

# Maitreya School and Healing Centre Newsletter

## December 2017

### DELPHINIUM TIME (extract from poem by Jill Kenner)

Each morning when I wake and open my curtains to the day,  
I am beset by blue so vivid  
it hurts my eyes.

Below me stand tall spires of cerulean  
blue  
reaching up to the unattainable sky.  
It is delphinium time.  
And they command attention.  
“Look at me” they say.

“Yes, we know our soaring splendour is  
vulnerable”, they say,  
“But without some big blue risks  
Life wouldn't be up to much, would it?”



### Book Review by Julie: *“Into the Grey Zone (A Neuroscientist Explores the Border Between Life and Death)”* by Adrian Owen

In “Into the Grey Zone” Adrian describes his interest and belief in the possibilities when working with people in coma following a brain injury who are often in a permanent vegetative state, sometimes called **waking coma**.

A truly fascinating and inspiring insight into the determination of one neuroscientist and his teams both here in the UK and Canada to understand better the person inside the coma and beneficial styles of treatment to help bring the patient back and in many cases, to move into recovery and to have meaningful lives.

*It would be wonderful if we at Maitreya School of Healing could work as colour healers collaboratively with someone like Adrian to assist in that process.*

***Make the most of yourself, for that is all there is of you. (Ralph Waldo Emerson)***

## The Travellers' Tales - a note from Rohit and Eleni

We departed from Cambridge at the beginning of March, not very sure where we'd end up. Neither of us had been to South America before ....

**First Stop: Peru.** Peru showed itself to be a country packed with natural treasures and history. Every town seemed to be centred around a square called Plaza de Armas, with a cathedral and a town hall. Coca leaves and products based on them seemed to pervade nearly all the food.

Peru is very tourist friendly. What turned out more difficult than communication was hunting for bookshops offering good quality English literature. We grew accustomed to 12-hour bus trips which felt like long distance flights with passport checks, personalized TV screens, and on-board catering but with the added benefit that we could look out of the window and enjoy the magnificent landscapes.

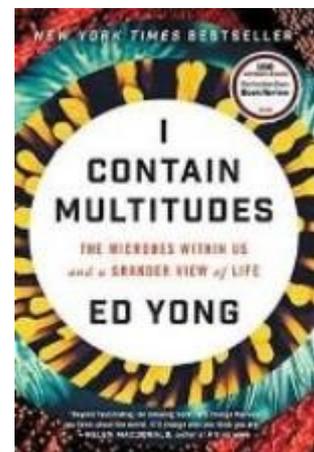
**Next: New Zealand.** We arrived to a welcome from Rohit's friends and we spent about a month in Auckland. Auckland is a beautiful city. If it were not for the traffic, it wouldn't even feel like a city - there's so much open space everywhere.

Living costs being comparable to UK, expenses quickly became a challenge. The switch from being explorers on the road to job-hunters was a shock. We settled for a job in a small company located in Palmerston North. According to the Kiwis, Palmerston North is one of the least interesting towns in New Zealand.

Rohit's employment has turned out to be a disappointing experiment. We'll soon be heading back to Auckland (new job for Rohit). We miss you and we feel that there is something lacking.

### **Book Review by Birgit: “I CONTAIN MULTITUDES - The microbes within us and a grander view of life” by Ed Yong**

I absolutely loved this book and I highly recommend it. It was simply fascinating and left me in awe and wonder. There is no such thing as being on one's own! We are part of an ecosystem with trillions of microbes within us and around us. I learnt that there are no good or bad microbes. It depends on where they are and what the relationship is with us and each other. Isn't it awesome that when a mother first feeds her baby she also feeds the microbes she has given to her child during the process of birth? And those microbes then start the baby's immune system up. We depend on our microbes.



The microbes in and around us remind me a bit of the etheric field which also, with its energetic flow goes through us and connects us all. We are all interconnected and interdependent. Amazing.

## TRUSTEES REPORT

Maitreya School of Healing enjoyed another active year.

We had five new patients and one who returned after a four year break.

No profits were made this year!

There are 11 healers insured through us with Balens up to the end of March 2018. We also have one member who is insured elsewhere which means we have 12 members.

Rohit has left us for now, as he and Eleni are travelling.

Our website had 103 visits which has doubled from the year before.

After the AGM **Mika Hadar** gave us a talk on her journey as a healer. It was inspiring. She appeared as this shining, shimmering, iridescent vision in blue, a treat for the eyes, ears and heart. She shared tea and cakes with us and the day ended on a high and happy note.

**NEXT AGM: 6<sup>th</sup> October 2018**

### **Review by Julie: “My Stroke of Insight: A Brain Scientist's Personal Journey” by Jill Bolte Taylor**

An astonishing story..... have you ever found yourself in a situation that you understand something is not quite right and you try to figure out how and why such a thing is happening and come to a realisation that you must understand it and how to act on a course of action that can save the day and even save your life.... ?

Jill Bolte Taylor got a research opportunity few brain scientists would wish for: She had a massive stroke, and watched as her brain functions - motion, speech, self-awareness - shut down one by one.

Jill speaks so graphically how she experienced - almost in real time - how she realised she was having a stroke – read her book (above) or hear her “Ted Talk”

at: [https://www.ted.com/talks/jill\\_bolte\\_taylor\\_s\\_powerful\\_stroke\\_of\\_insight#t-686411](https://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight#t-686411)

### **Book Review by Birgit: “The Power” by Naomi Alderman**

The Power is a 2016 dystopian science fiction novel by the British writer Naomi Alderman. Its central premise is women developing the ability to release electrical jolts from their fingers, thus leading them to become the dominant gender. The novel won the Baileys prize for women’s fiction, worth £30,000.

I loved the descriptions of the electricity coming out of the women and girls’ hands. It reminded me of the healing method we use, how we visualise the various colours coming out of our hands into the different parts of the bodies of our patients.

**But - I did not like reading about the dreadful violence, especially sexual violence and therefore would NOT recommend it as a good read.**

## SHUMEI by Gretta

I had been searching for over 50 years for something to fill the emptiness inside me when I was lucky enough to come across SHUMEI.

I visited Japan for 2 weeks on a pilgrimage at end of April this year.

I attended a special gathering called Grand Sampai in Misono (the Sacred Garden) in Shumei's headquarters in Kyoto. Thousands of Shumei members from around the world travel to Misono every year for this event.

I felt quite overwhelmed by the whole experience and thoroughly enjoyed every minute.



**Kat sura San dressing us ladies in Kimonos**

Everything was more than I ever dreamed it could be and I can't wait to go back.

Misono is living in my heart. There was so much unconditional love - kindness and everyone I met kept giving of themselves - freely - they could not do enough for us.

**Gretta**

SHUMEI is a Japanese word for Supreme Light. Sharing this light is at the core of Shumei. Jyorei, which means Purification of the Spirit, is the practice of directing Spiritual Light towards people for their health and happiness. The more Jyorei one gives and receives the more one takes on these qualities.

**Jyorei** is one the three most important activities in which **Shumei** is involved. The other two are fostering an appreciation of **Art and Beauty** and **Natural Agriculture**.



The first ceremony was the Grand Sampai held in Meishusama's Hall. It was an extremely powerful healing ceremony.

Two days later we attended The Ancestral Healing Ceremony, which I found very emotional, moving and sad. I felt very close to my Mother, Father and two young Brothers.

