

Fountain International Magazine Winter 1990 & March 91

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Meditation For Unconditional Love

And Development Of The New Hear Chakra

Michael Trim

Imagine all the world

And imagine one person

One person from the whole of Humanity

And this one person is Light

Pure Light, Pure Love

Imagine the Light spreading

Slowly to another and another person

Until all the whole of Humanity is light

And there is Love, Unconditional Love

For all.

Imagine this Love rising  
All the people killed in wars  
Wars in which lives were wasted  
For materialistic power.  
And imagine all these people  
Joining together and all their light  
All their love joining until it is one.  
One Light, One Love  
And they are one, one Being, One Giant-  
Unconditional Light and Love  
And this Love spreads  
It flows into the Plant Kingdom  
Filling collective plant souls  
With Love, Light. So much Love and Light  
All this Love flows into the Animal Kingdom  
To each animal soul  
So that each animal is filled  
Filled with Light, Light and Love  
And all come together  
Animal, Plant and Humanity  
Three of Natures Kingdoms  
Now filled with Love and Light  
So that they become one  
One Light, One Love, One Giant-  
Unconditional Love and Light  
And all flows deep

Joining again with the Light  
Love and Light from the Angelic Realms  
And Beyond  
And all flow Deep Deep Deep  
Into the Earth  
And when right inside the Earth  
It joins with the Mineral Kingdom

And deep swelling in the bowels of the Earth  
Growing brighter and brighter  
Growing more Light, more Love  
Until this immense Light and Love power  
Explodes from the Earth and into the Cosmos  
And the Light and Love  
Covers the whole complete Universe  
Filling every corner, every hole  
Until it joins with the one Light  
The Christ Light.  
Until the Light, the Love  
The immense Christ Energy Light  
That covers the whole Universe  
Begins to change.  
The change is subtle and small  
Blue Light the size of a pinhead appears  
And in the centre of the Love  
The blue light grows and grows  
Until the love-light no more is the same  
It is more intense and the Love is greater  
And in the heart of every being  
Every animal – every plant –  
Every human – every mineral  
And in the Christ  
The NEW BLUE HEART CHAKRA grows  
It grows bigger  
And marks the New Age.  
The New Age of Love  
And the one, the only One is unique

Close Down

## Conference 1990

ASTROLOGY. Ysanne Lewis gave a wonderful talk about the planets, their names and their qualities. Telling us astrology is a plan of our psyche. A birth chart is a blueprint of your own psyche, a map of your life. If we hand over authority for our lives to others, we lose our own individual rhythm – we must discover our own – if we don't live our own rhythm, we pay the price with problems. We are all getting closer to our own godliness, we have to make our own signposts and to recognise times of death and re-birth.

We need to experience and feel at the heart level – the heart is our link with the Planet. Our task is opening up the heart level of the Planet. We are One.

Michael Poynder gave a talk with the use of his remarkable collection of slides, giving a large view of landscape temples, their use and purposes with many stops for diagrams and additional information, eg did you know that an altar can alter energy? A fascinating interpretation of a spiral:

S – The loops of male and female energies.

PI – Mathematical symbol.

RA – The Sun God – source of power and energy.

LL – (Allowing for artistic licence) the Roman symbol for 50, therefore 50/50 being perfect balance.

Janet Tinton gave many people a completely new view of the Network. She feels that the Network began in 1983 on a completely different vibration from that which caused the individual groups to start as from 1981. She described the Network as being a body in itself, having been inspired from a spiritual impulse, which was then built on the mental plane. It was presently clothed in personality as part of its intended growth and has now grown to have a very powerful working ability. Drawing on the analogy between a personal body and a collective body, she said the development was the same process. When the collective personality of the Network merges with the original spiritual impulse then the heart centre of the Network comes into full functioning power.

## A Message from Hassim to the Fountain Group

To the Members

The aspect of the mineral kingdom has been explained, but it has not really been taken onboard. The energy generated at the moment maybe only about 20% of the potential energy you could be generating. The other 80% can only come about with a shift in your awareness. There are two ways to capture the other 80%. One way is through the mineral kingdom. We have given you in the past various exercises to use when attempting to empower your hara, or focal point. One of them is by incorporating the mineral energy, by directing one's thoughts down into the ground, then beaming them through the mineral energy towards the hara. That is the way in which one will re-emphasize the power. Because you are sending energy down into the ground, somehow the frequency is changed, and simultaneously directed at the focal point, and when it reaches the focal point, it will inevitably burst forwards, rather like a fountain. It will burst out into the atmosphere, and that is the point at which the human energy can interact with it. So, the human energy will have been sent and directed on the surface – all human ley lines tend to be laid on the surface – at the same time it will interact with the mineral energy, as it bursts out at that point. You then have a live fountain, a fountain of energy.

The second way is through the air, the system of light and prana. This has been only vaguely referred to in the past. The light is the expression in one form, and the prana is the expression in another form. The light is the fundamental energy, and the prana is the fundamental life force. Together they create

the tremendously powerful light energy. It is this light energy which you are focusing. So here you have a tripartite system.

