

## “Elementals, my dear Watson”

Gwynn Paulett, March 2019



I recall there was a sense of magic in the air when, as a child, my mother would read us fairy tales which had fairies, giants and pixies as characters. It may have been “Jack and the Bean Stalk”, or “Peter Pan” with Tinker Bell and her fairy friends resident in Neverland befriending Peter. As a teenager, Fairyland reappeared in Shakespeare’s

*Midsummer Night's Dream*. Stories based on beings from ancient folk lore, came to life in our imaginations.

Many years later, here I was being invited by Adrian to explore the magic of these beings by dowsing for their presence, and engaging with them for the benefit of Mother Earth. Adrian asked us to suspend any disbelief and to be open to all possibilities. Norse folklore has their Nisser, whilst in our tradition there are gnomes, dwarfs, pixies, trolls, elves, faeries, imps and goblins. However, over many years, Adrian suggested that many of us have lost touch with the land, as most of us live in towns and cities, resulting in our lost connection with these beings from other realms.

Devon folk who have spent any time on Dartmoor regularly report being "pixied": confused, led astray, and bewildered by these mischievous little people, me being one of them. (It has nothing to do with my navigational skills!)

Adrian went on to discuss the characteristics and qualities of sylphs, will o' the wisps, salamanders, sprites and undines, guardians and tree spirits, and their unique contribution to nature and the health of our planet. As dowsers we have the opportunity to work with them and heal the landscapes, our houses, holy wells, battlefields and anywhere where humans have disrespected the planet. Adrian encouraged us to do so. This reminded me of an occasion I was on a site by a loch in Scotland, where some friends were about to build a house. Through dowsing, I sought the co-operation of whatever elemental was "in charge" which turned out to be a rock spirit. My friends planned to dig out some rock (which they didn't subsequently do), so I requested his co-operation. He agreed, but in return he asked to be honoured monthly with the toast of a wee dram. My friends were delighted to enter this bargain!

Adrian concluded his fascinating talk by suggesting that we engage with the elementals in a respectful and conscious way by using our dowsing imagination, and call on their help to heal, as well as to ask them if we can offer them help in anyway as we all share this beautiful planet.

A big thank you to Adrian for such an engaging talk, and for giving me permission to fall in love with Tinker Bell once again.