

# Maitreya School and Healing Centre Newsletter

## December 2025

After spending 178 days aboard the International Space Station, astronaut Ron Garan returned to Earth with a perspective few humans will ever experience.

“When in orbit”, he says, “everything we fight over seems meaningless.

Borders vanish, politics fade, and the divisions that dominate life on Earth simply disappear.”



Looking down at the planet as a fragile blue sphere floating in endless darkness, he realized that much of what humanity believes to be important - wealth, power, and conflict - is an illusion.

“When you see Earth from space,” he explained, “you understand that we’ve built a world based on separation — but in truth, everything is connected.”

### On Sunlight

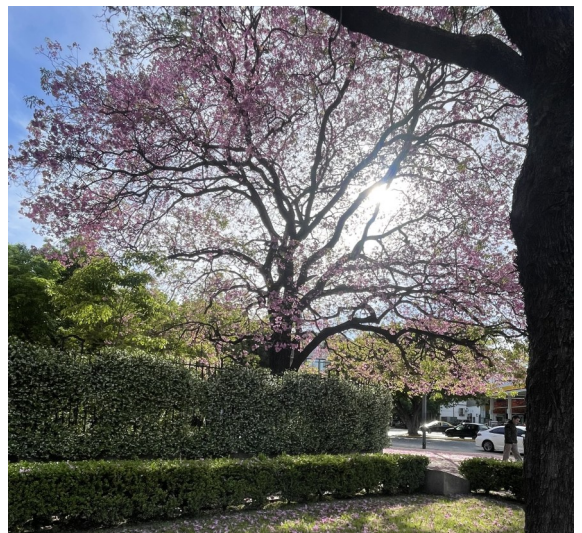
After years of learning about the frequencies of sound and colour, I realize how sunlight has been part of my moments of awakening.

Sunlight not only has colours, but holds geometries and information that alters our DNA and awakens our whole being.

The sunlight is getting brighter and stronger. As the plant kingdom is being shaken by its strong energy, so too are we and I feel a sisterhood with plants and trees.

We have the capacity to communicate with them; to work to heal wounds together.

**Catalina (MSH student)**



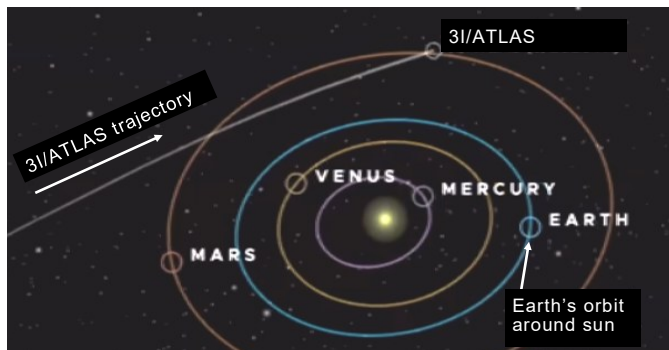
*Keep your face toward the sunshine and your shadow will form behind you.*

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## 3I/ATLAS - Catalyst for Change

Comet 3I/ATLAS, the 3rd interstellar object identified by the ATLAS telescope, is a heavenly body visiting us from a distant star. Its trajectory took it within the orbit of Mars while the Earth was on the other side of the sun and it will be closest to Earth on 19th December, just prior to the Winter solstice.



**NASA Calculated Trajectory of 3I/ATLAS**

The course and timing of 3I/ATLAS' passage close to Earth imply it is a vehicle for a higher consciousness. It may be a catalyst for change for humankind's collective consciousness - to greater sensitivity and a more cohesive future for us and our descendants.

## Something You, We, Can Do To Help

Kelly Kolodney, who has the ability to channel, suggests that we prepare for this event.

A new consciousness will arise, she says, around the Winter solstice. It will balance the sacred feminine and sacred masculine and signal the end of the period of patriarchy.

"We are all part of creating something new. To help prepare for this, find your inner peace and point of stillness. And give a rose to someone and one to yourself. The rose embodies Mary Magdalene's sacred feminine energy."

[ Kelly Kolodney can be found on YouTube ]

**Peter and Birgit**

## My Prismatic Path: A Journey into Colour

My journey with colour therapy began two years ago, although it feels like a path I was always meant to walk. I had long been fascinated by the principles of frequency and sound healing and I began to sense that colour was another octave of this same vibrational language - one that was profoundly affecting my daily life.

