

# The Wellspring

## Appalachian Chapter

American Society of Dowsers  
<http://www.wncdowsers.org>



February 2013

*Appalachian Dowsers presents*

**Brian L. Crissey**

**Dowsing the Alien Presence**



Dowsing can illuminate clues to ancient mysteries, such as the presence of otherworldly beings on Earth. Who are they? How long have they observed us? What is our relationship with these beings? One month before 9/11, a 900-foot-wide crop formation of 409 circles appeared overnight in SE England, apparently at the request of 3 persons. Its power propagates homeopathically and seems to originate in its sacred geometry. People in 17 nations now regularly use it as a global healing mandala to create a better world that the ancient Hopis called the 5th World, which began in earnest on 12/21/12. Further information will be provided on 81 water essences that were energized in authentic crop circles in England. The 81 essences will be available for attendees to dowse.

Brian L. Crissey holds a Ph.D. in Mathematical Sciences from the Johns Hopkins University and has taught computer science and mathematics in several universities over many years. For 20 years he has edited the 5th World Journal, which chronicles Earth's progress into a better world. He and wife Pam co-authored *Common Sense in Uncommon Times: Survival Techniques for a Changing World*, which has just been released in its second edition. He spoke to the ASD national conference in Vermont last summer and is author of "Dowsing Our Path Into the Future," which was published in the current issue of *The American Dowser*. He is vice-president of the Appalachian Chapter of ASD.

**Saturday, February 9, 2013 – 1 to 4 pm – Unity Center, Mills River, NC**

**Members free • Nonmembers and guests \$10**

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 Richard Cram

It is a great honor for me to serve as this year's President. Although I am new to Dowsing compared to most of you who are reading this, I am none the less completely awed by what can be done with Dowsing, especially what is known as 'Spiritual Dowsing'. I was first exposed to it by my friend and mentor, Jonna Rae Bartges in her Spirituality 101 class. I learned how to use the pendulum and to apply it to develop my intuition and for bringing visions to my awareness while working in a group. After that, I formed a group, 'The Swingers', to continue our practice and amazement. We would pose questions about our daily lives, and use our pendulums to reveal visions of what were seemingly mysterious symbols that we were able to interpret with our own feelings. We would also consult the "I Had the Strangest Dream...The Dreamer's Dictionary for the 21<sup>st</sup> Century" by Kelly Sullivan Walden. We received comfort and sometimes warnings that would reveal themselves later.

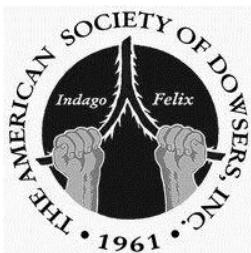
In that same year, I was introduced to Dr. Bradley Nelson's work of using the Emotion Code and Body Code to release trapped emotions, absorbed in this life and inherited from our parents and even going back multiple generations. The Body Code goes even deeper to discover energetically how these emotions affect the body. Helping others using this wonderful tool is now my work.

I was born in Fort Collins, CO. I attended Colorado State University, served in the Navy during the Viet Nam Era, married Betty in Philadelphia, raised three children, started my Spiritual journey in 1972 when I received the techniques of Knowledge as taught by Prem Rawat, moved to Gainesville, Fl. from CO, then to Raleigh and then Chapel Hill before moving to WNC in 1984 where I felt 'at home'.

On 12/09/2012 Betty and I attended the 12.12.12 Star Knowledge Conference in Carefree, AZ near Phoenix. There were 64 speakers and 166 workshops, although, not one Dowser was featured in the program. This could be an opportunity to spread the word about our insights. Over 1000 like minded folks attended from around the globe. They also had live streaming which added even more participants. I met Chief Golden Light Eagle at the Star Knowledge Conference held at Camp Pinewood here in Hendersonville. Sam Richardson and Brian Crissey were speakers and they installed the Labyrinth near the pond. Eagle is a visionary bringing the messages from the Star Beings to all of us. I got to serve by manning the main video camera for Eagle's workshop room. Needless to say I learned a lot and met with all the speakers and their insights. I am currently studying the "Maka Wicahpi Wicohan" -- Universal and Spiritual Laws of the Creator. Eagle received these Laws in 1996 and has been doing the conferences roughly four times a year plus a Sundance each year. I hope to continue promoting his work and the Star Family which includes all of us.

