

Volume 03

# Sanctuary

*Your Divine Solace*

**Spiritual Upliftment**  
to soothe the soul

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**Inspiring Stories**  
for keeping you enthused

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**Community Connections**  
because life's better together

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**Positive Affirmations**  
& More

World Healing Centre Blackpool.  
Charity no 1170377

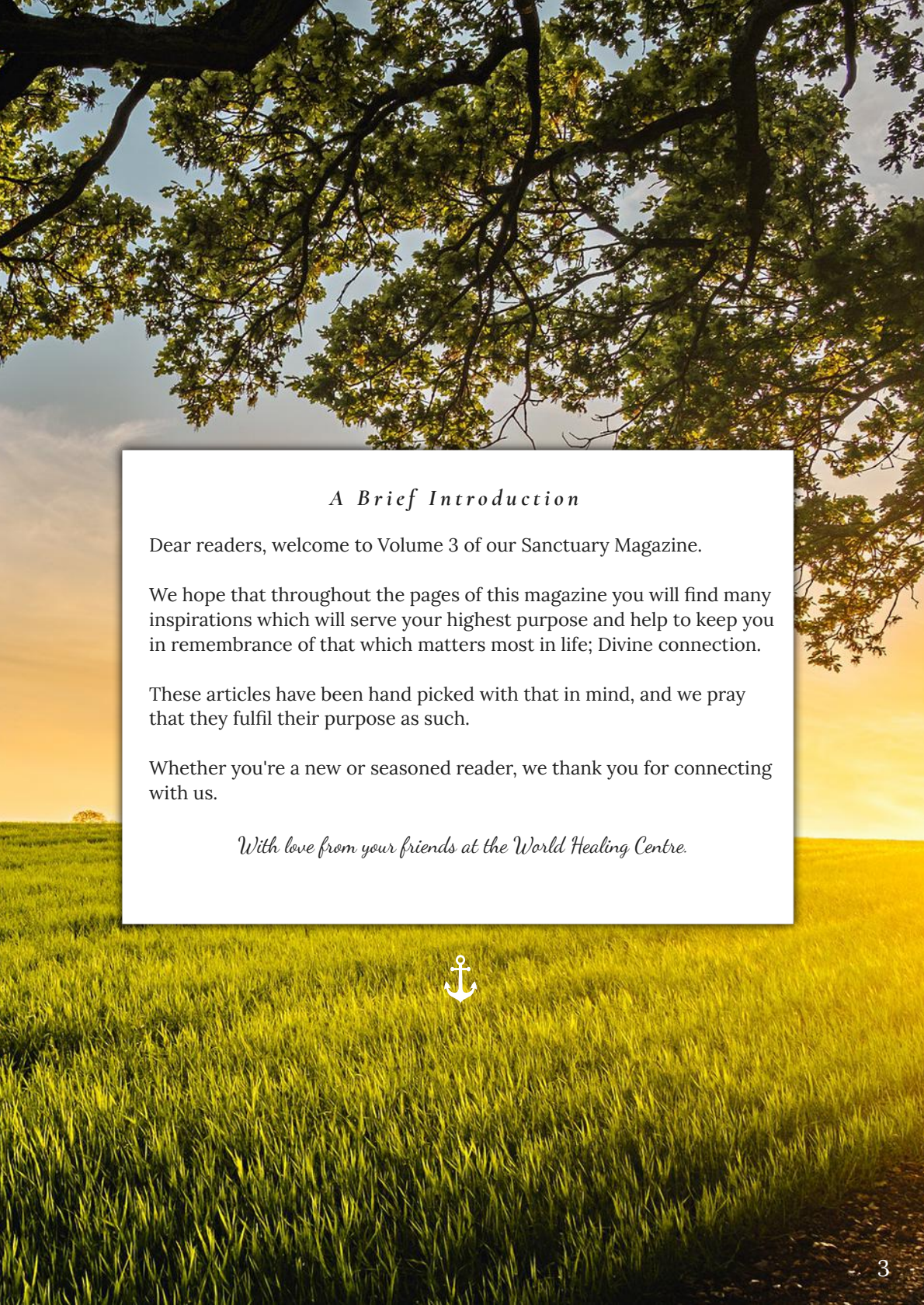
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### *A Brief Introduction*

Dear readers, welcome to Volume 3 of our Sanctuary Magazine.

We hope that throughout the pages of this magazine you will find many inspirations which will serve your highest purpose and help to keep you in remembrance of that which matters most in life; Divine connection.

These articles have been hand picked with that in mind, and we pray that they fulfil their purpose as such.

Whether you're a new or seasoned reader, we thank you for connecting with us.

