

March 2020 Newsletter



The changing energetic environment continues onwards at an ever increasing pace. Many of us are feeling it, some are managing to embrace this; others are suffering a bit. The good news is that it will get easier as our bodies become more accustomed to these higher levels of cosmic energy. This month's newsletter gives a suggestion on one of the things we can do to help prepare ourselves more effectively.

This change also seems to be mirrored in the World around us where almost daily we are being bombarded by the media with stories designed to induce more fear and anger within us. We must learn to quickly dismiss emotions by recognising them and swiftly moving to their positive counterparts. It is the media's job to control the masses with misinformation and to suppress mankind in this way.

Fortunately we have an alternative path and this is what my work is all about. We can bring about a wonderful future for everyone by staying positive, embracing change and recognising that we have a unique opportunity to evolve further. A few do not want us to have this future though as they would lose too much. We have to take them with us though and the best way we can do that, is to change ourselves first.

With that said, here are some thoughts going forward into the month of March.

Earth Energy news

I have only met a couple of people who could see energy lines anytime they wanted to. One was a healer from Kerala in India. Several years ago, in my early days of mapping Wiltshire's main energy lines, I took him to the Avebury area where he was able to point to places I had not yet been to. He then told me there were lines there. He was right too as I checked a few weeks later.

I mention this because I had the great pleasure of meeting a lady in California who was also able to see these energy lines. In her case, what was interesting, was that she was able to express how she was able to do this. She came from a long line of Polynesian priests and priestesses where their skills had been handed down over centuries. One of these was in understanding how to navigate across expanses of the Pacific Ocean from Island to Island. I mention more in my social media post 260 but here I would like to add a touch more.

There is a saying that 'Ritual is the servant of intent'. In order to get into the mode of being able to see these energy lines, which she called 'straight lines of vibration', she went into a series of ritual dance movements with specific hand and arm gestures which mirrored what she was visualising and the intent she had put behind them. These movements were repetitive and in the several occasions I witnessed her doing this, they were always done in the same order.

What was happening was a form of conditioning that had been built up over the years. You could call this self-hypnosis even but there is nothing wrong in that, if it leads to something helpful. For example we use self-hypnosis and post hypnotic suggestion last thing at night in order to wake up at an exact early hour in the morning.

In her case it was her ability to bring these lines into her mind's eye so she could see them. It is entirely possible that her visualisations just became real enough to be fully believable but that is OK if you end up with some new skill that is useful – like accurate navigation. In this case she was able to see the lines of energy that I had been dowsing. In the old days, on ocean crossings, it would have been a massively helpful aid to navigation in order to follow a corridor made by a pair of strong energy lines.

We worked together to activate one of the nodes in California, so I knew where the lines were, before she did. She was soon able to tell me the directions as she saw them and she was spot on.

So the moral of this perhaps is that if we want to achieve some new skill when it comes to these energy lines, a ritual of movement, with rhythm, visualisation and intent is good to way to start. Repetition will then slowly bring in what you are seeking.

Two interesting observations I will leave you with. Firstly the rhythm and the beat she used was strong and quick. This was no low energy workout. It was not too dissimilar to the Maori Haka (dance) the New Zealand rugby players do before their rugby matches. Secondly, she kept both her feet on the ground at all times for grounding. A steady vertical movement, or beat, was driven from the legs and knees and I could see that this beat frequency could easily be made to instinctively match the fundamental base frequency of the energy lines by being one of the higher harmonics. Her levels of awareness and intuition here would have helped her move to reach this harmonic resonance.

I go into this in more detail in my higher level dowsing courses when we look at working with the energies.

So we can learn several things from all this. For me it is the importance of developing a ritual with the right visualisation and intent in order to achieve a particular desired outcome when working with these energies. The outcome in this case was navigation but rituals could easily be designed to help us develop other skills – indeed we may well need to develop a specific ritual at sacred sites in order to be successful at helping to evolve the consciousness of mankind.

Science

In the few spare moments I have had, I have slowly been compiling information on breathing techniques that have happened to come my way. There are so many variations across many different cultures, that it makes it hard to find out what is most effective for which particular purpose. I have no answers just yet and if they ever do emerge, I will let you know.