The first part is the human energy, human thought patterns which are laid down by the well accepted system of human concentration. Second you have the interaction with the mineral kingdom; when the mineral kingdom is stimulated it creates a spontaneous burst of energy at the focal point. Then third you have the light energy and prana energy, combining with an outpouring of the mineral and the human energies to create the ultimate power and energy force.

You now begin to understand that what you have been dealing with up to now has been merely the human energy. It is just a fraction of the total. The other 80% can be enhanced, focussed and stimulated by the human aspect. The human aspect needs to draw, to focus on the approach to the mineral kingdom, and simultaneously it needs to coalesce the prana and the light energy, which is part of the atmospheric energy, the two together somehow create this incandescence of the true fountain, like a firework display, a blaze of energy. This energy is not only operating on one plane, it operates throughout the human kingdom, the mineral kingdom, animal and vegetable kingdoms. In addition, it operates in the entire atmospheric life cycle.

It is these subtle areas, which are the outer atmosphere, the inner atmosphere, the light energy, the prana energy or life force, all of those aspects, those extra dimensions, which until now have only been loosely referred to. It is only when you get all of these living aspects, that the entire network really starts to hum, and contribute at all levels. You have then created a totally three-dimensional network. Up till now you have simply had a single dimension, this flat network created by humans on the surface of the earth. But once you have contacted these other aspects, you have a multi-dimensional thing, which goes deep into the earth and high up into the atmosphere. That way you have created a true network, and this network then can be empowered. It completes the interconnection; all the connecting points are made. That in itself creates a completeness and a protection, and a system of energising the world, the entire spectrum of this world, during the transitional stages that we are about to face.

End of Message.

## The Miracles of the Four Kingdoms

### Marjorie Hervey

Humanity is designated as “The Fourth Kingdom in Nature”, the first three being the mineral, vegetable, and animal kingdoms. Our kingdom was given stewardship to care for the natural world – the three sub-human kingdoms – and for many centuries we did so. We tilled the land and replenished it and lived in harmony with Nature. And Nature rewarded mankind according to the care bestowed on her; she maintained a balance between all life and gave us everything we needed to survive.

However, it is now becoming clear that we have, for many years failed in our care of our planet. Through ignorance and – it has to be admitted – greed, and through our arrogance in assuming that we can do better than Nature, we have been slowly but ever increasingly polluting the earth and the seas and are endangering the balance of Nature on which all life depends.

Fortunately, the warnings of environmentalists over many years are now being heeded and we have to accept the challenge to draw back in time, and so arrange our activities that the Planet Earth may once more be clean and pure place on which to live. The experience we must go through to rescue our planet should leave us with a greater sense of responsibility towards the mineral, vegetable and animal worlds, and the intention to work more in harmony with Nature. So, it is well that we consider what exactly is the true purpose of the three sub-human Kingdoms of Nature in relation to the fourth – mankind – and to trace our evolutionary paths, for we are all interconnected and dependant on each other.

To trace this upward movement, we have to recognise the miracle of life itself. It is generally assumed that the mineral kingdom is dead, inert, inorganic matter. But history cannot inform us of the evolution of the mineral kingdom, because of the infinitely slow speed on which it takes place.

Minerals are not inactive. Consider the element, carbon. Ahead is a long, long evolutionary path, lasting millions of years. It is changed by water, by heat, by friction, until at last it becomes – miracles of miracles – a diamond. And we read this mind-boggling comment:

*“If you could really understand the history of a crystal, you would enter into the glory of God.”*

Indeed, the world is full of miracles. Consider more closely the history of gems – and their purpose. Deep down below the surface of the earth, they are gradually transmuted over aeons of time, into gold, silver, amethyst, emeralds, rubies, sapphires, diamonds – all with the potential to vibrate with colour and dazzling brilliance, yet in total darkness, in a region unknown to the sun. In that dark world there can be no response to their beauty until some circumstances of chance brings them to the surface of the Earth. They then burst forth into the sun’s radiance with a response of light to light, and colour to colour in alchemical and symmetrical perfection. It seems almost as if the base elements have a consciousness of their final destiny – in the light above.

Is there not an analogy here? Do we not make a similar journey from undeveloped to spiritual man? From the blind, materialistic seeking only of worldly things, money, power, or just a comfortable lifestyle, along the often-wayward seeming, yet slowly climbing track, upwards out of the fog of everyday thinking and living, towards the spiritual brilliance of the esoteric mountain peaks? Like the gems, we have the potential to forsake the dim images of Plato’s cave, to turn around and emerge into the Light of Truth and know that what hitherto we took for Reality, was but a shadow.

But even though we note the marvellous evolutionary process of nature, have we really got the message? Are all these precious gems of the mineral world, simply for our use as personal adornment? Is that really the only purpose of the long road that they have travelled in their millions of years of development? Not so. It is now widely known that gems have the power of healing also locked up within their forms. The Creator never does things by halves.

It is the same for the vegetable kingdom. From the simplest algae that lived on the earth millions of years ago, evolution has produced the wealth of variety in the vegetable and plant kingdom which we enjoy today.