*With love from your friends at the World Healing Centre.*



# The Healing Sanctuary

-Brother Mandus

God gave me a Sanctuary and my life began. And it began with an immediate challenge to faith. I advertised for a hall or rooms suitable for practicing Divine Healing, and received one reply. The Father had prepared the way long before, as you shall see.

The letter was from Mrs. Ingham. I met her in a private hotel in Blackpool which she owned, and was offered the use of the large dining room for the Sanctuary and a lounge as office and waiting room. She was a dear soul, burning with a heavenly zeal to see such a work for God go forth from her establishment. And it did!

It seemed that she and her husband owned this house, and operated it, for many years. Then they sold it and retired. Her husband, an ardent seeker of spiritual truth, passed on to the higher life. A few months before my need of a Sanctuary, the people who owned the property decided to sell and leave. Dear Mrs Ingham, filled with sentiments for the old days and, I believe, God-guided, bought it again - not with intention of running it as a business, but just to live there and enjoy the rest of her days with her sister. In Blackpool at the time, I should add, the idea of a private hotel in the centre being used privately would seem almost impossible. All rooms and offices in the town were occupied.

Two weeks before my advertisement appeared, Mrs Ingham and her niece were in the dining room of the house. Her niece said, "Auntie, wouldn't this make a lovely Healing Sanctuary!" All things are possible with God.

I had no money. On a wave of God-given faith. I accepted the challenge of the new way, the extra expenses and all that goes with the launching of a new adventure. And the happiest time of my life had begun. I had a Sanctuary and a Blessed place it proved to be when it was transformed to prepare for our work. And the names of Mrs Ingham & Mrs Blackburn I engraved in the Mind of God for their part in making it all possible at that time, in that place.



**There was no particular merit attaching to this step of faith I was able to take. I claim nothing in either self-righteousness or pride in doing it. You see, God gave me the vision of His Presence and His Purpose. The weakest amongst us naturally can rise to any challenge when we know God goes before us.**

**I must testify, at this point, that He has provided for all my needs day by day, week by week, year by year. All the service in my Sanctuary has been given with love and without charge. I have never asked anyone for any help yet, often in the most wonderful ways, God has always met every need in the right way and at the right time. He works through Human channels, of course, and His People have made their loving offerings to Him. I look only to the Father as the Source and Substance of all love, health, supply, wisdom and guidance. He is infallible and wonderful.**

**In the early days of the Sanctuary my faith was tested many times. I had to learn how to adventure with God with perfect trust. We walked together along the edge of many precipice, but always His Hand was in mine. And, now I know. When we find our Beloved Father, we are FREE.**

**The Sanctuary, then, was founded quite simply on a rock of faith & love. Every concept was based upon universal love & tolerance. I was not starting a new movement. I belonged to no church, sect, creed or specific religion. I was simply a servant of God, obeying His Word for me. I still stand today in that simple position, a member of no church, but a member of all. I respect & love every religion upon earth through which people seek God - and will help any and all of them to prosper in God's Service.**

**I believe, fervently, not in splitting existing organisations, but in demonstrating the Power of God today, so that the Reality of the Holy Spirit may again be liberated amongst the people. The world is hungry for the Truth that God will Heal & Bless NOW, and every church in the world will be filled just as soon as we all take up the challenge of the Master - " Go forth and do likewise." " Greater things than this shall ye do."**

**CONTINUED >>>>>**

**I quickly found my faith justified. The first patient was a young lady who was in a state of nervous exhaustion. She was physically ill, wrecked with fear, worry and inferiority complexes. The Divine Love released to her through intercession in the Sanctuary completely transformed her into a radiant God-reliant happy being. It was like watching a drooping lily responding to the feeding rain and sunshine. I had the joy of seeing her again at a big meeting I was addressing in Manchester. She was still obviously in perfect health and really enjoying her freedom.**

**More and more people began to come for treatment. I soon found that any pain was always disbursed. In fact, of all the hundreds of people who have had individual prayer treatment I only remember two who went away still in pain.**

**My treatment and teaching were, and remain, always very simple. I believe that immediately all the Power, the Love of God is there. I simply ask that His Perfection shall fill the entire being of the patient. I often place my hands where the trouble appears to be and declare the Truth that only Divine Perfection is at that place. I am always so careful to help the patient to realise that it is the Father who is doing the Work - that we, of ourselves, can do nothing except ask and know we are receiving NOW.**

**A lady came in with arthritis in the knee. She was in acute pain and could only walk with difficulty. I prayed and placed my hands on her knee and it was healed. Some received immediate healing. Many others would come in each week and it was always so good to note that those who persisted usually made a complete recovery. More important than the physical healing - I knew that God was healing the mind within, and as faith and understanding grew inwardly, the Divine Perfection naturally manifested outwardly.**

