

# Maitreya School and Healing Centre Newsletter

## December 2024

In 1974, Lily Cornford and Joseph Leech  
founded the charity  
**MAITREYA SCHOOL OF HEALING**

**50 Years  
Ago !!**



**"Take it with a pinch of salt!"**



**"Energy follows thought"**

**A bird doesn't sing because it has an answer. It sings because it has a song.**

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## **Maitreya School of Healing – The Early Days**

### **Memories from Pauline Black**

Joseph Leech and Lily Cornford, the co-founders of the Maitreya School of Healing had met each other before WW2 at a healing conference where a healer gave a seminar about the healing energy of flowers. Even as a child, Joseph had an affinity with flowers and could feel the different kinds of energy they embodied. Through a spirit guide, he later learned which flowers had the right energies for treating different types of ailment. This is the source of most of the descriptions of flowers and their colours for healing.

Lily's path to MSH was very different. She had been introduced to the work of Alice Bailey and Helena Roerich (Agni Yoga) and was a medium, sometimes going into trance during a healing session to diagnose and treat a patient. Lily would use the ground floor of Joseph's house while he worked and lived above. Lily saw that Joseph was getting more patients than her and became interested in the type of flower colour healing he practised. When Lily's sister died, she inherited enough money to buy the flat in Cavendish Road and they both worked there.

When they decided to run the first training course, they were apprehensive about getting people to come and Lily asked Pauline's husband, Tony Black, who she had met through the Roerich teaching. However there were 55 students on the course and they had to hire a hall for meetings. Many were patients or former patients who were keen to understand what the healing involved. This course developed and was held every year, meeting at Cavendish Road and later, Jeymer Avenue.

Many of the healers in the early days of the healing centre were on the first course. Some went on to lead the training courses. Pauline was initially very reluctant to become involved with this healing. One day Tony told her that Lily was not well and Pauline said "she is under psychic attack – a shadow is pushing her down some steps". When Lily heard, she understood and met Pauline and told that she should be doing healing. Pauline read up on this holistic approach to healing and became a regular healer at the Maitreya centre.

## **Memories from David Ellis - Performer, Writer, Curator.**

Kilburn High St, London during the 1980's was an unlikely site for a committed secularist to act out his personal Calvary, nonetheless I did, literally staggering to the Maitreya School Of Healing during what was later described as my 'Psycho-Spiritual rupture'. In other words? I was 'done in', done in by a bewildering array of debilitating symptoms from motor-sensory turmoil, partial paralysis, spontaneous bruising, tremors, facial tics and a very serious loss of humour. But, the potential for life-changing, even revelatory events aren't fixed to place, which is why following the onset of what became my 18 month helter-skelter into psychosis I'd orbit the indistinct North London pebble-dashed ordinariness of a terraced house, the hub of The Maitreya School Of Healing to save, if not my life, then certainly my sanity.

Prior to being under Lily's care and tutelage I'd had an endless battery of tests from needle-pricks, electro-myography and MRI scans, but due to the negative results received I was eventually to be discharged without a diagnosis and given advised by my sceptical Neurologist to "live my life". Having exhausted the Royal Free Hospital's Neurology Dept's wealth of expertise I was utterly distraught, alone. Before the internet, before apps and WhatsApp there was word of mouth i.e. someone said they knew someone, who knew someone else, someone 'special', someone like Lily.

In a frenzied, frightened state I entered a box room, laid flat out on the table, furtively clocked the wall and mantelpiece for any showy religious bric-a-brac, any overt expression of belief as (I'm no less so now) Ager 'though I kept my doubts to myself then slept. Since then (amongst other things) when thinking of Lily it's crossed my mind that Lily was perhaps one of the last 'sensitives' on the circuit to have worn a White Coat during her healing sessions, it's possible as clearly sensing my scepticism she explained whilst making her 'passes' that although believing wasn't a prerequisite for the effectiveness of Colour Healing "a bit of theatre", a slight hint of "monkey business" was reassuring to some, if NOT all, anyway I wasn't asked to believe. During this conversation and others she talked of her WW2 experiences with computers, peppering her talk with references to 'angelic presences', to "mischief making energies" and with theatrical flair and not mincing her words she said "you've been struck by lightning, burnt by Spiritual cosmic fire, my dear, whatever you're doing, stop!".