Through the books of Alice Bailey and Dr. Douglas Baker I discovered the 'architecture' of energy. That colour was not mere pigment, but the fundamental expression of the Seven Rays, the divine qualities that vivify all creation. I began to understand how 'dis-ease' is an imbalance in the subtle energies and etheric body.

This new framework electrified my existing practices. My fascination with wearing colourful clothing and accessories became a conscious act of healing; a way to intuitively invoke the qualities of a specific Ray I needed, whether it was the Red of Will or the Blue of Love-Wisdom.

For me, colour has become the vibrant thread that connects everything. It unites the Maitreya School's three pillars: the body, the psyche, and the spiritual connection, allowing them to communicate in one luminous tongue.

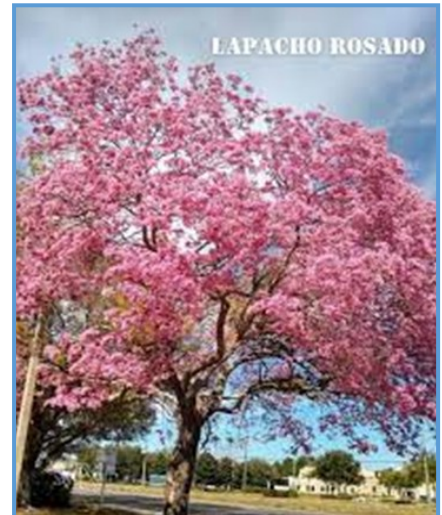
**Joni (MSH student)**



## La Bendicion del Color

In September when the pink and yellow flowers of the different species of **lapacho** trees (*handroanthus impetiginosus*) blossom, the porteños, the people of the port of **Buenos Aires** know that the *colour season* has arrived.

At the beginning of 20th century Carlos Thays, a French urbanist who lived in the city, had already re-modeled many of the squares and parks in Buenos Aires and had introduced the idea of planting mostly native trees instead of foreign ones.



His idea of native was not trees from the Pampa eco region but from anywhere in the country and for that reason he travelled around Argentina to choose the most beautiful trees that could adapt to our climate.



So after the lapacho trees we enjoy the red flowers of the **ceibo** (*erythrina cristagalli*) and the bluish lila **jacaranda** (*jacaranda mimosifolia*) flowers that bloom throughout Spring and Summer.



The **ibirá tiyá** trees (*peltophorum dubium*) with their big yellow flowers that face the sun, covering the top of the tree.



Summer and autumn time are associated with the **palo borracho** trees (*ceiba insignis*) and their outstanding trunks and enormous flowers that we love.



There's no way I can imagine my city without its amazing trees. I wonder if we realize fully the importance of their flowers and colours to our existence and our happiness. Paula (MSH student)

[ see also <https://buenosaires.gob.ar/parque-ferroviario-colegiales/arboles-nativos> ]

## Breathing

When I began the MSH colour meditation, my breathing was broken and my mind was in chaos. Coming back from ten years of severe illness and neurological problems, I was dealing with obsessive thoughts, all kinds of negative thinking and constant rumination. Dealing with my mind was like trying to deal with a wild horse without training. On top of that, when I began meditating, I discovered I had a terrible time trying to breathe deeply, which everyone seemed to be recommending. I am 63. I took yoga teacher training when I was 22 and I had the same conditioning: 'breathing deeply is something to strive for'. But after years I was still struggling. It wasn't working, and my discouragement was consuming me.



The colour meditation was a massive breakthrough for me. Released from the burden of trying to breathe deeply, I focused instead on her gentle voice saying "keep breathing evenly". So I breathed evenly and that was enough. I hung on to those words like my life depended on it. After months of practice I was breathing more deeply. It was incredibly challenging, and still is, but it is a challenge I am able to meet.

Now those obsessive thoughts are gone, replaced by a more measured, quiet mind. All while focusing on breathing evenly. This is a very powerful meditation I recommend everyone to experience.

**Jessica (Overseas MSH patient)**

[ for the MSH colour meditation: go to

[http://www.maitreyaschoolandhealingcentre.org.uk/heal\\_yourself.htm](http://www.maitreyaschoolandhealingcentre.org.uk/heal_yourself.htm)  
then click on ● Colour Healing Meditation ]

## Hazel, Janet and Zac

Can you accept that there are mediums who can facilitate communications with people after they have died?

