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NEWSLETTER

December 2011

**PAIN IS UNAVOIDABLE
SUFFERING IS OPTIONAL**

Dalai Lama

If you don't pick it up, you don't need to drop it.

Gretta

Gratefully we reflect on yet another year of healing work and satisfying events. Thanks to everybody who made this possible. We welcome a new student - apprentice - into our organisation. This is exciting for us all and Gretta Martin will receive thoughtful and inspired teaching from all the healers.

AGM - May 8th 2011

This was held at the Shaftesbury Tavern. One of the items on the agenda was the **HEAL YOURSELF** booklet. We would like to enable far more people to do their own self-healing. The outcome is the booklet enclosed. It would be good to get your feedback and your help in the distribution. Julie organised an interesting talk on Nichiren Buddhism given by Howard Hill who also lead us in learning to chant:

NAM MYOHO RENGE KYO

www.sgi-uk.org

The next AGM is planned for 6th May 2012 and will be held at the Waterloo Centre where we can express our artistic and creative natures. We want to paint together and then have an exhibition of our work. Maybe a fund raising auction?

In September we had a teaching from Hilary Lyons on KA-THA-RA the final Revolution in Holistic Healing. From the personal to the planetary. Everybody liked the meditation and chanting. For more information consult:

www.krystalspiral.com/UK....

We thank Gretta for the gift of a book: **POWER OF NOW** by Eckhardt Tolle, donated to the library.

Our website is now pretty comprehensive and informative.

THANKS TO PETER 

The Power of Pills by Peter

It has always intrigued me when a clinical trial is performed on a new drug and about one in three

of the successes is dismissed as "the placebo effect". In the trial, some volunteers have been given the drug being tested and the same number given "sugar pills" with no active ingredient, but the volunteers don't know which one they have been given. The efficacy of the new drug is assessed relative to the effect of the sugar pill. In both cases the condition of a considerable proportion of the volunteers improves and for the successes who had been given the sugar pills, this is put down to "the placebo effect". I read this and think - well if we could not afford to develop any more drugs, we could always switch to the sugar pills, which seem to get good results and don't have any negative side effects!

The assumption has been that the volunteers are convinced by the doctor issuing the pills that they are going to improve and at some level they believe this and their condition does improve as a result.

A recent article in New Scientist magazine reports new developments. In a study at Harvard Medical School, volunteers with irritable bowel syndrome were given an inert pill and actually told that the pills were "made of an inert substance like sugar pills, and had been shown in clinical studies to produce significant improvement

in irritable bowel syndrome symptoms through the mind-body self healing process" (which was true). Even though the volunteers knew the pills were inert, on average, they rated their symptoms as moderately improved after taking them.

Other volunteers who were given nothing said they had experienced only a slight change over the same period.

Irving Kirsch, co-author of the study said everyone involved thought this would not happen. He thinks that the key was giving the volunteers something to believe in, because they were not simply given the sugar pill, but also a convincing explanation of why it should work.

The study raises the possibility that we could all use the placebo effect to convince ourselves that sucking on a sweet or drinking a glass of water will banish a headache, clear up a skin condition or boost the effectiveness of other treatment we may be receiving.

But don't despair if you don't have a sweet handy to suck on - visualise the improvement you want anyway and tell yourself that something is going to get better !

(Heal Thyself / Jo Marchant)

**BEST WISHES TO YOU ALL FOR
THE FESTIVE SEASON AND THE
NEW YEAR.**

