly. Everything depends on how conscious we can become as a species, and how we all contribute to this process of awakening our human potential. The details of how this new era may actually manifest is up to the merits of our collective creativity and the possible breakthroughs which can unfold through our resourcefulness and ingenuity.

*(See the video "2012 - We Are the Living Prophecy" with Eden Sky on YouTube. This video addresses the question "what should we be doing now", more than "what will happen?" It is from 2010 but is still very relevant and highly recommended.)*

## *Accessing Your Intuition - Meditation*

This is the fourth 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.

Meditation, or going into the silence, is one of the more direct ways to penetrate the veil between you and your intuition or your source of guidance.

### **How to Meditate: 5 Steps** *(adapted from Wikihow.com)*

1. Set aside a regular time. Generally, the easiest time to meditate is in the morning, before the day tires your body out and gives your mind more to think about.
2. Find or create a quiet, relaxing environment, free of any distractions.
3. Sit comfortably with back straight, and take a few moments to relax **everything** in your body.
4. Calm and silence your mind. Things will keep entering your mind – ignore them until they stop. Focus on a single thing, such as the flow of your breath, or visualize a point directly in front of you or within you.
5. Once you've trained your mind to focus on just one thing at a time, the next step is to focus on nothing at all, essentially "clearing" your mind. This requires tremendous discipline but is the pinnacle of meditation. Start with just a couple of minutes a day, then gradually increase to 15 to 30 minutes.

### **Receiving Insights From the Universe**

*[Excerpted from "Receiving Insights from the Universe" by Fred Tracy, at [www.pickthebrain.com](http://www.pickthebrain.com)]*

The key to achieving a state in which you can receive insights and guidance is to reach a place of stillness. And by stillness, I mean a place free from constant, repetitive thinking and distraction. The best way to achieve such a state is through meditation.

First we're going to form a question that we want answered. It really doesn't have to be anything spectacular. Just a simple question you have with a little substance. So while it doesn't have to be, 'How do I save the world?' it also probably shouldn't be 'How do I steal Becky's boyfriend?' Anything in between those extremes should work.

Once you have your question, put it in the back of your mind. The trick is to not consciously focus on it, as that's going to disturb your stillness. You simply want to be aware of it, like your subconscious is working on it as you're relaxing. Now it's time to meditate. Find a nice, quiet spot and clear your mind. I find it works best to focus on my breathing, while observing my thoughts but not becoming attached to them. Keep your question in the back of your mind and let everything else go.

As time goes on, you should find yourself becoming more and more aligned with the present moment. Your mind will start to feel expansive, and you'll feel very much at peace. This is your natural state of being underneath the gunk of conditioning, so enjoy it! This is also the state you'll want to be in to receive your insight. It should come at this point, or even before. If it doesn't, consider asking a different question or getting a bit more adjusted to meditation – it will come!

One final note about the insight itself. You may realize when you receive your message that it isn't quite what you expected. This depends a lot on where you fall on the levels of consciousness scale. If you're usually in a low vibrational state, and you actually did ask how to steal Becky's boyfriend, your answer may simply have been an intuitive feeling that you aren't on the right path.

The higher the energy content of your question is, the more likely you'll be able to receive a real answer. Most lower energy questions will simply turn up blank, as they aren't in line with what the universe wants as a conscious entity. If that's happening to you, try using a meditation session to form your question, and another one to receive an answer, as that will yield higher energy questions and results.

**Attitude and Energies**

By Marge Bastian

Our attitude determines how we feel, in a few minutes and/or a few days. We create all that is around us. We think someone else does something to us. So think about what we did to attract it to us. We can learn how to change our health. Energy work by practitioner can help us with it. We can learn from them if we want to. We can be influenced by others to create our health. This can be in a negative way. This can cause us to do things that aren't right, to others and ourselves. We may feel a power from it, which we can overcome, if we want to get back to being a positive, loving person. Some people love this power and don't want to change. Via others they can affect conditions in the area they live or work in. Like organizations and government. To change this, is also a type of healing. One way is to "Correct the Human body field to the original blue print". This can be done in a variety of ways. Our biology is controlled by our minds. A miracle is changing our thinking. It can heal and change things within our bodies and in our lives.

All these e-mails and web sites that we get - about the bad things that are going to happen: they (whoever that is) is keeping us in fear, if we allow it. It may be true, but likely as not to be more disinformation or taken out of context. So, it is OK to get information as long as you don't buy into it. And that is hard. I have learned to let it go, and work on me to bring my vibrations back into line with my center and heart. Listening to positive information or good music is one way to get back to positiveness. We can work with dowsing, to "clear, replace any energies" to do with it, using our intention. Using Raymon Grace's techniques is

a good one. He has a DVD to help you with it. Your intention has a lot to do with making changes. Raymon has many DVD's, as you already know, to learn his techniques.

We can do things to sabotage ourselves. Look at the why, tune in, or meditate on it. We all do this at times. In reading an article by David Wilcock, the message (one of them) was STOP FIGHTING! If you concentrate on the negative, you give it energy and you get into fear. If you want to do good, follow the good and not concentrate on all the stuff being put out there. The light (good One) is stronger than the dark (bad one). You may have allowed thoughts from others to affect you. This is one of the times to do the emotional cleansing and healing. The forgiveness is part of that. The quote from David Wilcock newsletter: 'It is absolutely useless and destructive to choose the path of control, for any reason and etc. If you do choose the path, everything you do to others will end up being paid back to you anyway, with meticulous, grueling precision'. The significant Law of One passage is, 'In forgiveness lies the stoppage of the wheel of karma. Once you give that magic gift of forgiveness, let go of need and desire to control other people's free will, and can see them as beings of infinite worth, you are then no longer bound to the "Wheel of Karma"'.

A DVD that I recommend you watch is "The Living Matrix, A film on the New Science of Healing". You can get it on Amazon.com. It will tell you how people have made this work on healing yourself.

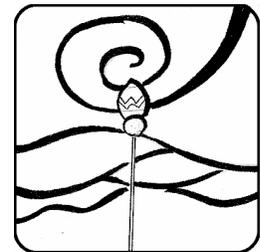
*Marge Bastian is a local herbalist and nutritionist.*

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**Georgia Dowser Seeks Friends for Gem Hunting**

Dowser Robert Thompson knows locations of unknown emerald fields in NC, and is also interested in other gems and gold. He wants to get in touch with others who are so inclined. 205-566-9988, mineralman@bellsouth.net.

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