The words 'rebooting' hadn't entered the vocabulary yet but slowly over the next months I WAS rebooted. I was 26. At my last session with her I'd briefly mentioned I might train as a massage therapist, as a healer but with a faint hint of disapproval she whispered the words "it's not your work, just keep dancing, keep performing, writing, give to the World what you've to give. Now, get yourself a cup of tea". Acting on her advice, I did just that, do just that. My unexpectedly "fiery life" had begun.

50 yrs later as I think of her, of her work, and the undeniable significance of meeting her at a most perilous fork-in-the-road I whisper to myself "Thank you Lily".

## 50 Years of Science and Technology Developments

### Medical

MRI scanner, structure of virus, DNA sequencing, mapping of human genome, DNA editing.



*Photo: IBM PC 1981*

### Computing

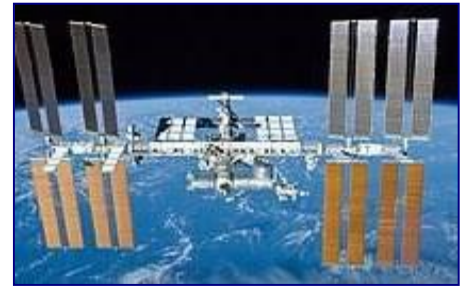
Microprocessor, PC, Laptop, Tablet, smartphone



*photo: MRI body scanner*

### Communication

Internet, email, world-wide-web, WiFi, GPS



*photo: Intl. Space Station*

### Commerce

Online ordering with home delivery (supermarkets, Amazon, eBay etc.), online-learning, music and video streaming

### Space Exploration

Space stations, Mars rovers, space telescopes (Hubble, James Webb etc.)

## Changes in attitudes to healing over 50 years

- The term “complementary medicine” was not in use until the mid-1980s. It was used as a general term covering many types of healing which were outside the scope of “science-based medicine”.
- The term “holistic medicine” was introduced to describe treating the whole person rather than only addressing the symptoms of a disease.
- The arrival into Britain of thousands of Chinese in the 1970s introduced traditional Chinese medicine using acupuncture, herbs, diet and exercise.
- Herbalism, aromatherapy, massage, acupuncture/acupressure and homoeopathy are the most popular holistic treatments in UK.
- There is now much more understanding of the way occupation, diet and relationships impact on health and general wellbeing through stress and the demands placed on mind and body which can cause disease.

## Maitreya School of Healing ...and me - Julie

I was a mess in 1988 after sustaining a severe brain injury in a road traffic incident. On being released from hospital with little or no guidance as to how I was supposed to navigate my life in this 'altered state', I found myself seriously struggling to the point that whenever I left the house I could never remember where I lived to return to. I invented a trick - I had my address on a label sewn into my coat so I could show someone to help me return to where I was living. That gave me a clue about how to think outside of the box to help myself.

One day I was trying to walk to the library for some peace and quiet when a lady stopped me and introduced herself. I had no idea who she was; we began to chat and she asked me what happened to me. I explained and after she had informed me how she knew me – it turned out she was an osteopath that I had visited many years prior – so she knew me as I was then. I asked her if she could she help me in any way to rediscover myself and my abilities once more. Her reply was that she felt she couldn't help me but that she knew someone who possibly could. She handed me a telephone number and an address and I took it back to where I was living with my partner who suggested we ring to book an appointment to see this person.

This was Lily Cornford of the Maitreya School of Colour Healing. We booked an appointment. This was May 1990 and it was months away, so every day I checked the date off in the diary until the day finally came for my appointment. That was just the beginning of my journey. Lily took one look at me as said "My dear, we will help you, the work will be yours but we can assist". My first experience of colour healing was like a home coming .... arriving at a familiar place that was open and welcoming and safe somewhere deep inside me. I responded well to the magical colours of nature and after many months and years of struggling and regular appointments I began to understand the significance of the process of healing myself and the benefits of colour healing. Even though I had to wait months for the appointment, I was now ready. It would have been too soon had it been earlier; so - right timing, right place.