One thing that has popped up, that is relevant to what I want to cover in this section, is something that aids our understanding about fasting.

Free air divers trying to stay underwater as long as possible with one breathe. Most of us have probably tried to hold our breath under water at some time in our lives – just to see how long we can hold it. When CO₂ builds up, it causes involuntary contractions of the diaphragm. These usually start to occur 1/3 to 1/2 of the way through a person's maximum hold time, but these don't signify an actual need to breathe. What Free Air divers learn to do is to ignore what feels like a reflex to breathe – but this takes practice. They can learn to resist the urge to breathe as they know they have enough oxygen to still be able to hold their breath safely for much longer.

What we can learn from this is that the body has an inbuilt, early, protective mechanism that sends a danger signal to our brain to take action. It is not just for breathing though.

It works when we are hungry too. Our brain and its neurotransmitters signal to us that we must eat to survive if we go without a meal. The truth is though that we can actually last for much longer without eating – in just the same way we can actually hold our breath longer.

As we get older, we know we must keep exercising to stay healthy. Recovery times for our muscular skeletal system however also lengthen. Injuries are also easier to come by when we get older and recovery from these takes longer than when we were younger.

If you have read my blueprint for life, you will have heard me mention about the meaning of life being all about growth – physical, mental and spiritual. I have met many people who think they only need two out of these three and often it is the physical they discard as they get older. I think this is the wrong approach and all three are needed.

I try to do aerobic exercise, like running or cycling three times a week for about 30 – 40 mins each time. Muscular injuries sometimes mean doing less than this. Aside from doing this for aerobic reasons to improve my cardiovascular health, I have always thought it would help bring my weight down and keep it down. What has tended to happen though is that my weight fluctuated depending on the amount of exercise I have been able to do and that has in turn depended on any injuries I have had and their related recovery time. The end result was a cycle of slight increase and decrease in weight over some time.

Of course food and drink and overall calorie intake play a part in all this. The reason for mentioning all of this though is that I have always wondered just why several prophecies that relate to our evolution of consciousness, talk about the need to fast.

If you have read my book *Grail Bound*, which details several of these prophecies you will remember the young girl from Medjugorje - Mirjana Dragicevic who had the message from the Virgin Mary to tell us all that "Everyone needs to fast and pray."

What was interesting was that I had mistranslated that in my mind to think that we had to all lose weight and pray and meditate. I had equated fasting with losing weight. This association between the two is of course quite valid but what I am referring to here is an important motivational difference.

The motivation to lose weight is sometimes insufficiently intense enough for most people to be successful. The 'Why' is just not strong enough.

The motivation to fast though could be a much stronger 'Why'

It was now logical to think that if I were to focus on just fasting, my weight would also come down a bit and become steady at an optimum level.

The question in my mind now though was not about that, it was more about why fasting was considered so important in the run up to this evolutionary event that many of us have now begun to recognise is about to happen.

What is it about fasting that is so relevant to this? It seemed that the only way to find out was to fast and see what happens.

I decided to only eat between 7.00pm and 9.00pm – not non-stop of course during that time but not a small meal either. This was not about reducing my daily calorie intake by too much. I still drank coffee in the morning and tea and water throughout the rest of the day. Vitamins and minerals of course were taken throughout the day to allow maximum absorption one at a time. (Taking them all at one time, or using Multivitamins, doesn't work, as some combinations of vitamins and minerals reduce one another's absorption efficiency).

I have done this now for six weeks and a rather nice side effect is that I have lost a stone and a half in weight. I mention a side effect as this was not my main motivation. As I wrote it was to try and find out why fasting was important.

What is interesting was that in the mornings, the body's protection mechanism would kick in, in just the same way it does when beginners hold their breath. But I knew now that this urge would soon pass and that I didn't really need the food until the evening. (I should mention here that this particular regime of fasting may not be right for everyone and eating a meal at a different time of the day may be more suitable for some people. I am also fortunate to not be on any medication. If you are on medication, you may need to check to see what effects fasting will have on you and how best to do it, before you begin.)

If we eat three meals a day and consume 1500 calories in doing so and we then compare that to one meal a day that has a value of 1500 calories, we might expect any weight loss or gain to be the same. This though does not appear to be the case.