If so, you may enjoy the talks by Zac (Zacharia) through spirit medium Janet Treloar. Zac is an aspect of the Ascended Master DK who was also guide to Alice Bailey. And Hazel? She directs the communications when Zac is speaking through Janet. See <https://www.patreon.com/cw/Zacsportal>

**Peter**

## **Trustees Report - MAITREYA SCHOOL OF HEALING AGM**

**11th October 2025** (abbreviated)

What a turbulent, challenging year it has been for most of us in the healers team. Aging, disease, disasters, deaths and lots of distress. Personally and globally. What saw us through was the magic of healing and the warmth of friendship.

As last year we had two ZOOM sessions per month.

HEALING SESSIONS continue regularly in London and Southgate/Wales.

Thanks to a generous donation, our work continues.

Our five students continue to make good progress and it is a joy to work with them.

We had several enquiries and the website has been well used.

ABSENT HEALING continues ...

### **PURRING** **by Be Anavema**

My cat's purr is so loud  
It vibrates.

Rhythmically, regularly  
With her inbreath and outbreath  
She purrs.

Her happiness motor  
Keeps going.  
Sitting on my lap,  
Looking at me,  
With her big, green, trusting eyes  
She smiles and purrs.



Her contentment spreads  
From her body to mine.  
Like warm water it laps across  
And engulfs both of us  
With bliss and happiness.  
Such good medicine for the moment.

### **Douglas Baker Publications**

Douglas Baker's books and talks encompass subjects as diverse as astrology, alternative medicine, psychology and research into dark energy, dark matter and quantum physics.

Many of these books were out of print and have now been re-published.  
For details of his books and audio recordings, see:

<https://www.douglasbaker.org/> and <https://www.douglasbakerbooks.com/>



## Healing is a Way of Being

I have been a healer for many years since training with the Healing Trust, but when I read the Maitreya 50<sup>th</sup> Anniversary Newsletter, it hit an inner 'calling'.

I have always felt an affinity with colour. For as long as I can remember, I have experienced a sensitivity towards the energies surrounding us in nature, feeling their positive impact on my spiritual, emotional and physical well-being. I know that the colours you surrounded yourself with have an impact and I choose my clothing with this in mind. The colours you wear can be powerful in supporting your needs and your situation... and I am usually dressed in bright colours and never wear black!

I was accepted as a student and this feels like a partnership with my previous healing experience. What better way of using the pure colours of nature than to heal?

The Maitreya School of Healing has been welcoming, and the course has opened up new opportunities for me to learn and to discuss healing in a safe and embracing environment. I look forward to our Zoom meetings and to meeting my fellow healers face to face for the first time this December.

Working alongside fellow beings is a privilege and I firmly believe that you reap what you sow.

**Penny (MSH student)**

## Book Review: *Orbital* by Samantha Harvey, the Booker Prize 2024

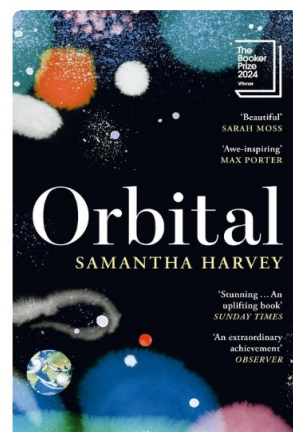


This short book is simply beautiful, inspiring awe and wonder. Six people, a floating family, they call themselves, share the small space of the international space station. 2 women, one English, one Japanese, four men, two Russians, one American, one Italian.

They do their tasks, they support each other, share meals, stories about their lives, they look at the earth going by and describe what they see.... Magnificent Aurora borealis, northern lights, a Typhoon forming ..... They see sunrises, sunsets, the continents, the oceans.

It is magnificent, moving and humbling. I can only recommend it. A must read.

**Birgit**

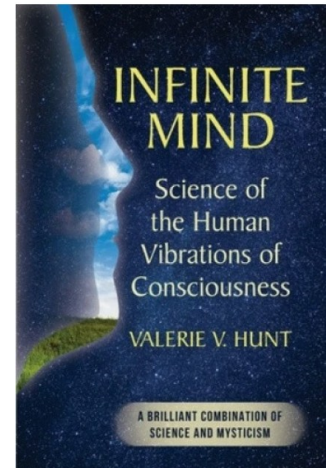


## Valerie Hunt and Measurement of the Human Aura



**Prof. Valerie Hunt**

Valerie Virginia Hunt was an American scientist, author, and Professor of Physiological Science at the University of California, Los Angeles. After retiring from UCLA she wrote the book “Infinite Mind — Science of the Human Vibrations of Consciousness” (1989), which describes her work in the study of the human aura, the biosphere and implications for the extension of science to incorporate her ideas and discoveries.