**I began to understand that, as I realised the Presence of God, the patient also seemed to find Him on the same plane as myself. We would sit quietly, giving ourselves to the Divine Perfection, and could actually feel the Power flowing through us.**

**Most patients report the Divine Presence as an active Healing Uplifting Power manifesting in these various ways:**

- 1) A sensation like mild electricity flooding the body from head to foot.**
- 2) A warm tingling sensation all over or particularly where the illness appeared to be.**
- 3) A buoyant exhilarating feeling.**
- 4) Deep Peace almost to the point of sleeping.**
- 5) A wonderful White Light like sunshine appearing to fill the consciousness of the patient.**
- 6) Lights of varying colours - more often white, mauve, and royal blue. These Lights sometimes coming in "cloud" effects, sometimes as streams of Light as though from a point outside and above the patient.**
- 7) Many patients have reported the presence of wonderful beings in spirit who brought intense comfort, a healing touch and always leaving the patient completely joyful.**



**An excerpt from the book Healing in His Light,  
Chapter two, entitled "The Healing Sanctuary"  
By Brother Mandus**





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# - REDISCOVER -

BY LOUISA BROWN



From as far back as I can remember I loved being outside in nature. From a young age I spent most of my time in the natural environment around where I lived. I was lucky enough to live next to a forest where I spent my time exploring and enjoying my beautiful surroundings. I vividly remember the awe I felt inside when I saw something new ... an insect, a leaf, a flower ... whatever it was it was totally awesome! I remember the excitement when I woke up in the morning and the feeling of freedom as I sat under a tree or followed a butterfly.

My early years were filled with an undeniable connection to my environment, I clearly felt the subtle energies around me due to my authentic presence and the joy I found in The Now. I saw the beauty in all things, the wonder of a blade of grass, a hairy caterpillar or the toads that loved to wallow in the drains around my home. Each and everything was precious and made my heart sing.

When I was first sent to school, I remember that I had an overwhelming sense of resentment that my life had been taken away from me, replaced by something artificial, bound by rules and authority. I wanted to learn about animals, the environment, the weather, the Earth, ancient history but instead my school day was filled with what I saw as pointless and boring topics. I tried extremely hard to reject this path but the more rebellious I became the more suppression I felt. I could not win! Out of school I would counteract my feelings by reading encyclopaedias, books about animals, Greek mythology, natural history and the Universe. I would dream about adventures, and I reflected on equality and World peace.



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As I moved through my teenage years and into adulthood, life became mundane and felt unnatural. Although I spent a lot of time outside with my animal friends the wonder of my surroundings had started to fade, and my thoughts became distorted as I looked to a future of work and paying bills. I started to feel that conformity was my only option as it seemed to be what everyone else did.

And so the years passed and I conformed to what was expected of me, a 9-5 job and paying my bills. Over this time, I also forgot how to see the joy and wonder of life and feel the gratitude of the many blessings presented to me in every moment.

Over the last 6 years my life has significantly changed. I have removed many of the distortions I had created along the way and made peace with my past. My inner child feels able to express herself again and she is free once more.

This morning, as I took a walk at sunrise, I mused over what I wanted to share with you. As I did, the scent of the earth, the grass and the flowers filled my nose, I heard the songs of the many birds telling the World how happy they were to be alive, my eyes saw the colours and textures all around me, I felt the warmth of the morning sun on my skin and the grass as it touched my fingertips. I watched the wind move through the trees and a tiny toad starting its journey on Earth. I saw and felt the joy of being. I felt connected and inspired. I had an overwhelming sense of gratitude for being alive.

So, my inspiration is to share the importance of finding that inner joy, whatever that may be. We are here to experience, to learn and most importantly to love. My life has transformed as a result of rediscovering my authentic self. It didn't cost me a penny and it has been the best thing that I have ever invested my time and energy into. This is not a privilege, it is your right, and you deserve to find that joy, that happiness, that fulfilment and all you need to know is that it is ready and waiting for you RIGHT HERE, RIGHT NOW.

It is time to REDISCOVER yourSELF!

May you all be blessed with the JOY OF LIVING!



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"TWENTY YEARS FROM NOW YOU WILL BE MORE  
DISAPPOINTED BY THE THINGS YOU DIDN'T DO  
THAN BY THE ONES YOU DID DO"

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"Music &  
Sound Resonance"  
- John Gyte





Music is a vital means of receiving and giving of human feelings, and it is capable of uniting people when other means fail. It can express our joy, sadness, and a whole range of our feelings towards life and our search for truth. We need this also to express our feelings of belonging and solidarity with others. Every living being, object, landscape and seascape resonates to varying frequencies, and when our personal frequency is in tune with cosmic or ambient resonances, the resulting energy creates a joy of awakening to our true identity.