When looking at what is happening when you fast, the stomach essentially is not able to provide the body with the energy it needs during the later stages of the fast. The organs in your body still need energy to continue to function.

It seems that the body starts to look elsewhere to get its energy. The first area it will draw energy from is its existing body tissue. Muscles and internal fat will initially provide much of this energy. This is also why the weight loss begins.

So fasting and eating just one meal a day is not the same as not fasting and eating three smaller meals throughout the day.

This though still does not answer the question in regards to why we are being told to fast.

As we continue to fast, and when we are not losing any more weight because our calorie intake and output is the same, the body still looks for energy during the last few hours of the fasting.

It seems that this search for energy then begins to kick in much older bodily mechanisms and functions.

You might have perhaps heard about people who can live without eating for long periods of time. Some people have been called 'Breatharians.' They are said to be able to live just by taking in energy from the air that they breathe. This may not make much sense to Western Scientists and I also know several people who say they are breatharians, but are actually not. (It is rather like some people who say they are on a diet but then who don't count fairy cakes, crisps or puddings). However I have good observations (secondary), from people I trust, who have witnessed the activities of some very holy people over long periods of time. There is absolutely no doubt they are surviving and even looking physically fit and healthy, without eating for several months.

What appears to be happening is that their bodies are taking in energy from elsewhere. Now we know from the new science of quantum gravity, that nothing is solid, it is all energy. Particles like electrons have no solid interior – it's all energy which is now presumed to have come up from a lower sub quantum level. Our bodies therefore too are not solid – that is just an illusion – it is all just energy.

Energy is all around us and we constantly interact with all forms of energy on a conscious and a subconscious level. Is it too much to now accept that this energy interaction can also lead to an energy exchange – especially if we are in the right frame of mind and perhaps even in the right location.

When we meditate in groups on the nodes at harmony time, we know that we bring energy through into this World. It is has even been observed. This is 'unmanifested' energy – energy that has not yet been associated with any matter in this World. In other words it is available energy for us to do what we need it to do. This is perhaps why we find strange properties related to these sacred sites – rejuvenation, nourishment and healing for example - All the Grail properties in fact.

With this in mind, we now have to accept the possibility that our bodies have a mechanism that seeks out this particular energy for the benefit of our physical body.

So fasting now, can possibly help kick in this mechanism. The body starts to look to draw in this spiritual 'unmanifested' energy in order to protect itself and nourish itself.

Maybe this happens when we breathe love in and out at our group meditations and perhaps this is why we are being told to fast and pray. It is all about getting our bodies prepared to accept greater amounts of this 'unmanifested' energy when it comes through during and after our meditations.

We know the cosmic energies are increasing. The waves are getting stronger and they are coming more often. The new energy lines and the energy line widths show us this too. We are also understanding that this is building towards a very large wave of energy. To take full advantage of this, and to be able to fully evolve our consciousness, it seems that we must also prepare our bodies by fasting.

This now to me, is a much better motivation to fast, rather than to just lose weight. If you think so too, why not try it?

Social media news

My next documentary "Rosslyn chapel reveals its greatest secret" is coming out at the end of March so please subscribe to my you tube channel if you have not already done so

<https://www.youtube.com/channel/UCg8jccJr4YzpqkprJfui78A>

When I went to Rosslyn last year, again surrounded by synchronicity, I was not sure what to expect at the chapel. I knew it had many hidden messages and was full of symbols and that any interpretation was going to be difficult. I also knew that it had been put up over 100 years after the Knights Templar order had been disbanded by the pope. I had half expected it to be an amalgamation of many different secrets that had been gathered from all around Europe and the Middle East by the Templars.

I had also done some remote dowsing on the place before I went. This left me particularly unimpressed and the results were seemingly at odds with what other dowsers had said they had found. Dowsing anything though only gives you a snapshot of the energies at that time so I could not go by what others had found as they had dowsed the energy fields some time before I had. They were undoubtedly right but things may have changed since then too. Needless to say though, I was slightly suspicious about the place.

The Da Vinci code movie was also in my mind and it had mentioned a Rose line that went south from Rosslyn chapel down into France. Was this real? Was this an energy line or just fiction? Was it a true meridian even, maybe it was just another energy line heading in a different direction and perhaps importantly what type of energy lines were they? It was something else to find out about.

