

Maitreya School and Healing Centre Newsletter

December 2021

Your Heart Will Bloom Again Alexandra Vasiliu

Seed hope
in your heart,
plant the flowers
of self-forgiveness,
and water the soil
of self-love.
Be resilient.
One day,
love
will sprout
deep down
in your heart,
making you bloom
and grow again.



"The light at the end of the tunnel is not an illusion. The tunnel is."

For all those interested in the cosmic state
of things and how it relates to us on planet
earth... **DO FOLLOW**

PAM GREGORY, ASTROLOGER.

I have found her inspirational and helpful.

Birgit

*Pam Gregory's talks are on YouTube.
You can subscribe to her channel for
notifications of new material.*

Pam's talk for the start of Dec 2021 is at:

<https://www.youtube.com/watch?v=Iv6oMIR8OrE>



TRUSTEES REPORT TO THE AGM

The Continued Pandemic has of course affected our work. We can no longer offer contact healing to patients. Also, The Maitreya Healing Centre moved to Southgate in Wales in September 2020. That means our work has moved mainly onto the mental plane.

We have kept in touch with each other and kept our spirits up with regular Zoom Bloom meetings. Zoom Bloom is a monthly event where healers report how they are, bring wise words and a flower to share. Absent healing to those who want it is offered on a daily basis.

We took on two students in December 2020. Obviously, we cannot provide the teaching in the ways we used to do it. Teaching happens mainly through discussions via ZOOM and private study. Both of the students visited the centre where they received intensive healing treatment, were able to practice and had a great time !

Two of the healers also visited the centre. They were uplifting experiences.

We discovered the SHIFT network on Facebook (of all places !!!) Several very interesting and useful teachings were enjoyed and passed onto other healers. These teachings are often free of charge.

A healthy profit was made this year and one of our patients gave us a generous donation. As we had hardly any expenditure We are not in the red One positive thing about this pandemic !!

Lynne McTaggart and The Intention Experiment

Lynne McTaggart is an investigative journalist, author and co-founder and editor of the health magazine, What Doctors Don't Tell You.

Lynne created the Intention Experiment project to investigate the effect of "healing" through applied intention in large groups and determine their success using scientifically acceptable procedures. Lynne also wanted to investigate the limits of what could be achieved,

The project consisted of a set of experiments, where each experiment was devised with the assistance of scientists to validate the procedure, analyse the results and draw conclusions from them. Each had an objective (the intention) which could be described simply and precisely, whether it was "to decrease the bio-photons emitted from samples of Acetabularia (an algae)" or "to reduce the incidence of violence in the streets of a district of St Louis (USA) over a specified period". Communication with participants - from 16 to up to 7000 - was via Lynne's website

Nearly all the experiments were successful in achieving the desired intention. The ones that weren't fell short due to technical issues such as internet connection problems.

Lynne McTaggart's website is www.lynnemctaggart.com .This project is described in her 2007 book, "The Intention Experiment".

My journey through colour and nature

Jules Nov 2021

I have almost completed my training on Maitreya Mental Colour Therapy, but this is just the beginning. Despite Covid-19 we have learnt through very experienced therapists via zoom and a lovely visit to Wales for a 1:1 weekend that humility, humour and through the power of eight all things can be possible.



This does take dedication, daily meditations, kindness to others as well as to yourself and study. This has included anatomy & physiology, ethics, practical demonstrations, spiritual and scientific theories. We have been able to critically evaluate, discuss and in the end find a common ground. I have been amazed by the more experienced therapist who have offered their experience and words of wisdom to support me and another dear trainee.

With regular training and healing sessions, we have experienced and been supported ourselves and those in need. Soon we will be able to meet again, and the next phase of my colour mental healing shall begin.

I see colour and feel colours more vibrantly. Despite life throwing spanners in the works regularly, still I am on this path to heal through colour with good intentions, a pinch of salt, loving kindness, and laughter.

Gloria on her MSH Zoom Training

I had been receiving treatment from MSH for a while and was interested in completing the course. When I was finally able to start, COVID 19 arrived. This meant MSH course had to be via remote learning. While I have enjoyed this process the lack of hands-on practice means I will not receive a certificate to show I have completed / met the mandatory studying hours required.

I recently spent a few days with Birgit and Peter in Wales and had the opportunity to practice on, and with them both..... It was amazing the amount of energy I felt building up in me and I felt a lot of heat at one point. I obtained feedback from Be and Peter on how they felt afterwards that I will keep in a folder as a reflective tool for my continued learning.

Gretta, Julie and Anna have offered to help Jules and myself to have practice sessions hopefully on a monthly basis to develop our skills.