My vision for the coming year is to make Spiritual Dowsing a practical tool for all of us by holding more teaching workshops. I would also like to invite more young people to our meetings so that this work will be carried on and also learn from them. I would also like to propose a Southeast Regional Dowsing Conference having multiple workshops in our area sometime this year. Ever since the Conference and Brian Crissey's Turning of Ages event on 12/21/2012, I feel that we are all empowered to bring our work and Love to as many people as we can.

## *Announcements*



*The American Society of Dowsers presents*

The 2013 National Convention

**Dowsing the Golden Age**

*June 5 to 10, 2013 at Lyndon State College, Lyndonville, VT*

Super early rates are now here until March 31! Register now for low registration prices (for details and to register, see [www.dowsers.org](http://www.dowsers.org)).

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

### **Third Thursday Personal Growth Forum**

**Topic: the Emotion Code and What We've Learned**

Thursday, January 17, 7:00 - 8:30 pm

Unitarian Universalist Fellowship - Kanuga Road at Price Street, Hendersonville

Richard Cram and Fran Westin will speak about this simple, direct method of healing trapped emotions. Both presenters recently been certified as Emotion Code practitioners. And, special guest Ruth Kent, an Emotion Code Instructor , will join us for the evening.

### **Crystal Visions Labyrinth-Warming Ceremony**

Saturday, February 2<sup>nd</sup> (see page 7)

### **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.dowsers.org](http://www.dowsers.org).

## *Meet Your New Officers*

### **President - Richard Cram**

Richard started his Spiritual journey in 1972 when he received the Knowledge techniques of Prem Rawat. He has lived in western NC since 1984. He is a practitioner of the Emotion Code method of releasing illness and other abnormal physical conditions that are due to trapped emotions in the body.

### **Vice President - Brian Crissey**

Brian is co-owner with his wife Pam of Granite Publishing, which has published over 70 titles in such areas as off-planet intelligence and indigenous healing methods. He and Pam co-authored *Common Sense in Uncommon Times: Survival Techniques for a Changing World*, which has just been released in its second edition. He and Pam renovated a 100-year-old barn into the Crystal Creek Center in Mill Spring, which now serves as a community gathering place for events such as "The Turning of the Ages", that took place December 21-23, 2012.

### **Treasurer - Elizabeth (Betty) Cram**

Hi, I'm Betty Cram, spouse of the newly elected 'President Richard.' I have spent most of my time in the care of babies, small children and the elderly. I am still helping with the care of two of our grandchildren. I have experience in accounting for businesses and in personally assisting others with their bill paying and record keeping. I look forward to this opportunity to serve.

## Members Corner

### Seed Dreaming by Chiwa

In Autumn,  
pods incubate and nestle  
closely their rows and sentences of seeds.  
Forming to their shapes - small boats, or lamps or coins  
full of the family treasures.  
Pumping nutrient from soil and sun through root and leaf  
to nurture and fill the larder for winter sleep.

Starting the tales of the old ones, that they would remember their lineage and dream.

Wind shakes loose them  
from their parent plant, now dry and shriveling,  
and they pop into the soil below,  
stick to passing fur freight,  
or maybe slide into pockets of tender human giants.

In their star canopied beds,  
they cozy up to slumber and dream of bees.

Blankets of leaves and soil and snow  
knit together by mycelia, and micro-organisms  
surround them with bedtime story codes.

They dream the sequence; they tumble and turn the locks,  
and in spring pulled by tinkling bird song music boxes,  
as the soft light grows long and warm,  
they poke a tendril foot in a slow yoga stretch  
deep into the Earth Mother, and a toe up toward Sky Father,  
who greet this emergent babe in cloud decorated nurseries.

This IS the going within time, and here in western North Carolina things will be starting to pop before we know it. Now in the yearly cycle is the time to be dreaming up a garden plan, and to learn how to implement growing some of your own food. Whether you have a container garden on a deck, or an acre of land, the basics are the same. Observation of frost areas (early and late); amount of sunlight; thermal mass areas (masonry wall); protected spots facing south or west; what about wind? Starting with what you observe, you can then add good amended soil (next newsletter), and some seeds or plants you love. In the plan also consider a season extender (hoop house, row covers, cold frame) Does this already have you visualizing what you could do?

