

# Maitreya School and Healing Centre Newsletter

## December 2022



***"Let everything happen, beauty and terror. Just keep going. No feeling is final."***

(R M Rilke, as quoted in JoJo Rabbit, a film by Taika Waititi)

### ***A CUE TO THE QUEUE***

***The queue snakes through London town  
I frown  
The longest queue ever?  
I wonder.***

***Why do they stand  
In that queue?  
Day and night  
And it is no longer warm.***

***I wonder  
Why are they there?  
I must be missing something  
I couldn't and I wouldn't  
But  
That queue is there  
Staring me in the face.***

***They show me something.  
What?***

***That old queen is dead.  
They demonstrate  
Their gratitude, love, reverence,  
sorrow, appreciation of service,  
Faith,  
A meditation on death.***

***Death  
The great equalizer.  
Everybody dies.  
She did  
We will.***

***Be Anavema***

Amazon has booklets of illustrated poems by Be Anavema

## THE TRUSTEES REPORT TO THE MAITREYA SCHOOL OF HEALING AGM 2022

**Covid** was still around this past year and we had to be mindful and careful.

**ZOOM SESSIONS, TRAINING AND BLOOM:** There were two sessions per month, bloom on a Saturday, training on a Sunday. They were well attended. Zoombloom, with a chosen flower and wise words or a songs were uplifting and enjoyable. A record of the sayings was and is posted to everybody. A great reminder of an uplifting time together. With the training sessions everybody always learns something new, not only the students.

**LONDON SESSIONS:** We had three sessions of contact healing in London hosted by Anna and Greta respectively. These sessions were really good and reaffirming of our work.

Thanks to the **generous donations** we received from a grateful patient we are in a good financial position.

**ENQUIRIES, TRAINING AND PATIENTS:** We had a few enquiries for both healing and training. Selma started her training several new patients were treated.

**ABSENT HEALING:** We continue to do absent healing at 10am every day. There is a list of patients which is updated regularly and sent out by the secretary Peter. Everybody is welcome to tune into these sessions.

Our **AGM IN OCTOBER** took place in Wales and was a joyful celebration of our charity and our work.

We are looking forward to our next year and meetings face to face. Let there be love and laughter for our healing days, like it used to be.

**Julie & Birgit / Trustees**

## Alive Inside

Julie brought this film on DVD for us to watch at the AGM away week but we did not manage it at the time, so here is a short review.

The film is a documentary about Dan Cohen, a social worker in care homes in USA. He realises that music can have the ability to combat memory loss and restore a deep sense of self to those who cannot remember who they are and their personal history.

The film shows how hearing music from a time when they were much younger had restored energy and brought "joy-de vivre" to people with dementia who had completely switched off from the world.





## **Gloria's Report of AGM Week 2022**

This was the first time that I attended the Maitreya AGM in person and as a member.

WOW what a powerful experience it was.

Myrtle Cottage was amazing and welcoming, the energy in it increased as more Healers arrived. The weather was good, great food, walks along the cliffs and the feeling of being One creative healing entity.

Bruni's day - the internment of her ashes under a Cherry Blossom tree at Maitreya "Southgate Clinic" was a joyful day of fond memories, singing and Wilfred dancing to the rousing chorus of Hallelujah, followed by afternoon Tea.

Healing sessions - It was a fabulous opportunity to put into practice the skills that I have learnt so far. The wealth of knowledge and experience available was invaluable. I want to THANK YOU ALL for the learning experience you gave me.

Not even the 7 hours of travelling back to London after a train strike could dampen my spirits.

For those who could not make it.... I missed you and hope you are well and able to make the next one.

Finally - I want to say "I am a Woman, I classify myself as a WOMAN, I will not be diluted by those who want to take away my worth..."

Love and light always.

## **Memories of MSH AGM Week at Myrtle Cottage, Gower**



**The beach**



**Sitting in the garden on the weekend**



**Our ceremony for Bruni**

## RESIDENTIAL TRAINING COURSE ON MENTAL COLOUR HEALING

Would anybody be interested in a residential course (one week), learning colour healing, with board and lodging on Gower. The cost would be £950.

There is room for 6. If people want to share bedrooms, costs are reduced and we could accommodate up to 10 ...

Please get in touch with Birgit if interested, email [birgit.voss48@gmail.com](mailto:birgit.voss48@gmail.com)

### New MSH Website

The MSH website had a super revamp this Summer and has a more modern look and feel, making it much easier to find information. Each page has a row of menu options at the top and can take more information with scrolling within the page.