My only regret is that I will not be a certified MSH healer at the end of the course.

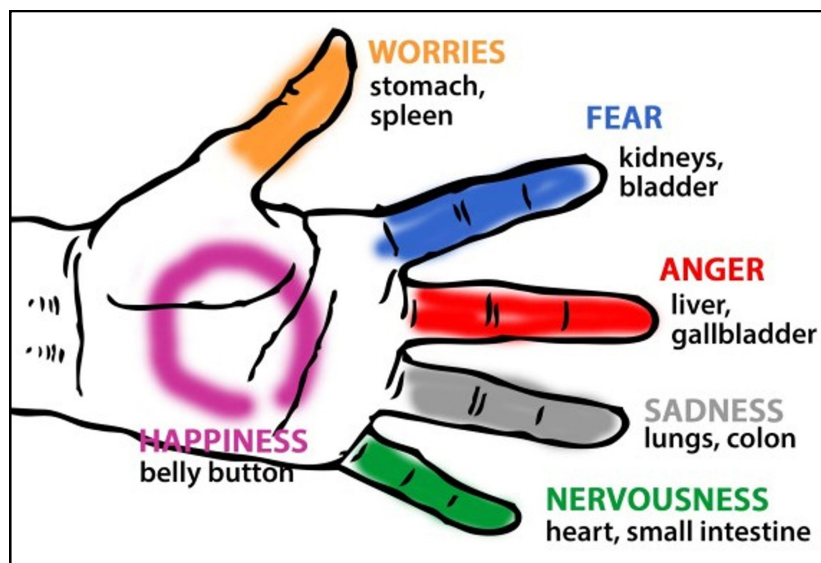
JIN SHIN JYUTSU

Jin Shin Jyutsu (pronounced jit-su) is a little known Japanese healing art. It is a gentle, non-invasive touch therapy that balances the body's energy and can relieve pain, restore emotional equilibrium and harmonize the vital energy of the whole person.

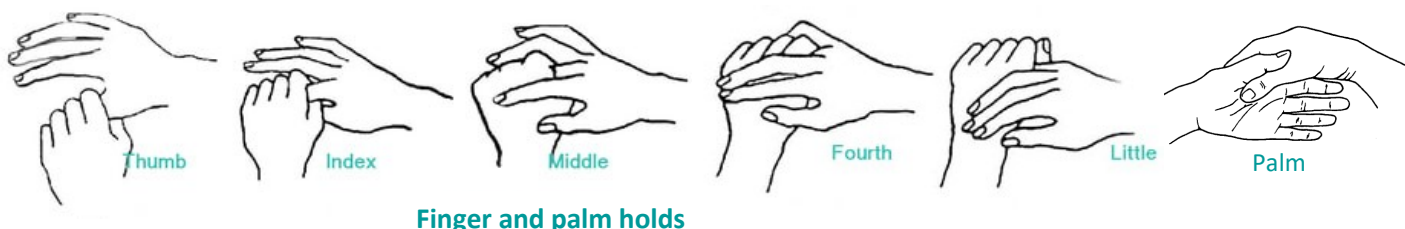
SELF HELP CHART: This chart is a reference for learning and practicing Jin Shin Jyutsu self-help, either as a daily practice or to harmonize a particular discomfort when it arises.

There are mental, emotional and physical correlations for each finger that will guide you to the appropriate finger to hold to restore balance.

You can simply hold the finger for the attitude, eg. for Worries, hold the thumb .



For a video on simple finger holds, see:
<https://www.jsjnz.co.nz/self-help-charts/>



WISE WORDS FROM OUR ZOOMBLOOM MEETINGS

Mica: If you don't know where you are going, it's best to stand still.

Gloria: I never lose. I either win or learn. (Nelson Mandela)

Julie: Not all storms come to disrupt your life... some come to clear your path.
(Paulo C)

Gretta: Share your light in the darkest corner.

Peter: May Peace Prevail on Earth. (Peace Poles)

Birgit: Some people feel the rain, others just get wet. (Bob Marley)

Jules: Take a breath.

Anna: Try to be a rainbow in someone's cloud.