This time of year I love to sit by the fire and look over catalog pictures and salivate and get giddy over new varieties. You want Open Pollinated, Heritage seeds and plants. No GMO's (ecological and economic concerns), and minimal Hybrids (they don't reproduce true, so you can't save seeds). Organic and Biodynamic seeds are the best, and seeds and plants given to you from family and friends who garden and

save seeds are the Best of the Best. These seeds come with a story (and we know that anything with a story is more interesting.). For instance, the black and white speckled Jacobs cattle bean that a friend had in Washington State; the sweet one hundred tomato seeds from an elderly neighbor (Dot's favorite cherry tomato); the peony roots from mymom's garden in Western New York State; snitched hollyhock seeds from alleyways in Denver, all now reminding me of a place, an event, a person. One of our current favorites is a lovely fig that grows behind the house. A generous acquaintance let us take a cutting from his fig that he brought over with him from his village in Greece.

In older times, the heritage of your family was stitched with seeds. People traded for seeds, for slips, for roots. Seeds were your wealth: the possible survival of your family depended on these heirlooms. They were handed down, hidden in hems, carried over mountains, sung to, honored, placed on altars, revivified on church mounds, sacred sites, and cooked as regional delicacies.

Seeds are now kept in frozen vaults so that we don't lose this diverse heritage. The grassroots action is to grow them, pass them out to friends, eat them, save some, describe them like fine wines: creamy, satisfying at the finish, good pot liquor, bright, wonderful for thick rich sauces, put them back in the soil, let their leaves wave in the wind, let the bees visit and caress them. Grow them out, save the unusual ones as well, let them cross pollinate – that puts a little of the "wild" back into things.

This is a good thing. Instead of a narrow gene pool selected for the tightest parameter, a new wild child might be brought into the world to diversify again carrying Grandfathers red hair, or high cheekbones, or infectious laugh, in a seed.

Our late friend Frank Cook was known for his statement, "Eat something wild everyday" . What is growing around you that hasn't been planted? that is WILD?: dandelion, purslane, nettle, lambs quarters. These will self sow, and feed you as well. Get to know one or two this year – put them in salads, steam them up – include them in your family of plants. A gypsy caravan of stinging nettles moved in next to our compost. We harvested it all summer by cutting it back before seeding and steaming it. A dense wealth of delicious minerals in a meal. They need no tending.

Now is the time to dream of what you would like to envision in your place. Make it diverse: old favorites are good, then try something unusual. We have a banana tree behind our house. Bananas don't have a long enough season here to fruit (yet), but the leaves make the wrappings for steamed fish or tamales, and the yucca next to it provides ties, and it is a crazy beautiful delight, waving in the wind outside our window. Grow the things that will make your heart sing. Start with where you are – one container, one raised bed, the world. Have fun.

#### Some favorite seed sources:

Bakers Creek Catalog - <http://rareseeds.com/>  
Seed Savers Exchange - [www.seedsavers.org /](http://www.seedsavers.org/)  
Sow True Seeds (LOCAL Varieties) [www.sowtrueseeds.com/](http://www.sowtrueseeds.com/)  
Pine Tree Garden Seeds- <https://www.superseeds.com/>

My two MOST favorite books of the year:

1. The Unlikely Peace at Cuchumaquic: The Parallel Lives of People as Plants: Keeping the Seeds Alive by Martine Prechtel
2. The Seed Underground by Janisse Ray

"You were once wild here. Don't let them tame you." - Isadora Duncan

Chiwa is a member and former Vice President of Appalachian Chapter. She lives in Asheville.

