

# Maitreya School and Healing Centre Newsletter

## December 2023



### ***The Pink Rose*** **by Prafulla Vyas**

*The pink rose drooped drunk with rain,  
beads sparkled on its pinky flesh,  
fragrant and delicate, a fleeting beauty  
for the wary eye.*

*Its thorny friends pulled and pleaded  
"Hold on just for another day".*

*A momentary beauty;  
elusive, like its fragrance.*

*A click of the camera;  
its radiance preserved forever.*

### **Maitreya Healing in Southgate, South Wales**

Wonderful News - Maitreya School and Healing Centre will be holding healing days at 48 Southgate Road, Southgate, Swansea in addition to the healing days in North London. They are usually on the first Saturday of the month, with the first appointment at 11:00am. The healing days will alternate between London and Southgate. Here are the dates up to June 2024:

Dates for Southgate:  
2nd December 2023  
3rd February 2024  
6th April 2024  
1st June 2024

Dates for North London:  
6th January 2024  
2nd March 2024  
4th May 2024

## MSH AGM and Training Course Week at Myrtle Cottage, Gower

The last week of September graced us with fine weather for our training course and AGM at Myrtle Cottage. We were joined by Helen who had just flown in from Santa Fe, New Mexico to join us!

The course covered all the “hands-on” aspects of the MSH healing, with lots of opportunity for practice and sessions on other topics.

We were treated to Ecstatic Dance in the garden and sauna with dips into the sea at the sauna-cabin-on-wheels at nearby Oxwich.

We congratulate Gloria and Helen who join the certified healers after passing the exam.

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**the patio**



**a large herd of cows joined us walking on the street and golf course - exercising their right to roam through the village!**



**sauna on the beach**

### **Gloria's MSH Journey**

I was going through chemotherapy for non-Hodgkin lymphoma when a friend encouraged me to come to the Maitreya Centre at Shaftesbury Road. After being a patient for some time I decided to train as a healer. However, the Centre had to close due to COVID 19 and I had to explore a new way of self-directed learning with Zoom sessions.

I will be forever grateful to Anna and Gretta for opening their homes to enable myself and other students to get hands-on experience and confidence, and for the opportunities to visit Be and Peter in Wales and the two AGM weeks at Myrtle Cottage.

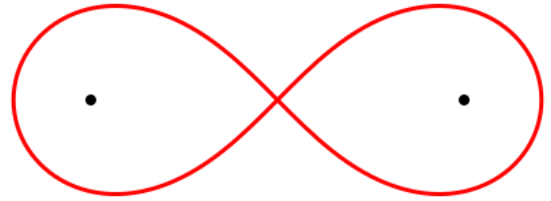
After almost 3 years of studying I graduating as an MSH healer. A huge thank you for giving up your time to get me over the finishing line! Love and light always. ❤️ **Gloria**

## Lemniscate

We use this symbol in our colour healing work when we finish off a session. It is used seven times on the back, with a slow movement tracing the figure of eight from the spine at the base of the skull to the coccyx. Each time the figure is traced we chant, internally, "As above, so below".

That means, we, on planet Earth reflect the wide cosmos and manifest what happens in other realities, on other planes. Also, that the physical body reflects what happens in our higher vibrational bodies.

A **lemniscate** is an  $\infty$ -shaped curve. The word comes from the Latin *lēm̄niscātus* meaning "decorated with ribbons".



*The lemniscate of Bernoulli and its two foci*

**ARIELLA DALY**, a healer I met from the Shift network uses the lemniscate in her work extensively. She is a bee shaman and has studied bees in depth.

In ancient Greece, **Melissa**, the bee goddess, was revered and her oracle sought. Bee Shamanism can be found in many earth-honouring cultures and honey bees communicate by performing a dance in the shape of the lemniscate.

**Birgit**

### Do Not Stand at My Grave and Weep

Do not stand at my grave and weep,  
I am not there, I do not sleep.

I am a thousand winds that blow.

I am the diamond glint on snow.

I am the sunlight on ripened grain.

I am the gentle autumn rain.

When you wake in the morning hush,

I am the swift, uplifting rush

Of quiet birds in circling flight.

I am the soft starlight at night.

Do not stand at my grave and weep.

I am not there, I do not sleep.

(Do not stand at my grave and cry.

I am not there, I did not die!)

### *On Death and Dying*

This poem was written by  
Mary Elizabeth Frye in  
the 1930s.

Its message:

***The people you love are  
all around you.***

*Life is like a jigsaw puzzle and we always find our place within it.*

## TRUSTEES REPORT - MAITREYA SCHOOL OF HEALING AGM - 28th September 2023

**ZOOM SESSIONS, TRAINING AND BLOOM:** As last year we had two ZOOM sessions per month, bloom on a Saturday, training on a Sunday. They were fairly well attended.

**LONDON SESSIONS:** We had several sessions of contact healing in London hosted by Anna, Gretta respectively. These sessions were really good and we thank the hosts. We also had our Christmas session at 33, like in the olden days ....

**VISITS to the Centre in Southgate, Wales:** Irene made the journey this year.

**ACCOUNTS:** Thanks to another generous donation we are in a good financial position. A detailed account of our financial affairs will be presented to the meeting. Sadly, our accountant, William Everatt died this Summer.