I would attend regularly and even began volunteering with the reception at the centre helping to book patients for their healings. This gave me another dimension in understanding how to respond and helped enormously in my rehabilitation as well as forging new friendships with gratitude and grace which still last to this day, for which I am truly appreciative. I followed the training and began to practice slowly, gaining confidence and strength—physically, emotionally and with discovery of self amongst the 'altered state' I found myself in.

I continue my work today and assist as a trustee of the school and would never hesitate to mention to anyone how incredible the colour healing work is – so much so that we also have a number of patients with brain injury who have also benefitted from this work.

My encounter with Lily and Joseph is an honour and a gift which I cherish daily, as well as my friendships and knowledge in rebuilding my life after brain injury ... always room for improvement.

Thank you... for the colours.

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

## NOTES FROM AGM TRUSTEES' REPORT 2024—JULIE & BIRGIT

### ZOOM SESSIONS

As last year we had two Zoom sessions per month, both on Saturday mornings at 11am. We are trying out Zoom healing sessions.

### CONTACT HEALING SESSIONS - LONDON & SOUTHGATE, WALES

Continue on the first Saturday of the month.

### TRAINING

Helen from Santa Fe, USA and Gloria from London graduated during our 2023 AGM and advanced course week. Well done and congratulations.

Presently, we have 5 students: Catalina and Paula from Argentina, Fernando, Lily in London, Amy from Wales.

### ABSENT HEALING

We continue to hold absent healing at 10am every day or whenever you can fit it in during your day. There is a list of patients which is updated regularly and sent out by the secretary Peter.

### FINALLY

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

### extract from “Earthrise” by Amanda Gorman

We are demonstrating, creating, advocating  
We heed this inconvenient truth, because we need to be anything but lenient  
With the future of our youth.



And while this is a training,  
in sustaining the future of our planet,  
There is no rehearsal. The time is  
Now  
Now  
Now,  
Because the reversal of harm,  
And protection of a future so universal  
Should be anything but controversial.  
So, earth, pale blue dot  
We will fail you not.

## SOME REFLECTIONS ON THIS PAST YEAR OF MY COLOUR HEALING JOURNEY.

By Birgit

With each healing I do I learn something new. About myself and of course about the person I work with. This has been the case since 1990 when I qualified as a mental colour therapist. 34 years of colour healing! Am I an expert now? In some ways, yes, in others no, still a learner, always a learner.

As a trustee of this charity I feel the responsibility of keeping our charity going. Providing colour healing and teaching colour healing. Those are the aims of the Charity. As I am getting older I am looking around to see where the younger ones are, who might continue this work. I am thankful that we have some students now who could keep The Maitreya School going. Fantastic. Hopeful.

With our planet Earth having so many wars raging and so much suffering arising from that, healing seems to become more urgent. Also, there is the ever increasing exploitation of the earth's resources, the pollutants, climate change. It has been important for me to get my cosmic/spiritual connections up and running. **PAM GREGORY**, ASTROLOGER (YouTube) has been a source of inspiration and comfort. With her and the people following her, I have joined the Sunday evening meditation for love and peace, joy and beauty. It is at 7pm for 15 minutes. Everybody is welcome to join. We aim to create the NEW EARTH where co-operation, love and caring are the cornerstones of existence.

Pam Gregory interviews people who are engaged in fascinating research and work, such as **VEDA AUSTIN**. She has discovered that water has intelligence and can communicate. Her website is [www.vedaaustin.com](http://www.vedaaustin.com). We are made of water !! It is fascinating work. She says: *"Water is the rebel element, it won't conform to the laws of physics or gravity and it can't be killed. Without it there is no life. It reincarnates for all to see and science tells us it came to Earth from outer space. Rebellious, nonconformist, eternal and alien .... Just look at the power we are filled with."* [See our review of her book **"The Living Language of Water"**.]

Another important person in my learning journey has been **SARITA SOL**. She offers her knowledge generously and I have benefitted from many of her meditations, especially the ones using the Lemniscate, infinity symbol. [See Irene's experiences of Sarita Sol's work.]