The human mind does not know what will give us joy, it can only register it when it happens. It can project what should give us happiness, but all too often it can end in disappointment. Pure joy is a gift which comes when we least expect it...

I once spent a winter in an orthodox monastery in France. The services could last three, five or even nine hours during feast days, and the monotonous droning of the monks singing was a severe test for the mental presence. It would start complaining... "can't we go somewhere else, this is awful," and, "how much longer is it going to last" etc. I had to reply "We are not going anywhere... you will just have to put up with it." One evening however, the mind had had enough and simply 'dropped off' but I was wide awake at the same time. It was then that I was seized by a tingling of the whole body with warm tears running down my cheeks. A door had been opened in the depth of my being which brought a joy never experienced before in life. Pure joy is a gift which comes when we least expect it...

Later I realised that the droning was on a certain frequency which resonated throughout the whole of the body, organs and energy centres. This enables us to connect to the higher celestial frequencies, during which the 'Music of the Spheres' can be heard. In India this is known as the Surat Shabd yoga... shabd being the Hindu word for light and sound resonance.

Musical resonance transmits the natural scale of overtones contained within the spiritual 'sound' of the universe, and which is related to the WORD mentioned in the Christian scriptures." In the beginning was the Word"-Prologue of St John. This refers to the beginning of time before the creation of mankind and language. It is the creative vibration of Life from the Source of which the Universe is made. Being able to connect with this energy is a source of healing since it is a 're-tuning' of our being to the Divine Presence within us.

# A Few Thoughts from Anne...



Here at the Centre we host two Eckhart Tolle groups each week, reflecting on his wonderful writings; 'The Power of Now' and 'A New Earth'.

Eckhart has helped millions of people all over the world. He was at a very low ebb in his life when he made a great inner breakthrough. He describes the current state of humanity as lost in thought. We have overidentified with the form self, the mental emotional physical life. But we are a dimension beyond form, the timeless dimension, the Spirit. We have never been born and will never die.

Many people have got locked into the voice in their head, this constant stream of thinking. Jesus talked about, 'taking no thought' which really means to not get trapped in the ego mind. Come a little deeper into the inner sanctuary, the Holy of Holies, the Timeless dimension.

We are already complete in our essence. St Paul said: 'Christ in you, your hope of glory'.

Eckhart is a great writer and his language is very universal, practical too while never compromising the truth.

Practicing the Presence is a dominant theme through his writings. Jesus worked very consciously with Divine Presence. This is why he was so successful!

Eckhart has also written: 'Practicing the Power of Now', 'Stillness Speaks', 'Oneness with all Life'.

We are enclosing some of his inspirations for you to peruse.

"Be the silent watcher of your thoughts and behaviour. You are the stillness beneath the thinker. You are the stillness beneath the mental noise. You are the love and joy beneath the pain."

"You are not the voice in your mind but the one who is aware of it."

"Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at this moment."



**“How to be at peace now? By making peace with the present moment. The present moment is the field on which the game of life happens. It cannot happen anywhere else. Once you have made peace with the present moment, see what happens, what you can do or choose to do, or rather what life does through you.”**

**“In the enlightened state, you still use your thinking mind when needed, but in a much more focused and effective way than before.”**

**“Learn to dis-identify from your mind. The pollution of the planet is only an outward reflection of an inner psychic pollution: millions of unconscious individuals are not taking responsibility for their inner space.”**

**“When someone criticizes you, blames you, or calls you names, instead of immediately retaliating or defending yourself – do nothing. Allow the self-image to remain diminished and become alert to what that feels like deep inside you. For a few seconds, it may be uncomfortable, as if you had shrunk in size. Then you may sense an inner spaciousness that feels intensely alive. You haven’t been diminished at all. In fact, you have expanded, you may then come to an amazing realization: When you are seemingly diminished in some way and remain in absolute non-reaction, not just externally but also internally, you realize that nothing real has been diminished, that through becoming “less”, you become “more”.”**

**“Whenever you interact with people, don’t be there primarily as a function or a role but as the field of conscious Presence.”**

**“The Key to transformation is to make friends with this moment. What form it takes doesn’t matter. Say yes to it, allow it, Be with it.”**

**“What will be left of all the fearing and wanting associated with your problematic life situation that every day takes up most of your attention? A dash – one or two inches long between the date of birth and date of death on your gravestone. To the egoic self, this is a depressing thought. To YOU, it is liberating.”**

**“When you give your fullest attention to whoever you are interacting with, you take past and future out of the relationship, except for practical matters. When you are fully present with everyone you meet, you relinquish the conceptual identity you made for them – your interpretation of who they are and what they did in the past – and are able to interact without the egoic movements of desire and fear. Attention, which is alert stillness, is the key.”**

**“How wonderful to go beyond wanting and fearing in your relationships. Love does not want or fear anything”**

# Yoga keeps the brain young.

While you may not get an immediate brain boost from stretching and toning exercises such as yoga, there are numerous long-term benefits.