Like the inbuilt potential in the gem and the human being, we have to recognise that there is indeed a form of consciousness in cells, whether in minerals, plants, animals or humans. When a seed is planted in the earth, the cells of the plant have a miraculous ability to form into roots, leaves, flowers – whatever part they are destined to play in the whole organism of which each is a minute fragment. And the whole plant grows up towards the light. The flower turns towards the sun. It is conscious of Light and has the instinct to seek it.

Today there are myriads of plants wild and cultivated, each flower species with its own individual colour and fragrance, to grace our homes and gardens. And that in itself is therapeutic to the jaded human spirit, over-burdened with the stress of life in what we call modern civilisation.

But here again, it is only half of the story. Now we are rediscovering what our forbears knew – that within the humblest weed which we thoughtlessly uproot and throw onto the compost heap or the bonfire, is the power to heal the human body. Thousands upon thousands of plants are healers, when used with the techniques of Herbalism and Homeopathy, and this is surely not a matter of chance, but part of a plan of the Creator.

In animals and humans, the cells have far more complicated structures to build than precious gems and plants. Some combine to make bone, others muscle, skin, heart, lungs, bold, and the wonderful computer we call the brain. A miracle indeed.

In the animal kingdom, we can trace evolution from the simplest sea creatures up to the magnificent and intelligent whales and dolphins, from reptiles to birds and from the smallest mammals on land

which roamed the earth millions of years ago, up to all wild animals and the domesticated horses, cattle, sheep, pigs, cat and dogs we know today.

Sadly, in recent years we have not followed the Great Plan in our treatment of plants and animals. Apart from the damage done to our rivers, seas, the earth itself, and even the ozone layer, we should take note that there is hardly an animal in the wild which does not fear man, and that our treatment of our domestic animals is frequently cruel and uncaring.

I think Nature will not, in the long run, forgive us for intensive farming practices which depersonalise and degrade animals to the status of merchandised units. Diseases are beginning to emerge as a result of these systems, and this may hopefully, hasten the time when they will be banned. Our methods of feeding our farm animals, and indeed ourselves, is now in question.

If we had understood earlier how to close our links with the sub-human kingdoms, we would have realised that these methods are not sustainable, that man cannot improve on Nature, and to think he can is the road to disaster. The pointers are that we must work with Nature. If we do not, we shall in the end bring repercussions on ourselves.

Horses, dogs and cats, which share so many emotions with man – such as fear, love, devotion, loyalty – are often more fortunate. But even these may suffer cruelty and be deprived of normal life if they find themselves in an uncaring home. Yet by showing responsibility and compassion towards animals, particularly those who share our lives, we can bring out their natural intelligence and help them to climb their own evolutionary ladders, while at the same time enriching our own understanding of their needs. For our domestic pets do, in so many ways mirror the best in ourselves.

In the New Age and in our approach to the next century, we are becoming even more aware of our higher consciousness where we can link with our own souls. From that point we can realise our unity. Not only with the sub-human kingdoms, but with all humanity. At that place all barriers of race, creed, colour and religion break down in the realisation that each individual human being is a tiny part of humanity, in the same way that every cell of our bodies is a minute part of us – both equally important.

Man stands, it is said halfway between the microcosm and the macrocosm – between the atom and the Universe. Below us lie the basic elements, the mineral world and the long evolution to vegetable and plant, to animal, to mankind. While above us there is our own solar system, the sun, the moon and the planets under whose influence our lives are set, and the milky way, our galaxy and beyond that the great universe of galaxies stretching into infinity, billions of light years away.

Esoterically our feet are set on the upward path of spiritual evolution. Yet we must never forget the debt we owe to the source from which we came. We must not deny our origins, the route which we too have taken. Long ago, nor neglect our responsibilities to the first three kingdoms of nature on which we depend for our lives here on earth.

## The Cosmic Blessing

By Eric Gladwin

Sometimes in the bright sunshine you may cry

For all pent-up love and beauty unexpressed

For all rebuffs to the gift of tenderness

For all contrived distortion targeting fresh greed

For all help denied the flesh and mind.

But then the Gold, the Cosmic Christ pours in

Through that bright blaze that we have named our “Sun”:

A flaming furnace – fragment of the whole

Yet one free – giving Earth all light and heat.

Furnace...

Ignoring this, our measured “Time”

With Blessing that may impinge upon the brain.

So, if there be prayer, then it must be: -

That one may sense that Response yet again...

Of limitless Love.

If the Earth were only a few feet in diameter, floating a few feet above a field somewhere, people would come from everywhere to marvel at it. People would walk around it, marvelling, at its big pools of water, its little ponds and the water flowing between the pools. People would marvel at the bumps on it, and the holes in it, and they would marvel at the very thin layer of gas surrounding it and the water suspended in the gas. The people would marvel at all the creatures walking around the surface of the ball, and at the creatures in the water. The people would declare it as sacred because it was the only one, and they would protect it so that it would not be hurt. The ball would be the greatest wonder known, and people would come to pray at it, to be healed, to gain knowledge, to know beauty and to wonder how it could be. People would love it and defend it with their lives because they somehow know that their lives, their own roundness, could be nothing without it. If the Earth were only a few feet in diameter.