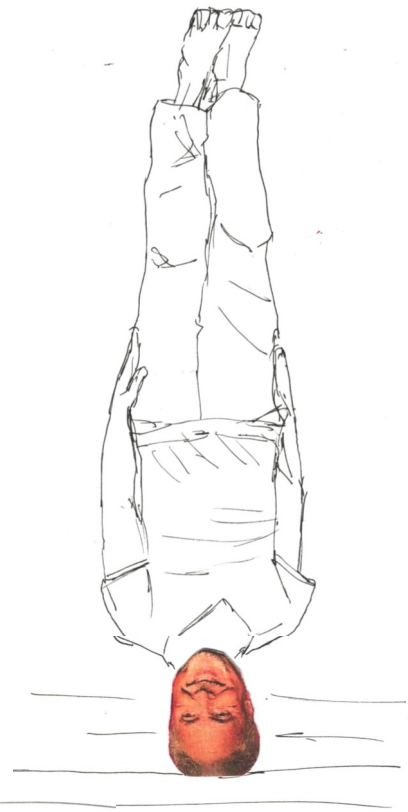
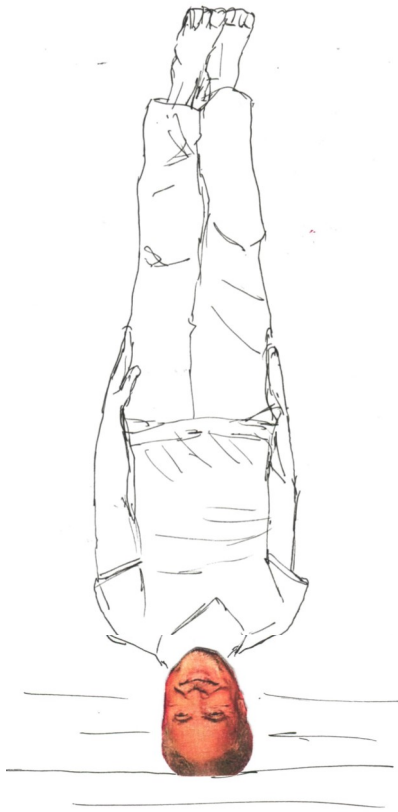
Margaret: Ponder and dream.

HEADSTAND

It only took
Forty years
And a lockdown
To get me
Finally
To stand on my head.

Tom Jones does it too.
Daily.
They said so
On Radio 2.

Be Anavema



Shift Network Talks

The Shift Network is a web-based organisation which hosts summits and courses on a wide range of personal transformational and educational topics.

This is from their website – www.theshiftnetwork.com :

"We call ourselves The Shift Network because we believe it will take millions of awake, connected, and inspired individuals to activate their full potential and collaborate on the changes that are needed for our world to truly shift."

Birgit and I have enjoyed these summits over the last year - "Energy Medicine & Healing", "The Science of Healing", "Transform Your Health", "Shamanistic Wisdom" and "The Future of Plant Medicine".

Each summit has a set of presentations by a variety of speakers over a 5-day period, where a speaker has a session of an hour with one of the Shift Network interviewers. The talks are all free and we pick the ones that appeal to us.

Shift Network gets its income from separate online courses by some of the speakers. I did one called "Dream Yourself Into Awakening" by Paul Levy and I am currently on another called "Empowered Intuitive Living For Empaths", by Wendy De Rosa. This focusses on the character of each of the chakras and the way energy flow may be affected by past experiences. Wendy emphasises a distinction between the feeling type of intuition of the lower body chakras and the verbal/visual type of intuition of the upper body chakras. I am finding this course very stimulating and I can recommend the Shift Network summits.

Peter

Gretta's Goshintai

A Goshintai is a scroll with 2 characters written in calligraphy that read as "Bright light!!"
It is a sacred object and is housed in a box called a Goshindan.
Goshintai is Japanese for "Scroll for Light"

Several years ago I visited the Sacred Holy Site of the Christ The Redeemer Statue in Rio de Janeiro, along with Joe Sensei (Shumei Europe's Sensei) and friends. This was a dream come true for me – something I had always wanted to do. It is said that Christ the Redeemer provides protection for the soul.

Whilst there, Joe Sensei suggested that I receive The Scroll of Light in my home.



Shimo presenting me with one of the 7 items I was to offer to Meishusama in the ceremony.

From Joe Sensei

Good morning everyone,

Yesterday at 6pm, Gretta's Goshintai was enshrined at her house.

It was a touching ceremony and the setting of her prayer room was beautiful. All together 15 people attended.

May Love and Light spread

Xxx

The Sacred Scroll of Light usually has to come from Japan, but this one formerly belonged to a farmer outside Milan called Takeshi Demise. Joe Sensei and Yukie went to Italy and brought it to London, even though they had to go into quarantine on their return.

As only the 2nd person in UK to enshrine such a sacred gift - I feel very honoured - blessed and grateful to have been chosen to receive such a beautiful present - which will benefit my whole family and neighbours. It emits Divine Light constantly as it eradicates the Spiritual Cloudings of the family where it is enshrined.



Gretta xxx

Joe Sensei, my family, friends and Shumei staff at the ceremony