## *Accessing Your Intuition*

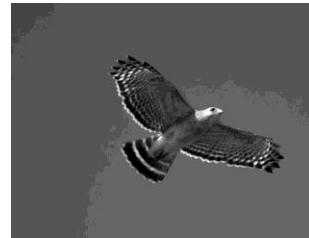
*This is the fifth topic in a series about how to access your intuition. This series will outline various ways to get in touch with your inner knowledge, to receive the messages that want to come through to you. This issue's article is intended as a general introduction to the concept of animal spirit guides.*

### **Animal Spirit Guides**

By Steven Farmer ([care2.com/greenliving](http://care2.com/greenliving))

#### **What Are Power Animals?**

Power animals are spirit guides in animal form, valuable allies who can help you navigate through life's challenges and transitions. Perceptive and trustworthy oracles, you can turn to them for advice and counsel on any questions or concerns. They're exceptional teachers who'll help you learn about both the spirit world and the natural world. Working with them on a regular basis will enhance your personal life and expand your spiritual capacities immensely.



Power animals can appear in meditations, visions, dreams, shamanic journeys, or on the earth in their physical form. They can be mammals, birds, or reptiles. Even so-called mythical animals such as unicorns or dragons can be power animals, although they have no physical representations in the material world. Since a spirit animal's power is drawn from their instinctual and wild nature, it's uncommon for purely domesticated animals such as pets to be power animals.

The source of power for your animal spirit guide is not just a single animal, but the entire species. For instance, if your power animal is Bear, it's not any particular bear, but an animal spirit guide that's representative of the entire species of bears.

Another positive effect of working with your power animal is that you'll develop a greater appreciation for that species, and likely extend that care and respect to the entire animal kingdom. If Dolphin is your power animal, for example, your love and appreciation will likely go out to all creatures of the sea and naturally expand to include those of the land and the air. Your power animal will also teach you to use this power compassionately and in service, to heal and empower yourself and others.

#### **Spirit Guides and Power Animals**

Animal spirit guides, familiar to indigenous and shamanic cultures, are called either power animals or totem animals. Typically these terms are used interchangeably, although there are some subtle differences in meaning. Totem animal is the more widely used term, and this concept is universal to all cultures. Indigenous cultures typically have a tribal totem, another one for the "clan," and another for the family you were born into.

Power animals, rather than being associated with a family or a group, are specific and personal for each individual. Like totem animals, they are guardian spirits that empower us in our everyday lives. They also protect and guide us as we explore non-ordinary reality--the realm where spirits reside, just across the veil of our usual and ordinary perceptions.

### **Connecting to your power animal (*compiled from various sources*)**

Our animal guides choose us, we do not choose them. And you don't need to know what your power species is or are, to receive their benefit. But you can probably find out who they are if you wish to. Pay attention to the various animals that appear in your life, in any form. Watch for any animals that regularly appear in dreams or meditation. You can go into a quiet, meditative condition and ask your power animal to reveal itself to you. It may appear right away, or some time later in an obvious way. Animal guides may belong to any of the animal realms, including birds, mammals, insects, reptiles and sea creatures. If you do identify your animal species, listen to it. There are qualities in that animal that you may need in your life. Each animal species has its own lessons and medicinal aspects, and there are numerous books, card sets, and websites that can help with discerning what those aspects are.

### **Labyrinth of Divine God and Goddess Celebration**

*[reprinted from the Crystal Visions newsletter]*

Saturday, February 2 at Crystal Visions

You are invited to join us in enlivening our Labyrinth of Divine God and Goddess. On this auspicious day, we will open our celebration at 9:00 am, as we light a sacred fire and call in the directions, our guides and ancestors. We will hold sacred space throughout the day for you to walk the labyrinth and leave your prayers in the cauldron at the center. We ask that your prayers be for the highest good of all living beings.

Our celebration will close at 5:45 pm with a ceremonial placing of the seed crystal and burning of our prayers. We will then share the blessed energies and a pot-luck supper.

Our unseen brothers and sisters have asked for the Labyrinth of Divine God and Goddess to be placed at Crystal Visions to assist us in the anchoring and balancing of Divine feminine and masculine energies. They also asked that we bury the Winter Solstice Healing Grid within the labyrinth. The sacred geometry of the Grid represents an invitation to step off the wheel of karma and move onto the spiral of co-creation.

Thank you, again, to Donna Askew and Sam Richardson, for our amazing Labyrinth!



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

# *The Wellspring*

Appalachian Dowsers

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