Anon

## Become your own power point

Chris Street

One of the reasons we introduced a guided meditation into our monthly meetings was because one or two people admitted that they weren't very experienced meditators and were likely to “drift off” during a silent meditation. We felt that a guided meditation would help to avoid this but would also concentrate the energy of the group to a single purpose, enabling it to be channelled far more effectively. Individual Fountain members might like to try the following meditational exercise when they're working alone.

Take off your shoes and sit comfortably upright in a chair. Breathe deeply and slowly, timing your breath by a leisurely count of four for each inhalation and exhalation. After perhaps ten or so breaths, or when you feel ready, focus your attention on the soles of your feet and feel the energy of the Earth beneath you. Think of the molten core at the centre of the planet, still white hot, like an inner sun. This is the inner source of the Earth's energy. Link to it mentally and as you breath in, begin to breath the warmth and energy up into your body. When you feel suitably re-vitalised by this, breathe the energy from your feet right up to your crown (as you count to Four) and refocus your attention there.

Above your head visualise a golden chalice into which a vertical column of light descends, spilling over the chalice's sides like a fountain, to bathe and envelope your whole body in its healing light. Enjoy a light shower and allow the energies to cleanse you, washing away your problems, worries, physical ailments, etc until every cell feels totally rejuvenated and you radiate light like a dynamic being of pure energy.



Then from your heart, radiate that light to your surrounding area. Visualise the energy spreading out to your focal point. See the focal point radiating the same energy and visualise its source as a vertical column of light above the point. Feel your energy field merge with that of your focal point, creating a stronger, more potent force field. Visualise the light spreading even further, all over London, linking to more and more columns of light which are all the other Fountain members and their focal points. Imagine the energy uplifting the spirits of everyone it encounters, in their homes, in the streets, in tubes, buses, cars and trains. Visualise them feeling better, warmer, friendlier. Imagine the power of peace, light, life, love and joy entering the hearts, minds, and souls of the entire community. If you want to, carry on the process to link with other towns, countries, etc, until the light and energy has enveloped the entire planet.

When you feel ready, allow your consciousness to return and focus on your body. Turn off the column of light above your crown and breathe and final burst of energy down to your feet on an in breath. Then as your breath out, see it spread out to heal the Earth. This time don't go with it. Stay focused on your feet and concentrate on feeling grounded and back to normal.

### The Rules for Being Human

When you were born, you didn't come with an owner's manual, you have had to learn the rules the hard way. These rules are intended to help make your life easier.

- 1) You will receive a body. You may like it or hate it but it will be yours for the entire period this time around. It is the only thing you really own or are guaranteed to keep for the whole of your life.
- 2) You will learn lessons. You are enrolled in a full-time informal school called life on planet Earth. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them stupid or irrelevant.
- 3) There are no mistakes, only lessons. Growth is a process of experimentation, trial and error. The so-called failed experiments are as much a part of the process as the experiment that ultimately "works."
- 4) A lesson is repeated until learned. It will be presented to you in various forms until you have learned it..., you can then go to the next lesson. If you don't learn easy lessons, they become harder. You will know you've learned a lesson when your actions change.
- 5) Learning lessons does not end. There is no part of life that does not contain it's lessons. Every person, every incident is the universal teacher. If you are alive, there are lessons to be learned.
- 6) "There" is no better than "here". Nothing leads to happiness. When your "there" has become a "here" you will simply obtain another "there" that again looks better than "here".
- 7) Others are merely mirrors. You cannot love or hate something about another person unless it reflects to you something you love or hate in yourself.
- 8) What you create of your life is up to you. You have all the tools and resources you need, what you do with them is up to you. There are three kinds of people: those who make things happen, those who watch what happens, and those that wondered what happened. Take charge of your life or someone else will.
- 9) Your answers lie inside you. All you need to do is to look, listen and trust.
- 10) You will tend to forget all this.

### The Wearing Of Crystals

Anne Adams

#### Colours and types of stones

Crystals are beautiful and many of us are very attracted to them. One of the easiest ways to use crystals is as jewellery and here are a few ideas you can consider to that end.

Quartz crystal is made of silica, a six-sided crystalline substance which is both of the most abundant solid constituent of our planet and one of the things most lacking in the human body of this time. We also see it in Homeopathic remedies and tissue salts. Crystal is a resonating substance which has the ability to transform, amplify and focus energy precisely. Industry has been aware of its properties for quite a while now, particularly in this century using it for various forms of amplification and transmission of invisible energies such as radio and light (lasers.) The old philosophies have been aware of these properties for even longer!

For spiritual work it is most advisable to dedicate the crystal, as they have no conscience and will work for anyone, any power, both light and dark! If we dedicate them to being used only for the purpose of Unconditional Love and the Universal Plan, we can make sure they (and we) don't get hurt or misused. This applies just as much to jewellery as to other larger crystals.

It is very important to take care when using stones. For instance, if we are advising people who have a heart condition or any other serious illness. If someone with high blood pressure is wearing clear quartz or ruby, garnet, Citrine and such like, over the heart area they may have a lot of heart problems! These stones will activate the chakra, and this is probably not what is required. You would probably wish to choose stones which would have more of a calming effect such as blue lace agate, small amethyst cluster, or rose quartz which is often ideal in these circumstances.