This is the new Home page:

**Maitreya School and Healing Centre**  
● Home ● More About Us ● Mental Colour Healing ● Talks ● Heal Yourself

Welcome to the Maitreya School of Healing new Website - tap or click on a box or heading for more information

The Maitreya School of Healing is a registered charity founded to help others to learn our principles and our colour healing techniques.

Mental Colour Healing is a way of healing with the focussed visualisation of colour. It can be effective with most conditions.

We use the colours of Nature. They each empower with their own quality of energy.


Experience mental colour healing for yourself with our guided meditation

Listen to talks on healing by Lily Cornford

Request absent healing for yourself or for someone you know

Feedback - see comments and add your comments about the new website

**Covid-19**  
The restrictions imposed in response to the Covid-19 pandemic have forced the Maitreya School of Healing to suspend the monthly healing sessions and related training days.  
Touch and personal contact are fundamental to our "hands-on" method of healing and these are impractical with current constraints on social contact.



LOVE

The foundation of all healing is unconditional love and compassion

The website address is the same. Please take a moment to have a look.

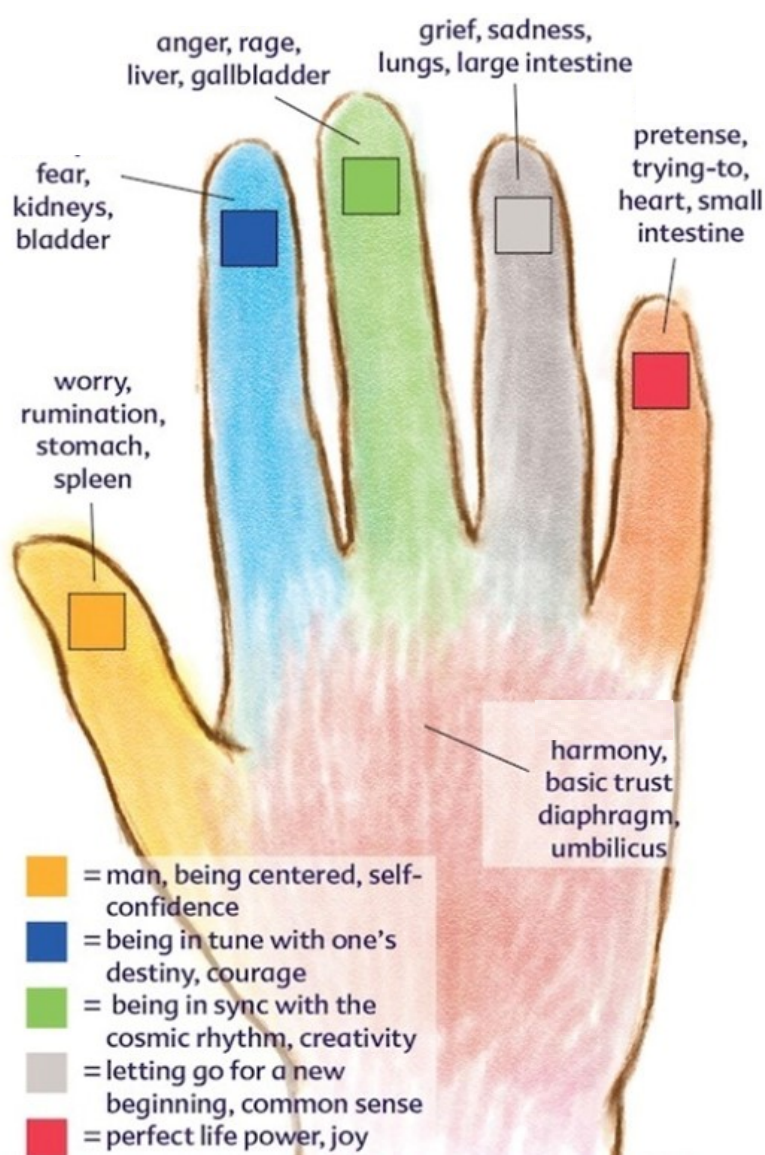
<http://www.maitreyaschoolandhealingcentre.org.uk/index.htm>



**Jin Shin Jyutsu is the ancient art of balancing the body's energy system, which facilitates healing and restores the body to a more harmonious state of being.**

Jin Shin Jyutsu practitioners use their hands to gently balance the flow of life energy in the patient's body. You can do this too, on your own hands.