A growing number of studies show that yoga and mindful meditation can help increase feelings of calmness, and over time can help with anxiety and depression.

One study of yogis who had been practising for many years found that some brain regions were remarkably well-preserved compared with those of healthy controls (of the same age, gender, race and education level).

The researchers even commented that the 50-year-old yogi brain looked more like a 25-year-old's.

**(An excerpt from the Daily Mail 12.01.21)**







# *Understanding Equality.*

*(a brief journey of self-discovery)*

The plight for equal rights is an ongoing, seemingly endless battle in this world of ours. To be seen, felt, and treated as equals has propelled many social movements throughout history, but what actually is our qualification to demand equality?

I ask this question not to be provocative by any means, but to instead draw your attention to the fact that, in terms of our bodies and minds, we're all so vastly different. We all have different intellectual quotients and inclinations; our physical capacities and genetic makeups differ hugely from person to person. In fact, it's reasonable to say that equality cannot exist on the physical or mental platform, simply due to the abundantly apparent inequalities which are present on these levels.

Now, how do we correlate this information which appears inconsistent with our society's desire to pursue equality? How can it be that people who are so clearly different still maintain the desire to be treated as equals? What is it that connects every single one of us?

The logical conclusion is that it's our humanity which connects us, our love, our compassion, our care, and our empathy. From this understanding, one may further suggest that it's these qualities that define us as "humans". However, in actuality, it's these inherent qualities that prove we are so much more than just human.



You can't bottle love or grab a handful of compassion, these are not physical things, nor are they mere sentimental concoctions of the mind. Thus, we can understand that we are far more than just our physical and mental selves. But then, if not our bodies and minds, who are we?

These innate, aforementioned qualities (which are present in every single one of us) prove beyond reasonable doubt that there is a metaphysical aspect to ourselves and to our existence. Which, from our behaviour, we can understand that we actually value more than sheer physicality or mental sentiment.

This metaphysical aspect is the heart of our humanity, the innermost part of ourselves, and it's known by many as the soul. The soul is the spark of life which gives animation to the animated, and it is the true equaliser in this otherwise unequal world, and deep down, underneath all of the coverings, it's who we truly are.

This is why we as a people pursue equality, and it's simply due to forgetfulness of this knowledge that inequality remains prevalent.

So, if you desire to find real equality in this world, try to see people as they truly are, not as their bodies or minds, in which you will find only mundane difference, but instead as the true essence of what makes us all equal; the fact that we are conscious, living beings, in the midst of this existence.

*Written By Tyler Hendrie*

# Reflections

adapted from the writings of Brother Mandus

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## Monday

What is Thy Will for me today, Father? I come into Your Presence and listen to Your guidance.

I release all my thoughts of the world or problems and difficulties and turn my whole attention to Thee in a perfect love, and a perfect surrender to Thy inspiration.

I enter the great silence of my soul, and am alone with my Lord. I am poised in the stillness of the spirit of Christ.

I am saturated with His peace and perfection. I let go and allow God to take full control, I am listening, completely receptive to His guidance for this day.

## Tuesday

We live, move, breathe, sleep, eat, think, walk, run and live in and through the Spirit of God. It is impossible to be separated from the One Power which pervades and interpenetrates everybody and everything He creates.

## Wednesday

Most of our difficulties, disasters, problems and pains, arise through our false belief that we are separate from the all-pervading Spirit of God. We think of the self as one being, and God as the Father to whom we might hopefully go, but never quite sure that our words are reaching Him, or that His Divine Answer is granted.

An amazing transformation takes place when we understand, quite simply, that we can never be separate from Him.

Beloved Father, I am one with Thee, and in this Unity, I share with everyone else in love, thought and deed.





## Thursday

Whenever I am filled with love and close to the Father, I am glowing with peace and joy. Whenever I am turned from the Father and am caught up with the irritations and disharmonies of the world, I am cast down and full of fear.

I know therefore, that the real lesson in life is to allow God's love to be fully expressed in every experience. I will contemplate that which is divine and perfect in myself and in everyone else.

## Friday

As I behold God's handiwork in the heavens and upon the earth, I see His spirit in all living things. I awaken out of darkness and come home into the glory of God. Thankfully and with great gladness I acknowledge the spirit of my Father to be the only reality.