The following is a very brief list of the basic colours and stones which you can start with.

RED – This is the colour of power, vital energy, blood. This colour activates and energises, it helps to ground or earth people. It inspires the Will, the use of Power, strength, freedom, determination, honour, activity. Polarity colour – Blue/Green.

Ruby, garnet, jasper, cornelian, bloodstone (this combines red and green.)

PINK – The colour of Unconditional Love, peace, openness. Use this colour as a rescue in any circumstances. Polarity colour – Turquoise.

Rose Quartz.

BLUE – This is the colour of Love/Wisdom. It will calm and soothe and appease inflamed conditions. It inspires gentleness, trust, compassion, patience, contemplation. Polarity colour – Red and Orange.

Agate

YELLOW/GOLD

The colour of active intelligence. It will help any activity which needs the mind to be alert. Inspires joy, expression, ability, organisation, attention to detail. Polarity colour – Violet, purple, lilac.

Yellow emerald, topaz, some light citrine, yellow tiger's eye, iron pyrite (fools gold.)

GREEN – This colour combines the qualities of Yellow and Blue plus Symphony, enthusiasm, expansion, growth. Useful when we need space, physical, emotional or mental. Polarity colour – Red, Pink Orange.

Emerald, jade, bloodstone, turquoise, aventurine, aquamarine.

ORANGE – Qualities of red and yellow plus intellect, inventive, illumination. Polarity colour blue.

Citrine, some light cornelian.

INDIGO - Devotion, mercy, responsibility, loyalty, idealism, wisdom, grace. Polarity colour – Deep red, crimson, gold.

Lapis lazuli, snowflake obsidian, blue tigers eye.

VIOLET/PURPLE – The qualities of red and blue plus Synthesis, Ceremonial Magic, Ritual. Gives a sense of aspiration, unity, balance, world service, humanitarian ideals. Polarity colour – gold.

Amethyst.

You can use the polarity colour to work on the negative qualities of any of these colours. The stones which have these colours will greatly help the work by focussing and simplifying the power.

### RINGS

Rings are circles. Symbols of unity and oneness. Worn on the third finger of the hand, they are linked to a nerve which is believed to run directly to the heart. Hence betrothal and wedding rings being worn on this finger are believed to activate the heart chakra towards love and unity of the people between whom the ring(s) are given.

Another good way of seeing what rings affect is to look at the Reflexology maps of the body. Follow where the meridians go from each finger and see what organs it affects. If you are an acupuncturist or know Chinese meridians you can also consider how rings will work in relation to these.

### NECKLACES, BRACELETS AND ANKLETS

These are basically big rings which go around the neck, wrist, arms and ankles. Again, see which meridians and organs are affected. It's worth thinking about whether you wear it on right or left. The right is the active, outgoing, positive, projective or "sword side" of the body. It symbolises the conscious part of the mind, the masculine or animus part of the personality. The left is the passive, receptive, negative "cup" side of the body, it symbolises the subconscious part of the mind, the feminine or anima part of the personality. Wearing stones which harmonise, activate or clam that part of the personality can be a very useful technique.

### PENDANTS

Pendants hang around the throat, heart and even the solar plexus region if the chain is long enough. Indeed, I suppose the chain could be long enough to go down to the base if required.

Pendants are often single crystals, either single or double terminated. These shapes are very powerful, focussing, and it is a good idea to remember this when choosing to wear one. Whatever you decide to use the stone for will be empowered very strongly, you could think of it as an order of magnitude over the thought alone. So, make sure you feel happy with that power level at that time, most particularly that it is appropriate to the situation even going to a party wearing a clear quartz crystal pendant will make all your actions that much more effective, so think about what you do.

Additionally, consider what is the nature of the stone you are wearing, is it soft or fiery, pointed in its action or diffuse cleansing, empowering, activating or calming etc. Remember it's going to be lying over one of your chakras for most of the day – do you want it to work all that time.

### EARRINGS

These tend to affect the throat chakra in particular although they can have some influence on the brow. As the throat is the communication centre, both incoming and outgoing, it is worth taking care what you wear here. Some people consider that earrings can offer a "sphere" of protection around the wearer, this can be very useful if you feel you need this, turquoise is particularly useful if you feel that you need this.

### PINS AND BROOCHES

You can use these to put a stone over any particular area of the body you feel needs attention. Think of the same points for colours and positions as you would for other jewellery.

## Paul Solomon

The purpose of a pilgrimage is both micro and macrocosmic. The pilgrim goes to be renewed by contact with a sacred site. But more important... the shrine or sacred centre, as an earth chakra or a power point needs to be continually recharged and energised by the spirit of the pilgrims who journey to it. There is an interaction between the energy fields. From the angels, love from the heart and the Christ streams down in auric lines of energy, beautifully coloured. Pilgrims carry and ground these energies, helping to weave, repair and complete the warp and woof of light and sound vibration, for the holy vestment of energy that this universe should wear. When the pilgrim attunes to the Christ Spirit, the heart expands to receive brilliantly infused energies to be woven into the Akashic records. If the pilgrim is joyous and expectant the colours are beautiful, and the threads firm and tight. The rips and tears are repaired. The connecting threads from centre to centre heal the energy sheath that contains the earth.

