

Maitreya School of Healing
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NEWSLETTER

December 2012

THE HEALER BRINGS LIGHT, SHARES LOVE AND OFFERS THE POWER OF CHOICE

Seed thought, page 8 FOUNDATIONS OF MENTAL COLOUR THERAPY



Another Mental Colour Therapist joins us in the healing work.

CONGRATULATIONS to Anna on passing her exam and graduating. With this newsletter we enclose the **MENTAL COLUR HEALING MEDITATION CD**.

We hope you enjoy listening. It has been a long time in the making and many people need to be thanked. ELISABETH RATZENBOCK WEARDON for working on the text, DAVID HUBBARD for creating the music, JULIE BRIDGEWATER for speaking the text with a velvety voice, HENRY BINNS of Zero7 for producing it free of charge. A big thanks also to Isabel for offering to send the CD and booklet to any one wanting one.

WE DECIDED TO SELL THEM FOR £10 (OR MORE IF YOU CAN AFFORD IT)

PLEASE write to:

ISABEL MAXWELL CADE,
58 Church Street
Bathford, BA1 7RS

including your payment.

We enjoyed another great year of providing mental colour therapy. We had several new patients and some old friends found us again through the website. It works! A special welcome back to Alison. She says: *More than 25 years ago I heard about the Maitreya School of Healing. and was fascinated by the work. I did the healing course and then worked with Lily and Joseph in Cavendish Road and later with Lily in Jeymer Avenue. Our group of twenty or so people healed all kinds of ailments. Along the way, I made loads of friends (both healers and patients), encountered and experienced both sadness and joy, and learned a great deal about myself and how to heal. Lily and Joseph were unfailingly helpful and*

extraordinary teachers who became close, beloved friends. The place buzzed with humour and kindness.

Some years later, life intervened and I stopped healing. The years passed and I got M.E. For nine years I struggled to get better, an effort that is still going on. A few months ago, it occurred to me that the Maitreya Healing Centre might still be operating. I found the website and rang up to ask for an appointment. To my great delight, I found familiar faces, and that the healing is still as much part of me as it is of the dedicated people who work there now. The location has changed and Lily and Joseph have moved on, though their imprint remains. The Maitreya School of Healing is still its lovely gentle self and still doing the vital healing work that I love so much. I am a patient now and one day, when I'm better, I hope to heal again. It was a good day for me when I managed to reconnect.

Our **AGM** this year allowed us to explore our artistic natures and we had great fun playing with colours and shapes..

Obviously, with the expenses of the self healing booklet and the meditation tape our charity did not make a profit this year and we do not expect to make one next year either. But it is money well spent, allowing many others

to learn the skill of mental colour therapy.

AT A RECENT CONFERENCE FOR BRAIN INJURY Ian Jordan a leading specialist optician gave an interesting profile of his work which has been available for 50 years and not used, until now. He demonstrated how he uses different coloured lenses to assist patients with all manner of disharmonies, ranging from MS, depression, autism. Importantly to me, he showed how some brain injury survivors, see properly without interference/distortions, hear without tinnitus, feel rebalanced, feel pain, speak, could differentiate tastes and smells again, and so much more all by using these different coloured lenses. I am in contact with him, to see if he will come to London to give a lecture. Maybe for our next AGM?

Without the dedication and commitment of the colour therapists who attend our healing day regularly the healing work could not continue, so a **BIG THANKS** to all the healers. Also, heartfelt gratitude to our hosts who make the work possible at 33.

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