I also have a cousin who lives in Edinburgh called Roddy Martine. He is a successful writer and he is well known for his book titled 'The Secrets of Rosslyn'. I had of course read it and it is a wonderful account of the history of the place and of the St Clair family and it made for good background reading. However it did not really go into any of the supposed esoteric secrets, but then again, it was book that was not supposed to be about those kinds of secrets.

Having said all that, I was hit with one thing more than anything else when I went into the chapel. I was most fortunate to have been given an hour to go around it and permission to film it before it was open to the public (filming and photography is also not allowed inside). This one aspect of the chapel was its homage to nature. It was everywhere and far more than I had ever suspected.

This changed the emphasis completely and with the freedom to quickly see and go anywhere I wanted as there were no crowds, I began to see more clearly exactly what Sir William St Clair had begun to try and do.

However it was not until a month later, after having studied the footage and photographs that I had taken, did the intuition kick in. A bit more research was need and it all fell into place.

To be honest it was a bit of a shocker and I actually had to hold back all my thoughts from the documentary as it would have been too much for some to take in.

What is of interest is that it seems that Sir William's influence on the design of the place seemed to have taken preference to other influences. Although there seemed to be Templar secrets hidden there by the French masons who built the place, it was not the overriding influence and it is entirely possible that St Clair was only partially influenced by them. His own background and beliefs seemed to take much more of a centre stage.

I will cover some of what I left out in a future newsletter. In the meantime, do please have a look at it and if you like it please share it as much as you can.

Courses, Seminars, Workshops news

Due to several requests, I have looked into the possibility of arranging another tour to South East Spain, Murcia where we will be visiting, amongst other things, the nearby 1st Order node, the ancient Bronze Age city of La Bas Tida and the Santuario at Caravaca de la Cruz where the Templar window can be seen. All is now ready to go for this tour.

One thing I would mention is that the hotel we are staying in used to be a monastery and this has some very special energy lines running through it. The chance to sleep and dream on them is not one to miss.

The dates will be Friday 27th November to Thursday 3rd December and the chance to put a deposit down via my website to secure your place is now possible.

I do have to say that I have two people who have verbally confirmed already and three more who have provisionally asked if they can go on this week. I can only take 8 people unfortunately so it will have to be on a first come first served basis. Full details on the agenda and hotel can be found here <https://roryduff.com/spain-trip/>

My first dowsing course this year starts on Sunday the 5th of April. It is run in the beautiful city of Bath. The next course is not until May so if you want to get a head start on dowsing this year, why don't you join me. There is a discount link at the end of this newsletter too.

I try and run these days with a maximum of six people as this seems to be the optimum size for maximum learning and it also gives us a chance to talk about many other subjects in the breaks. I currently have three people booked so have room for three more.

Book news

A lovely lady called Sigrid, who some of you might know, recently let me know about a wonderful book called Lightstations. It was written by a friend of hers called Maxine Temple.

The reason for wanting to let you know about this book is because of a series of synchronicities that led Sigrid to discover its contents. Having read it she kindly felt that it was something I should be also aware of as she had realised how well it matched the work she knew I was doing on Earth energy lines and their significance in the coming evolution of consciousness.

Maxine Temple wrote this book through a form of channelling. Normally when you read books that have been channelled you have to be careful because some information can get distorted during the communications between the conscious and unconscious minds. The problem here is deciding which information to accept and which to perhaps dismiss.

This book though seems to not suffer from this problem much at all. Indeed there is a ring of truth within it that makes it feel really appropriate reading right now in our preparations towards the coming changes. I won't spoil it for anyone wanting to ready by saying anymore, but I do recommend it to anyone wanting to know more about these energies and the coming changes.

The Lightstations, in case you have not seen the connection already, refer to the Earth energy line nodes.

I appreciate we all have ample reading to still do but this is a short book and is easily available as a download from Amazon for only £2.40

Anyway thanks again for reading this newsletter. Please do let others know about my work if you think it is right and appropriate.

For discounts off Location checks, Seminars and my Dowsing courses, please click here to go to the discount page on my website <https://roryduff.com/discount-payment-page/>