## When Fountain Came into Being

### Colin Bloy

When Fountain came into being. It was felt that a creation of a hierarchy was in some way a negative step – for so many organisations with good intentions have found that once they have a committee and officers, the structure itself absorbs much energy that should otherwise be directed to the work.

There was also an element of idealism which said that those who saw that something needed doing, would simply go and do it.

I remember some years ago giving a talk to the New Age University in Elche, near Alicante. When I arrived and asked to see the person in charge, I was told that no one was in charge. “How do you get things done?” I asked, looking at the beautiful gardens. “Well, if anybody complains about anything we look at them until they do something about it themselves,” I was impressed by the answer.

At the same time, the Green Party in Germany has just suffered an electoral setback because none of their MP’s were allowed to stand again under the party’s rules and the electorate had difficulty identifying with the new candidates – and in any event the German Social Democrats have simply hijacked their programme (which the Greens ought to count a success for their endeavours.)

At the same time, I was aware that where pure anarchism had been practised on a serious scale, in pre-Franco Spain, principally in Catalonia, it was quite successful.

But the eternal dilemma always is to structure, or not to structure. A minimal structure is obvious, treasurer, editor, co-ordinator etc, but I am somewhat sad to hear the name “chairman” occurring in discussion, and the notion of “membership”, not to mention the term “constitution.”

I think Fountain is idealist or nothing and what unites everybody is the understanding of the truth of “pure love” in its daily application and that in the long term, Fountain is not an organisation but a way of life.

The idea of membership immediately implies “exclusivity” and a lot of people – indeed a growing number find the concept of membership difficult and certainly no one should ever feel not able to participate in Fountain because they cannot subscribe to it or the magazine.

Thus, we felt at the beginning that what constituted membership of Fountain was simply practising the concept. Thus, the magazine had to be separated from any idea of membership. At the same time, every encouragement should be given to participate by donation.

God help anyone who becomes chairman of Fountain when you work out the implications, and it is very important that the possibility of factions developing be avoided at all costs.

If you want a constitution for Fountain let there, be one article only:

“Practise the truth of Pure Love in all things.”

All of that having been said, there is a case for identifying people who have assumed certain responsibilities and I have a feeling that the Australian Groups have got it about right. They have developed along the core group lines, which need have no notion of quality attached it, but simply availability.

### Dowsing Basic Energies

#### Roger Brown, Adelaide Fountain Newsletter Dec 1990

The basic pathways along which we in Fountain send energies are called ley lines. Energy literally follows thought, so we can think of leys as thought-lines or paths of consciousness. The communities in which we live are criss-crossed by an intricate web of such thought-paths, linking us to other people and kinking the community to various buildings which act as focal points for our activities. Try picking up these lines as you walk around your own house, or a town hall or church or sporting club.

After a while, measured in hours or days, most leys dissipate. Only those pathways which have repeated pulses of energy along them will continue to be maintained. Some of these become established within the community as important interlinking pathways of great strength, and they act as carriers of our Fountain energies. We often create new direct linkages with our group visualisations, and the strength of the leys indicates the amount of healing energy flowing along them.

The leys that constitute the thought-energy web of the community are variously imprinted with all sorts of mental and emotional qualities that reflect the conscious and subconscious thought processes of our society. These qualities are often associated within different frequencies measurable in cycles per second, and which may in turn be perceived as different colours. From this broad spectrum of energy qualities, we in Fountain usually concentrate on a two-fold classification of leys into “positive” and “negative”, as these not only have quite different effects upon personal energy fields but also have a contrasting internal structure.

Positive leys are imprinted with a range of qualities, to which at some level we may be sensitive. They may be generated by groups or individuals and stimulated by all sorts of activities including public events, sporting fixtures, church services. Fountain meditations etc. What we in Fountain try to do is to raise the quality of energy pathways to the levels where they may affect some form of healing influence. What all the positive leys have in common, regardless of their qualities, is an internal structure based upon the number of major chakras available to humanity. There are now 18 of these as a result of which leys in Adelaide were noticed to change to an 18 based structure in April 1989.

This means that the weakest possible ley line can be dowsed as having an internal structure of 18 sub-parallel energy bands. Lines that are a bit stronger have 36 bands, followed by lines with 54, 72, 90 and so on. Strong lines may carry hundreds or thousands of energy bands, but they are still multiples of 18, and so we call this figure the “base factor.”

In a little more than a decade the base factor has changed from 7 to 18, via successive irregular steps, paralleling the raising consciousness of humanity over this time. Interestingly, there has not been global synchronicity of these changes. Observations within the Fountain networks of South Australia and Western Europe show that there have been regional changes to the base factors that presumably reflect variations of regional consciousness. In Europe the base factor remained at 8 between April 87 and to 16 on September 1987.