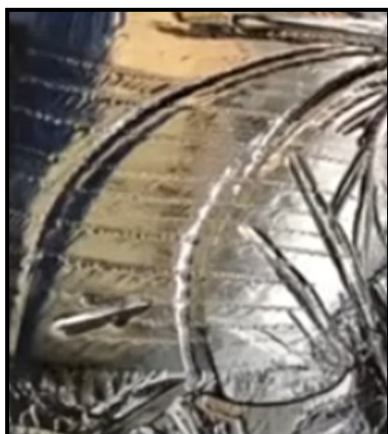
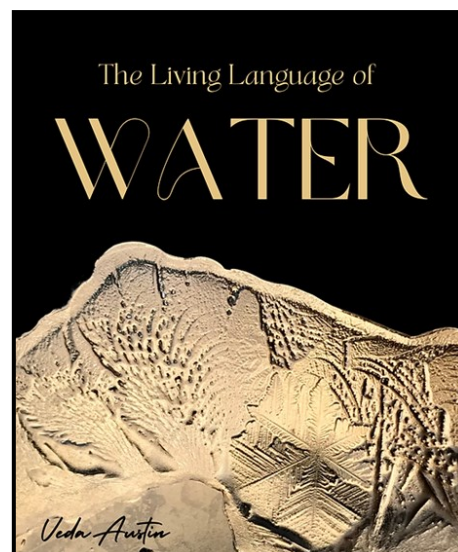
It is wonderful to work in a group with the other healers. So much creativity and laughter is generated by THE GROUP. I am grateful to have that in my life. We are experimenting with new ways of providing colour healing and I am confident that the Maitreya School of Healing will be around for another 50 years at least ....

## Book Review: The Living Language of Water – Veda Austin

In this fascinating book, researcher Veda Austin demonstrates that water possesses a form of memory and consciousness. She uses a simple technique where a sample of water in a petri dish is frozen and the crystalline patterns which form in the ice are photographed.

Her images show that water is responsive to our thoughts and emotions and that water can retain memories of substances it has been in contact with even after those substances are no longer present.

Based on what she has discovered, Veda proposes, that ***water could be acting as a medium between our world and a higher realm.***



This image was taken after freezing water in a dish which was by her in a dark room while she slept and dreamt.

Veda says “The image helped me recall my dream about walking along a railway track”.

By Peter

## Meditation and Getting to Know My True Self with Sarita Sol

I believe I was guided to Sarita. Her videos have raised my awareness and vibration. Getting to know my true self is a blessing and one that continues to develop and is profoundly changing my life.

To achieve this I structure time daily to meditate. I allow my intuition to choose which of the many videos Sarita has (which are usually free) and which will serve me best. Meditation practices I have found become easier with time.

I also recently completed Sarita’s “Your Addiction Entity and the Path to Soul Retrieval course”. It encompasses many spiritually based techniques and Sarita explains the process with love and ease.

It was nothing like how I imagined it would be .... It was so much more !

Much Love, Light and Healing, Irene ❤️

Sarita Sol’s website is: [www.sarita-sol.com](http://www.sarita-sol.com) and she has many videos on YouTube.

## How I came to Maitreya School of Healing by Catalina

I found Maitreya one lucky night, listening to Kate Bush on YouTube. A song of hers appeared on the list, so I started watching the videoclip.

Kate was singing to a lovable looking lady that called my attention; Kate was saying she was afraid of darkness and this lady told her to pray to the archangels and started naming them on the song.



I sensed she was not an actress, but a real healer. So I googled the song, and that's when I discovered Lily Cornford and her school Maitreya, and the healing with colours of nature.

I work with plants as a landscape designer, so I can relate a lot to a healing like this. I'm also a singer and musician and I have been working with healing with the voice and other instruments, but not so much with colours; using colours of nature makes a lot of sense to me.

So I wrote an email to the school and the next morning I had an answer from Birgit, and a few days later I had a zoom call with Birgit and Peter and that's how I became part of this generous community of healers and searchers that I am so lucky to be part of.

