

Maitreya School of Healing

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NEWSLETTER

December 2014

ENERGY FOLLOWS THOUGHT

THIS IS THE LAST NEWSLETTER PRODUCED ON PAPER AND SENT BY MAIL. It is just too expensive! We will continue to post a yearly newsletter on the internet on our website.

Congratulations to Gretta who graduated in March 2014. Well done and keep on healing. This is what Gretta said about her training experience:



"When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.

"There are three kinds of people in the world, the wills, the won'ts and the can'ts. The first accomplish everything, the second oppose everything and the third fail in everything.

"I would like to thank Birgit and all the lovely Healers for believing in me when I doubted myself. Several times I wanted to give up, thought I could not do it but you all kept me going, you are all amazing, Thank you so much. Thank you also for your patience, support, love and kindness shown to me throughout my student years with Maitreya, with my dearly departed brother's illness and death. R.I.P. and for the wonderful healing and prayers that uplifted me, my children and grandchildren over the years. Love, light and laughter."

We had 16 new patients another great year of healing and making a difference. Given the present state of our finances we will – or can – provide a healing service for the community until 2020.

One of the healers shared a new meditation and hand movement with us. This is how it goes: Put your left hand onto your Heart chakra, the right hand on to the Brow centre and meditate on transferring the energy from heart to the head, use the colour rosepink. This is an important meditation required for the present times to keep balance, peace and love.

Another healer heard on radio 4 that the Black Hole in the galaxy works like a huge recycling centre. It sucks up all matter, which no longer works and moves on its own. The Black Hole takes it all in and transforms it into a cosmic energy. The Black Hole then SENDS these rays TO THE WHOLE OF THE GALAXY – including us. It is a fascinating and a useful image for the **GAYATRY**:...

Oh thou, who givest sustenance to the universe,
from whom all things proceed,
to whom all things return,
unveil to us the face
of the true spiritual sun,
hidden by a disc of golden light,
that we may know the truth
and do our whole duty
as we journey to your sacred feet.

We use this mantra for our opening and closing circle on healing days.

Our AGM in October was enjoyable, celebratory and interesting. After a delicious lunch we had a talk from Trevor Keeling, our very own Brian Cox with an honours Physics Degree! He talked about:

PARTICLES AND WAVES AND THE MAGIC OF COSMIC RAYS.

We refreshed our knowledge about the whole of the electromagnetic spectrum, all those rays produced by our sun. How do particles differ from waves? How does the observer change a particle to a wave? What is a photon? What happens inside the sun? We did know that the surface of the sun is hot, hot hot... but we did not know that it is 5000 degrees Celsius.

THANK YOU, TREVOR.

The Physics of Light and Colour - Notes from Trevor Keeling's Talk

In Physics, light is described as an electromagnetic phenomenon - sometimes behaving like a wave of energy and sometimes as a stream of particles called photons. Electromagnetic waves move at very high speed - light from the Sun reaches us on Earth in just 8 minutes. A wave has a cyclic pattern where the frequency of the wave is determined by its source. The wavelength is the distance the wave travels in one cycle.

Light has a frequency range of about 400 to 800 million, million cycles per second and its wavelength is less than one thousandth the width of a hair. The colours have different frequencies - red light has the lowest frequency and violet the highest, with all the other colours in between. Light from the sun combines all these colours - its spectrum is visible in a rainbow when sunlight is separated into its component colours.

Light is radiated from objects when they are very hot. The surface of the sun has a temperature of about 5000 degrees and when the inside of an electric light bulb is heated sufficiently it will radiate light too. However, the spectrum of light from light bulbs is different from sunlight. A traditional tungsten filament lamp only reaches about 4000 degrees and most of its light is in the yellow part of the spectrum. Halogen lights reach higher temperatures and they produce more light in the blue part of the spectrum.

Changes in the level and type of light can affect our mood and our health - for example, the difference between the bright light of Summer and the weaker light in Winter. Even indoors, different levels of lighting and the different type of lamp will affect how we feel and behave.

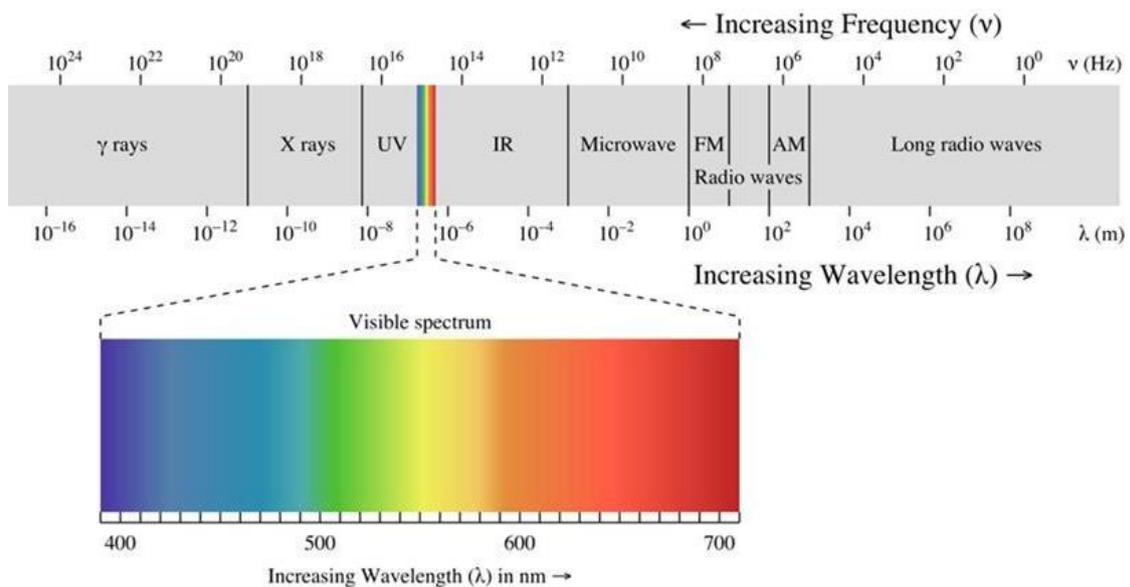


Diagram showing colour within the whole spectrum of electromagnetic radiation

Post Talk Comment: In Mental Colour Healing we visualise colours using our memory of the colours of flowers and precious stones. The purity and intensity of these colours is the subjective experience of the healer rather than the nature of the light in the healing room. However, healers will adjust the ambience of the light in the room, for example using candlelight and by opening or closing curtains to welcome or limit the sunlight.

Peter Staples, October 2014

Have you heard this one?

A Photon came to the Ritz and asked for the most expensive room. She checked in, got the key to a room on the top floor. The bellboy asked if he could take her luggage up. She replied: "I don't have any luggage. I am travelling light."

Hahaha .. laughter is very healing!

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