Lord, take my life this day, and use it according to Thy Will. I am radiant with Thy Love, and with a supreme thankfulness that Thy Will is being made manifest through every experience which comes my way, now and always.

## Saturday

As children of God, we are most precious in His sight, for the Father is filled with love for us all. We belong to God and He belongs to us. When we recognise this simple but glorious truth, we can shed all our limitations and arise in the fullness of His power to take our place in the kingdom of Perfection.

"All that I have is thine" – is a divine promise. I release all tensions and worries, and dwell in Thy Kingdom of peace and love this day.

## Sunday

The greatest healing of all is that which follows the complete surrender of the self to God. When we lay down our lives to Him, He takes them up and uses them to bring love in service to everyone else. Wherever I find myself today, I shall steadfastly behold Christ in every person I meet.

I shall dedicate this day to the Lord, and know that I am lifted up in His Spirit, and thereby draw all people into the same light.





## from the wayside pulpit



As part of my spiritual practice I have been learning about being present in the moment. Living in the 'now' is what all great spiritual gurus teach! It is about forgiving your past and letting go and not worrying about the future! It is about the fact that you trust in the process, for all there ever is, is this moment now.

This moment now is alive with possibilities, you are a co-creator with your Divine Source. You find this place by stilling the mind and mental noise. Fear is a projection of the mind and many of our worries are simple projections into the future. 'What if this happens?' >>>>







But being enlightened is when you connect to the Source of all that is. Let go of labels, judgements and blocks and be grateful for what you actually have in your life right now. Let go of striving for more things, just surrender into that timeless presence and connect with God.

It is only in this place will you find the joy and peace you seek. It is not outside yourself in the outside world. Peace and happiness come from within, when you realise that you are a spark of the divine and you are connected to that font of divine love. That what often happens is a construct of the mind and the ego. In Spiritual Truth you are always safe and loved. My mantra is 'I am a loved and beloved child of the Universe'.

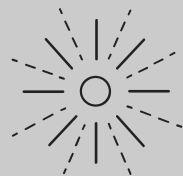
Remember Jesus' words, "whatever you need is there for the asking", if God takes care of the birds and animals, how much more will he give to you.

Emotion is our reaction to our thoughts. We need to learn to love ourselves more and once we have achieved that, we can show up for authentic relationships and lives. We can let go of toxic people and situations and claim some of the eternal peace and joy, that is our spiritual birthright.

By Simone Marie Cowgill



# A Holistic Guide to Health & Self-Awareness.



by **Jacqueline Blackett SRN, PHD.**  
(Book review, by **Martin Nathanael**)

It is a pleasure to recommend this special book to our readers. Jacqueline's links with the WHC go back to 1972, and in this masterful guide to health, she recounts an important personal experience of healing during a visit to the Centre in 2001.

Jacqueline is black British, having arrived in England in the late 1960s from Guyana (then British Guyana), where she was born. What brought her here? "I am a Windrush pioneer," she tells us. "I was recruited to the UK to play my part in the rebuilding of the NHS and this nation following the devastation caused by World War 2."

Her "Holistic Guide" is full of practical advice for body and soul which draws on the author's considerable experience as well as her obvious innate wisdom. Although you could categorise this work as a textbook on health, it is nevertheless easy to read; it is as if the author is talking to you directly, and because of this, autobiographical, scientific and spiritual matters are often wonderfully combined, shedding light on one another.

Jacqueline successfully endeavours throughout this book to demonstrate that the seemingly different disciplines of health and spirituality are inextricably linked. Her impressive knowledge of complementary and holistic therapies is accompanied by the very human quality of compassion. This is poignantly revealed in one particular incident.

Jacqueline was nursing a seriously ill gentleman who requested to receive acupuncture - instead of drugs - for to alleviate his pain because "he wanted to die with dignity", rather than in a drowsy, befuddled state. She took this request up on her patient's behalf, but it was turned down by the medical team because they did not recognise acupuncture as a valid treatment, despite it being then available in another London hospital. The patient died shortly afterwards, although this was expected. Here is the author's response in her own words...



“I thought it was morally wrong to deny any terminally ill patient a last request; especially one which the patient believed would alleviate suffering. My anger was not levelled at the doctors who were responsible for the patient’s medical care. It was directed at the general foundation of Western medicine, which perceived itself as the indisputable bastion of the medicinal territory.”

Not long after this, Jacqueline developed “a strong compulsion” to explore other avenues in health, leading her eventually to train as an acupuncturist in London and Sri Lanka, where she gained a PhD with honours.