The base factor for Adelaide’s leys remained at 7 until May 1984, when our Fountain energy field started to spread across the inner city. After a day or two at 9, our base factor went to 11 by May 1984. From February to early April 1985, we joined Europe on 8, but the energies seemingly didn’t suit us,

and we had turbulent times, including the Zoo massacre. After a major input of Fountain energy, we reverted to 11, and a year later went to 14, on 19<sup>th</sup> April 1986. The base factor remained 14 for over a year before changing briefly back to 8 (on August 1987) for a brief and again turbulent period of three weeks. After this, our energies settled down again. We reverted to 11 on 11<sup>th</sup> September 1987 and then went to 12 on October 1987. We joined Europe on 16 May 1988 and our final change so far has been to 18 on 16 April 1989.

Although the changes in base factor have been irregular and there have been some reversions, and although the changes have not been synchronous around the world, it does seem we can assume a link to the number of major chakras and energy bodies available to humanity. Of course, on an individual level, the chakras that are functioning and accessible represent that person's path of progress and awakening.

It is probable that most people still don't have a functioning 8<sup>th</sup> chakra, and only very enlightened people will work with the 18<sup>th</sup> (or higher, as they evolve). The basic 7 chakras relate to the endocrine system, but the others have higher functions eg the 11<sup>th</sup> seems to involve going out of the body and consciously doing work on the astral plane. Beyond this, the higher chakras seem to be the realm of spirit, and we can try to tune into each of them in meditation to find out what they mean,

The devic consciousness of other kingdoms produces ley networks relating to plant, animal and mineral life. The internal structure is different to that of human leys, for example the base factor of plant consciousness ley lines is 4 and an interesting multi-cellular form can be dowsed at nodal point or intersections. Through our Fountain work, we can help to bring healing to these other networks.

Disharmonious or destructive thoughts are sent out along "negative leys". These have a distinctive feel and appearance and so can be easily identified. To a dowser, they have a big gap in the middle with, usually, just a few mirror image energy bands on either side. For example, a typical small black ley may take the form 2/-/2, thus having 4 bands of energy within it instead of the minimum of 18 we would expect to find to find these days in a positive ley. These black lines are easy to trace across the ground, and like the rest of the subtle energy fluxes they reveal so much about what is going on at different levels of our society. One of the commonest beneficial effects of Fountain work is the transmuting of black lines into positive leys "imprinted" with more desirable qualities. This healing effect can be achieved with either relative ease or difficulty, according to the strength and nature of the negativity involved.

There are many other different environmental energy flows and fields that can be distinguished and interpreted by sensitive and discerning dowsers, eg various types of chi pathways, and from which we can build up a fairly complete picture of the qualities of the energies in our midst as they vary over space and time but this article concentrates on the basic energies that have thus far been most relevant to Fountain work – leys, earth energy lines and the Fountain chequerboard.

Telluric or earth energy lines, together with spiralling energy vortices, make up the earth's etheric body. They are electromagnetic flows of variable strength, and which vitalise the landscape to variable degrees. The lines grade into each other but for some years they have been classified into primary, secondary, and tertiary flows. Sometimes they have been loosely compared to the arteries, veins, and capillaries of the human body.

Earth energy lines in South Australia vary from a few centimetres wide to about one kilometre. They have an internal structure in that they may be subdivided into energised "telluric zones", which are usually a few metres in width and separated by natural zones. The number of telluric zones in a line gives one of several simplified measures of the strength of the line. For example, a small line may be half a metre wide and comprise just one telluric zone. In contrast, the main energy line through South Australia was measured on 23 May 1986 just northwest Nuriootpa as 820 metres wide and made up of 140 telluric zones. The number of zones vary over time with the flux of energies. Primary flows may merge together, secondary flows may lead off from or link into primary flows, and tertiary flows lead off from secondaries. Dowsing studies from 1985, onwards have shown that these interconnections take place through the transfer of telluric zones to or from an energy line. Lines may join together just as tributaries can join a main river, and lines may split just as a river may form tributaries.

The river analogy is a good one as earth energy lines gently meander across the country and do not conform to the long straight lines so beloved of non-dowsing researchers, who plot such courses on topographic maps. Many primary earth flows consist of two separate lines, one with “male” energy and the other with “female” energy, which intercept at certain nodal points along the general pathway. The only detailed published study of such a situation has been carried out by two Fountain workers from Cornwall, Hamish Miller, and Paul Broadhurst, who dowsed the full length of the main St Michael Line across southern England together with the complementary Mary Line that is interwoven with it.

Disharmonious earth energy flows are indicated by various features, including internal imbalance of the telluric zones and the presence of negative rather than positive overground leys associated with these zones. Disharmony is generally caused by interruptions to the free flow of the energy, eg quarrying, freeways, deliberate human abuse of the energies, and scores of other causes. Harmony has sometimes been restored through the use of physical devices or modifications to the physical landscape, but greater success has increasingly come albeit sometimes temporarily, from using the power of the mind to restore a free-flowing energy pattern. Guided Fountain visualisations have often been used in this way.

When we send energy to our Fountain focal point (which some people prefer to call the Hara), we create there a structured energy field which in two dimensions looks like a multi-coloured but irregular chequerboard. It is upon this energy field that we in Fountain imprint various positive qualities which we trust will in some measure, uplift the attitudes and emotions of the people living within our community. Of course, there are many other influences which affect the quality of the chequerboard energies in any particular location, which is why we all need to take seriously our regular personal commitment to this work.