These are the places to hold for energy balancing:



This is how to hold the thumb, finger or palm:



**Thanks to Greta for bringing this to our attention.**

### **Selma's Experience as a Maitreya Trainee**

It has been a privilege to participate in a group where the aim is to help others through healing. I'm glad the Maitreya's members make me feel welcome. It made a big difference in wanting to learn and passing on my knowledge to the next person.

I have learned a lot and the knowledge I brought after spending days in Swansea was wonderful.

Learning from others by watching and interacting with them is very important and makes it quite fun. Seeing someone else's work helped me with many questions I had before. I noticed that each person has their own way to work which makes me realize how important is to study the book.

I am willing to continue the course and give the best I can, so I can pass it on to the next generation.

### **Wise Words from our September Zoom Bloom**

"Just live life as it is. Make the most of it – this moment will never come back."

"You can never make the same mistake twice,  
because the second time it is not a mistake, it is a choice."

"The secret of being happy is accepting where you are and making the most out of life."

"Although no one can go back and make a brand-new start, anyone can  
start from now and make a brand-new ending."

"Nothing is permanent. Don't stress yourself too much  
because no matter how bad things are, they will change."

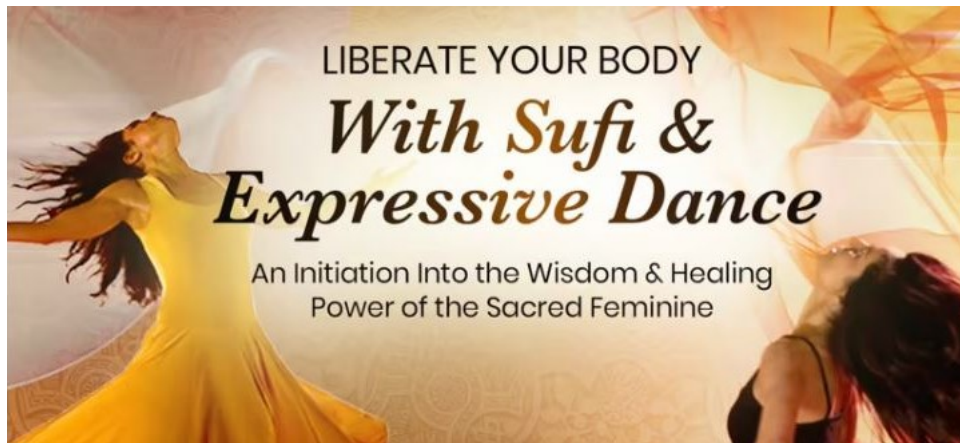
"Life isn't about finding yourself - life is about creating yourself."

"If you want to know the divine, feel the wind on your face and the warm sun  
on your hands."

### **Lumis Group and the network of Love Beacons**

The Lumis Group connects each week over the internet to direct love energy to a network of Love Beacons which are Earth energy points created by spirit beings. They provide a focus to help rebalance the energy of the planet and assist the spiritual growth of humankind in this period of transition.

For information on the work of Qadir and Lumis Group, or to join the weekly sessions, go to: <https://lumisgroup.net/>

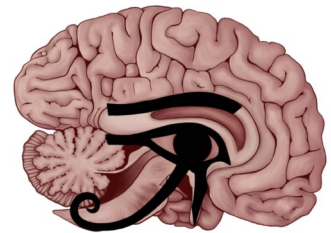


## **Liberate Your Body With Sufi & Expressive Dance**

This was a 12 week online course on the Shift Network with Banafsheh Sayyed, a Persian sacred dance artist, transformational teacher and acupuncturist. I was on this course in the Summer and found it very helpful and inspirational.

Each session began with a talk about an aspect of the Sacred Feminine. This is one about the Egyptian Goddess Isis and the pineal gland:

*"If you divide the brain right down the middle and look at a side view of it, there's a striking resemblance between the limbic brain, which is our emotional or feeling brain and the Egyptian Eye of Horus. The Eye of Horus is referred to as the eye of the eternity associated with the Goddess Isis, whose son is Horus. Isis is the greatest Goddess of Egypt. She will guide us into journeying into activating our vision, our inner vision, activating our wisdom, envisioning your new present and future for ourselves and our world ...."*



Banfsheh introduced us to exercises for developing awareness of movement in the body, especially the pelvis and solar plexus areas. These lead to simple and then more complex dance and movement sequences, including the Sufi whirling meditation.

As one who has devoted a large part of my life to mental activity, I found these a great help in relearning how to connect "me" - my awareness and intention with my senses and the flow of vital energy in my body. I wrote this "invocation" to help me:

This is Me  
In this body  
With these senses  
Filled with love  
Alive and alert

Peter