Her exemplary career in the field of Health includes working as a lecturer in health at two colleges in Luton, and being appointed Health columnist for The Voice, the largest minority ethnic newspaper in the UK. She is also the author of two other books.

Without decrying conventional Western medicine, the author brings to the table of health: acupuncture, herbalism, nutrition, meditation, self-understanding and, of course, the healing benefits of a spiritual way of life.

Jacqueline rounds off her book by emphasising this last element of a healthy life. “.. it is imperative that we must also strive to attain spiritual well-being, the most important factor of our being, yet so often ignored, if we are to achieve a reasonable state of sustainable holistic health”.

### **Jacqueline on Meditation**

“I believe that meditation is an important requisite in coping with life in the world today . . . Through mental clarity comes spiritual awareness, therefore meditation is contributory (to a degree) in assisting me to discover who I am.”

“The following are manifestations of some of the benefits of meditation:

1. Tranquillity. A feeling of calmness, contentment and happiness.
2. Spiritual regeneration and better understanding of one’s self and others.
3. An alert mind, leading to greater mental clarity.
4. A younger physical appearance.”

### **Jacqueline on Herbal Medicine**

Prior to the advent of Western medicine man satisfactorily maintained health and was also cured of disease by using herbs. The numerous centenarians in the Caribbean, especially Barbados, can substantiate this claim. Many of the senior citizens have never used or rarely use Western medicine. However, in recent years, the number of people living longer has fallen. This is because the younger generation seem to have ignored the natural and have developed a fetish for seemingly more exotic medications including antibiotics. This is a dangerous practice, which could progress to drug resistance.”

**Jacquie's book can be obtained from WHC together with another of her books - 50 Q&A on Family, Health and Welfare Issues - for a combined cost of £10.00 plus postage.**

# Cooking with Carole

## Barley & Butternut Squash Salad

PREP TIME | COOK TIME | TOTAL TIME

10 mins

30 mins

40 mins

This fresh & flavoursome salad is jam packed with pomegranate, dried cranberries & rosemary; then it's tossed with a tangy cranberry vinaigrette.



### Shopping List

3/4 cup of uncooked barley  
1 1/2 cups water  
4 cups chopped squash  
2 table spoons of olive oil  
1/2 tsp cinnamon  
1/4 tsp nutmeg  
1 tbsp chopped rosemary  
1 tbsp brown sugar  
Salt & pepper  
1/2 cup dried cranberries  
1/2 cup pomegranate

### Instructions-

1. Pre-heat the oven to 400 degrees
2. Combine barley and water in a medium saucepan. Bring to a boil, cover and leave on a low simmer. Cook until all water is absorbed (about 20 mins). Turn off heat and set aside.
3. Meanwhile, toss butternut squash with olive oil, cinnamon, nutmeg, rosemary, brown sugar, salt and pepper. Spread out on a baking sheet.
4. Roast squash in the oven for about 25-30 mins, tossing occasionally until it begins to caramelize around the edges.
5. Combine the barley, butternut squash, cranberries, and pomegranate in a large bowl.
6. Season to taste with added salt, pepper and rosemary as desired.





# A poem, inspired by a dream.

- Andrew Cowgill



I hear you say our children are safe,  
We have made this world a better place,  
But justice, peace and compassion,  
are no longer words in fashion.  
Is this the way we want the world to be?  
Is this Mother Earths lasting legacy?

Politicians scheme and plan,  
With no regard for their fellow man.  
This is not the way the world should be.  
So, take our planet by the hand,  
And lead it back to natures plan,  
where all creatures are wild and free.

Hatred, greed, war and famine,  
Simply caused by lack of caring,  
Attack our earth at each opportunity.  
Lives corrupted and rewritten,  
Tainted by the world we live in,  
This is not God's plan for you and me.

Ancient ways are free from malice,  
Cleanse and heal, restore the balance,  
Animals won't fight for survival,  
If Man no longer is their rival,  
Pollution killing everything that breathes,  
Is this the legacy we want to leave?

What about our children's future?  
The planet, man and every creature,  
Fear, greed, power and ego,  
Constrict our lives wherever we go.  
We need to change to survive,  
It's our duty to keep Mother Earth alive.



Is the end already written?  
Or can we start to change direction?  
Spring forward to the everlasting,  
Is that what Attenborough's forecasting?  
Or spin on towards oblivion,  
Driven by our false opinions.

I know my time will come again.  
I know that this will be so.  
Our lives continue on, and on  
until at last the hate has gone.  
You came to me to say goodbye,  
Because your soul had to fly.

Gone home to a better place,  
Intertwined in time and space.  
My time will come again,  
In a cycle that never ends,  
Until the world evolves in peace  
And Karmic strife will cease.