Adelaide’s energy field started to spread out in May 1984. By mid-January 1985 it had covered the metropolitan area by the middle of 1986 it had covered the State of South Australia. Since then, it has spread eastwards across the Pacific to cover New Caledonia and Vanuatu and by the end of November 1990 it had covered New Zealand as well. The energy field has not grown outwards at an even rate, in that times of instability have been interspersed with periods of spectacular growth. The latest speeds were recorded as the energy field spread westwards across the Gibson and Great Victoria deserts at around 10 kilometres per hour, (which is about 3 metres per second).

Obviously if a Fountain energy field spreads beyond the confines of its own local community, then it takes on some regional or national significance. It will link and interact with other Fountain energy fields. Ultimately it is not the size of the energy fields that is important, but the strength and quality of them. These aspects can be dowsed.

When we dowse the internal structure of the chequerboard, we find that it is made up of a vast number of squares. Because at any given time these squares vary in size from one part of the energy field to another, it is not strictly true to think of them as bounded by continuous north-south and east-west lines. There are other complications too. When seen clairvoyantly, the squares have the third dimension of height, and so they are really rectangles, but for convenience we usually dowse them as two-dimensional squares. The sizes of these squares vary over space as well as time. The squares can be seen as units of energy, and the general rule is that the stronger and more concentrated are the energies then the smaller the squares become. Conversely, weaker energies are more diffuse per unit area, and thus give rise to larger squares in the chequerboard. As a generalisation, the energies are weaker towards the margins of an energy field. Thus, in the Adelaide chequerboard, squares that are in December 1990 just a few centimetres wide in Adelaide itself in contrast with outlying squares of several metres in width in distant parts of the country (which in turn explains why we can expect the Adelaide energy field to be more effective in South Australia than in other States).

The size of the squares has also fluctuated markedly over time. In Adelaide the size of these squares grew from 2 to 200 metres from Mid-March to mid-April 1986 as our energy field expanded rapidly across the State, and this period was then followed by rapid reduction of square sizes as our chequerboard regained strength. Despite minor fluctuations our field essentially remained very strong for the past couple of years. If we graph its strength, we can pick out various peaks associated with the high energy inputs of global meditation days, national Fountain conferences, and so on, and after the

1988 conference we registered squares of just 2 millimetres! At the current time our squares are about 8 centimetres.

However, we also need to be aware that these observations are simplified so that we can comprehend something of the subtle energy fluxes involved. The reality is that our chequerboard energies vary widely in their energy frequencies, measurable in cycles per second, and that each of these energy frequencies relates to a different size of square, and our consciousness perceives these as a graded hierarchical system to help us to a framework of understanding.

Fountain energy fields are measurable in frequencies that span several levels of consciousness, which is logical given the broad spectrum of energy input which comprise the fields. This means that when negativity is deliberately sent at our fountain, by those groups who are so inclined, only the lower energies in our range are ever affected, and the spiritual dimension of the higher energies maintains the chequerboard as a powerful manifestation of unconditional love. As we in Fountain join forces with other Lightworkers around the Globe to produce a positive thought network, so we act to diminish the power of those who draw upon the great bank of negative thoughtforms that has cumulatively been built up around our planet by materialism and its negative attitudes.

The chequerboard is a swirl of energies that we can structure into geometrical forms and try to simplify into colour frequencies. We can think of the colour of a square as representing the dominant human or other energies in it. Alternate squares usually have different colours. Red and orange is a common combination of chequerboard colours in a lively place with lively energies eg popular beach. No attempt will be made here to list other energy qualities associated with other (higher chakra) colours, but we're pleased when we find white and violet around our fountain or meeting room.

Just because an energy field has spread across an area doesn't mean that the whole of that area has good energies. When a Fountain field spreads across a city it covers dozens of areas where there is negativity or disharmony of some sort, and these locations can be dowsed as "negative" areas. Within them they will almost always have a alteration of black and red chequerboard colours. In Fountain work we often speed up the transmuting of these places by directing energy to them from the Fountain. When we do this, we can dowse the rate at which the negative field diminishes over time until a more harmonious energy is created in the place we have been working on. At this juncture we can expect that the radiating black leys will also be transmuted. To quote one example, we were recently asked to bring more harmonious energies to a nursing home for the severely disabled. The negative energy field has since been reduced from 70 to 5 metres. We still have some way to go yet in our work here. A positive ley from our focal point was established on 13 November 1990 at a strength of 90 bands (ie 5 x 18). Prior to our group visualisation it had stabilised at 180 bands but after the surge of energy it was registering 2592 bands (ie 144 x 18). The energy that flows along this line is distributed around the nursing home.

Superimposed upon the chequerboard, we also find dowsable geometrical forms or codons. These change from time to time, and they seem to be giving us coded messages from non-human intelligence. We started with simple circles and crosses but moved to more complicated mandala forms. Sometimes we were roughly in step with patterns reported from England, but for the most part we have gone along our own individual path.

Our aim is to harmonise the energise of our social and physical environment, bringing balance through what we are and what we do. Dowsing is an initiative right-brain activity, analysing the results is its left-brain counterpart.