**ENQUIRIES, TRAINING AND PATIENTS:** We had a few enquiries for both healing and training. With great excitement and pleasure we welcome Helen, our student, to the Maitreya School of Healing. She has worked with Lily in the past.

**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.

**BALENS INSURANCE:** This year all healers were responsible to organise their own insurance with Balens. It worked well again, just like last year.

**FINALLY:** We are committed to continuing our healing work in some form or way. It seems, flexibility is of the essence!

**Julie and Birgit - Trustees**

### Speak to us of Meditation

A student went to the angels and said: *"Please speak to us of Meditation"* and the angels answered so:

*"You live in a world which is hypnotized by the illusion of time.*

*"A world in which the so-called present moment is seen as nothing but an infinitesimal hairline dividing an all-powerful, causative past from a fascinatingly important and alluring future.*

*"But where is your Present? Your consciousness is preoccupied with memories on the one hand and expectations on the other.*

*"You do not sense that there never was, is, or ever will be any other Experience ... than Present Experience.*

*"For as long as you do this, you will live in a world of illusion."*



## Helen and Absent Healing in USA (initials used below for privacy)

I (Helen) continue sharing the colour healing with two friends D and G.

G's uncle, J, recently went into a coma due to sepsis. Her mother is very actively interested and involved in healing and she organized a family absent healing for him. She mostly uses white light and we used blue and gold light as well.

On a later occasion, the three of us met on Facetime and gave an absent healing for Uncle J. I was leading and I was so excited that they had joined in. It felt very powerful to all of us.

We started the absent healing by calling on the angels Raphael, Gabriel, Michael, and Uriel. I used a lot of green for the cleansing of the sepsis, and pink, violet and amethyst for the heart. Also sapphire blue for depression, with gold, blue, amethyst and violet for the spine, and violet for the crown chakra. We had him floating in a pool of green salt water with a waterfall nearby. I added rose pink and amethyst to the water as well at the end. I wanted him to feel loved and supported.

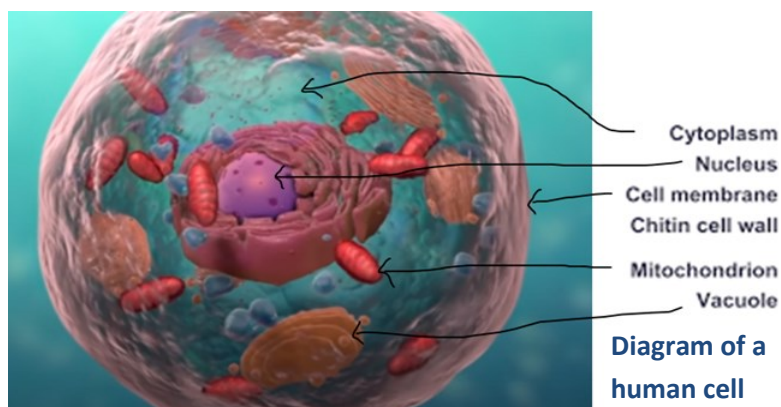
The news today is that Uncle J is out of the coma - and angry that they would not serve him ice cream and soda !

## The Mighty (but tiny) Mitochondria (from the MSH September 2023 Course)

Our bodies are electric. Each one of our 30 (or so) trillions of cells carries an electrical charge which allows the cell to interact with its neighbours and - ultimately - across our entire body.

Within the enclosure of the cell membrane is a microcosm of fluids, charged ions and a community of organelles, each with its own roles to play.

This is the realm of the mitochondria.



Mitochondria play a vital role in energy production, converting the food we eat into the energy our cells need to function – the “Powerhouses of the Cell”. **Peter**

**Mitochondrial DNA:** We have two genomes stored as DNA within each cell. There is DNA in the cell nucleus and a different DNA in the cell mitochondria. Mitochondrial DNA is inherited entirely from the mother. The genetic trail of mitochondrial DNA might possibly lead back to a single woman - the “Mitochondrial Eve” probably living in Southern Africa between 100,000 and 200,000 years ago!

## My Tree

As I reflect back I begin to understand how surrounding myself with nature supported me in childhood.

Now I am consciously aware as an adult, I smile. I continue my awareness to heal by choosing nature and the vibration of flowers for healing my mind, body, and spirit.

As a 7 year old child and upwards, I remember when rage and negative actions bubbled over in my house, I would run as fast as I could to my tree. I don't know exactly when I chose this tree, or why, however I would run as fast as my legs would go, my heart beating so fast I believed it was going to explode, and I would tell my tree everything that was happening.

My tree stood in a big field surrounded by grass, and wild flowers such as buttercups and daisies.

I felt accepted by my tree even when I cried, kicked, shouted, laughed, giggled, or said nothing, My tree had a strong safe trunk firmly rooted in Mother Earth no matter what.

I carved my initials in the trunk, I tried to wrap my arms around the trunk in both love and terror.

MY tree sheltered me from external storms, calmed my internal storms, and its branches spread out wide.

Shielding and shading me from the hottest sun.

Little did I know as a child how fortunate I was to have such a gift in my life.

I realise now that each object has its own energy and vibration and the relationship we had together was a beautiful exchange of energy.

I feel fortunate, blessed, and thankful I was guided to my tree.

**Irene**



**Kindness makes you the most beautiful person in the world,  
no matter what you look like.**