ISBN 978-1-63561-743-6  
Echo Point Books & Media.

### Two Types of Electrical Signal in the Body

At UCLA, Valerie Hunt had access to the latest telemetry equipment developed for NASA to measure and record the body's electrical activity for astronauts.

She found that in addition to the known neural activity such as EMG (muscles) and EEG (brain), there was another type of signal which had been beyond the scope of measuring equipment - or had been dismissed as unimportant. This second type of electrical activity had higher frequencies but at much lower strength.

Valerie ran experiments where aura reading psychics were present to watch the changes in the body aura when healers were working with a subject. From these sessions, she realised that this higher frequency electrical activity has characteristics which correspond to the colours and strengths of the auras described by psychics.

When her recordings were analysed it was apparent that there were distinct waveforms and frequencies for each of the colours in the aura. In time, she could recognize which colours the aura psychics were seeing and where the aura was growing stronger from the pattern and frequency of the electrical signals from the subject. (see table)

**These are the body frequencies she was measuring for the colours in the aura:**

Aura colour	Frequency (main)
Low blue	200Hz
Green	300Hz
Yellow	400Hz
Red	500Hz
Orange	600Hz
High blue	700Hz
Violet	800Hz
Cream	1,000Hz
White	1,100Hz +

**Peter**

**Auras in Electrically Screened Room:** UCLA had a room where the atmosphere could be adjusted. Valerie found that when the electrical energy in the atmosphere was reduced, body auras became scattered and incoherent. The aura psychic said the energy was no longer flowing, but jumping between people and chakras and that she saw energy flowing in an extensive “fishnet” mesh network inside their bodies.

## Healing Colours in Nature

I have always loved nature and keep with me the colours of flowers and trees that made an impact on me. But after starting to learn the Maitreya Healing technique, I find myself collecting colours of all nature, printing them in my mind for future healings and meditations.



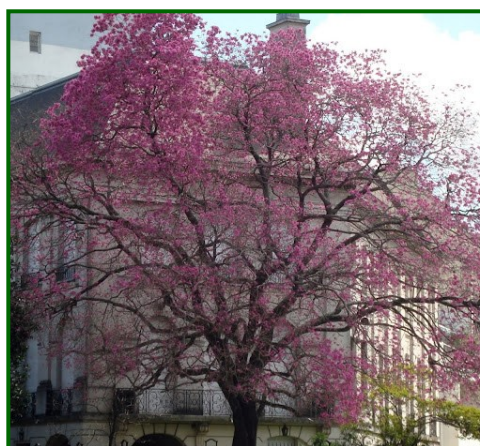
I started this year in Salta in the north of Argentina, where the earth is a salmon-peach or brownish-pink. It was good for grounding, but in a soft way, like a huge hug from Mother Earth.

This was like seeing the skin of the planet with no incursion of vegetation. These caves are full of curves, which with pink layers of soil, felt like a safe, loving uterus.

I brought this “earth pink” back home with photos to remind me how the complexity of the layers of pinks and organic, rounded forms can melt tension, anxiety and stress.

In Spring from the end of September, native trees flower with their healing colours in Buenos Aires. There is one particular tree that I wait for called ‘El Lapacho de Ezcurra’. To see its rounded pink crown in bloom is pure joy !

*See Paula’s “La Bendicion del Color” for more on trees in bloom in Buenos Aires*



***El Lapacho de Ezcurra***



Another tree I have just discovered is Ceibo del Norte (*Erythrina Poeppigiana*). Its flowers are orange like a calendula; so full of life. Next to it is this Jacaranda (*Jacarandá Mimosifolia*) with light blueish lilac flowers.

To me they are the Yin Yang of nature. This combination has everything. The crowns and branches of these two trees touch, making an orange lilac healing tunnel that feels so good.

To stop and feel this is refreshing, energetic and grounding too! **Catalina (MSH student)**

*When you carry joy in your heart you can heal any moment.*