I was sent a very clear manual and booklets regarding theory and technique, and I immediately started applying it with a friend who is going through leukemia. We started doing zoom meetings with her and a few close friends, visualizing spring green all over the body, with very positive feedback.

I am very happy to be on this learning process, opening new channels for healing frequencies that are already out there, in nature.

### **“The Line, The Cross & The Curve” - Kate Bush**

The video Catalina watched is on our website at

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

It is a scene from Kate Bush's 1993 film

“The Line, The Cross & The Curve”, which is on YouTube:

<https://www.youtube.com/watch?v=n1llcwF9uq4> .



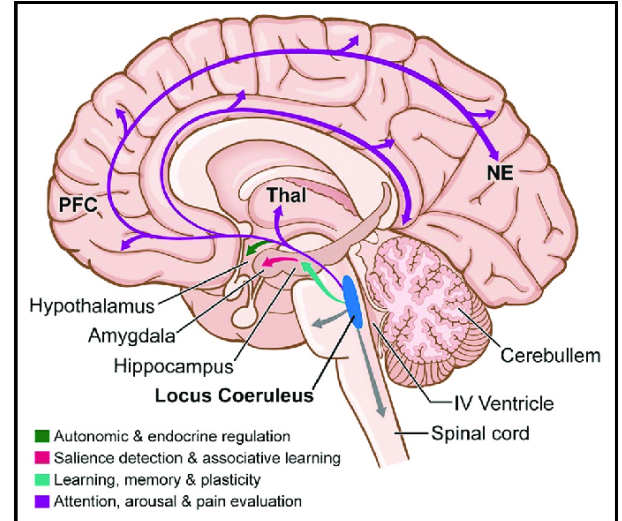
## The (other) Blue Dot (by Peter, from New Scientist article)

Place a finger on the back of your skull, at a point roughly level with the tops of your ears. Here, deep beneath bone, lies a small bundle of pigmented cells the colour of lapis lazuli. This is the **locus coeruleus** – Latin for **blue dot**. It measures just a few millimetres, but its diminutive size belies its power over your thoughts.

The **blue dot** is the main source of the neurotransmitter **noradrenaline** and when it is active, this is released into other regions of the brain making them more forceful and impactful. The result is enhanced communication - it gets much easier for a message to be passed between different parts of the brain.

The **blue dot** helps coordinate our mental processing. It could be called our **awareness gearbox**.

When it is in the right gear, we feel pleasantly engaged in the task at hand. But it can get stuck in the wrong gear, leading either to dreamy procrastination or frenzied frustration.



Noradrenaline flow from the Locus Coeruleus

**Gear 0, neutral** is when we are **asleep**. The blue dot is almost completely silent at this time.

We switch into **Gear 1** when we wake – a low hum of base-line activity. The noradrenaline eases the brain into consciousness, but in a state of low arousal.

As a result, **sharp focus is lacking** and we may be prone to mind-wandering.

As levels of noradrenaline increase, communication across the different regions of the brain becomes easier. This is **Gear 2**.

Gear 2 is when you are “**in the flow**” – the feeling of being so totally engaged in a task that you forget the passing of time.

**Gear 3** is when this hum of activity turns to a roar. High levels of noradrenaline activate the areas for emotional processing and can lead to the **fight-or-flight** response – useful if we are in danger and need to be hyper-alert - but in other situations, we feel overwhelmed - and what we really need is greater focus.

In people with anxiety or post-traumatic stress disorder, the locus coeruleus can become locked into the high-arousal mode of Gear 3.

## ZoomBlooms and Wise Words

From April 2020, Covid and lockdowns prevented us from holding the monthly healing days, so we linked up over “cyberspace” using Zoom.

For the monthly ZoomBloom, we each brought a flower and “wise words”. Here’s a sample of them.



The hands that you hold on to grudges with  
will not be able to catch the blessings.

Kindness is like  
the snow.  
It beautifies  
everything it  
covers.



A heart has its reasons,  
of which reason  
knows nothing.



Silence isn't  
an absence  
of noise,  
it's a quality  
of mind.



Into the forest I go to lose my mind  
and find my soul.