The animals control the planet,  
They were here long before we ran it.  
And so, I leave you with a thought,  
What if animals could talk?  
If we listened just for one day,  
Maybe this is what they'd say.

I AM NOT YOUR ENEMY,  
SO PLEASE JUST LET ME BE.  
IF YOU COULD ONLY SEE  
THE WORLD THROUGH MY EYES.





# WHO ARE YOU?

-Martin Nathanael



To become who you are  
you must first step out of  
who you are not  
(Sufi proverb)

When somebody asks you, “Who are you?”- how do you reply?

Do you begin with “I’m” and then add your name?

Or, instead of your name, do you cite your profession? Such as, “I’m your dentist”, “I’m the gas fitter”, or in the case of a certain much-loved fictional homicide detective (waving his badge of office), “I’m lieutenant Columbo, LAPD, ma’am”, etc., etc. You can substitute here numerous examples of your own, should you so wish.

In one of his booklets, Brother Mandus called anyone who sincerely acted in genuine service to God a “Channel of Divine Love”.

Would you call yourself that?

What is it that truly defines us? Who are we?

Let me see if I can get some help on this matter from England’s greatest bard. Hamlet, one of William Shakespeare’s famous characters, reels off a pretty good check-list of “who we are not”:

‘Tis not alone my inky cloak . . .  
Nor customary suits of solemn black,  
Nor windy suspiration of forc’d breath,  
No, nor the fruitful river in the eye,  
Nor the dejected haviour of the visage,  
Together with all forms, moods, shapes of grief,  
That can denote me truly. These indeed seem . . .  
But I have that within that passes show -  
These but the trappings and the suits of woe."  
(Hamlet Act 1, Scene 2)

Shakespeare is reminding us, through words put into the mouth of one of his most famous characters, that much of what we take to be ourselves, is really just outer “trappings”.

We are not defined by the way we dress - the “inky cloak” and “customary suits of solemn black”, as in Hamlet’s case.

We are not defined by our behaviour or emotional responses - “all forms, moods, shapes of grief” and the like. They merely “seem”. They appear to be who we are, but it is not so.

Rather, he says, we have a deeper reality - “that within that passes show” - and leaves it at that. What he hints at here, Shakespeare spells out more completely elsewhere.

Addressing the soul in one of his sonnets, Shakespeare states the matter with greater clarity, bringing us closer to “who we are”.



Firstly, he rebukes the soul:

"Why dost thou pine within and suffer dearth,  
Painting thy outward walls so costly gay?  
Why so large cost, having so short a lease,  
Dost thou upon thy fading mansion spend? . . . "

Then he proposes:

"Buy terms divine in selling hours of dross. Within be fed, without be rich no more. "

Shakespeare encourages us to let go of all "trappings", within and without, so that our deathless nature can shine in its full glory . . .

As we are reminded elsewhere:

". . . such harmony is in immortal souls". (The Merchant of Venice, Act 5, Scene 1)

Wise souls like Shakespeare help us to look again at how we answer the question, "Who am I?"

\*\*\*\*\*

Among recognised spiritual guides of both the East and the West, there is a well-tryed way of opening heart and mind to who, in truth, we are.

It is sometimes referred to as the Way of Negation (via negativa), so-called because, step by step, it redirects our attention away from all the layers of not-Self until, shining in its own pristine Light, the pure and immortal Self (which each one of us essentially is) is revealed.

This is the meaning of the Sufi proverb quoted at the head of this article. It is by knowing what I am not, that I realise what I am!

Using the metaphors employed by Shakespeare

Let us "Buy terms divine" - a positive outcome  
"in selling hours of dross" - applying the method of negation.

In the Indian tradition of Vedanta, there is a meditation practice during which the meditator repeats the Sanskrit words neti neti (not this, not this), beginning with bodily sensations, then letting go of the inner processes of thoughts, moods, images etc. until we come to appreciate the comment made by Jesus about "being in the world, but not of it"!

Just to be clear, the physical sensations and the psychological processes are not regarded as illusory. But they are transient, changeful, just like the clothes we wear.

We are saying "not this" to the temporary, in order to realise and enjoy the peace of the eternal, realising "I am pure consciousness". Discovering that I am "light in the Light", at one with the One.

Although this practice has a name which contains a negative, it is actually an extremely positive approach. It can be likened to when we move aside the curtains covering a window. We do that. And behold, we have welcomed the glorious light of the sun into our living room!

Having removed the protective peel surrounding a banana or an orange, only then can we enjoy the delicious and nourishing fruit contained within. This practice was called 'diakrisis', discernment, by the early desert fathers.

In the Sermon on the Mount which is found in the Gospel of Matthew, we are reminded, "You are the Light of the World" (chapter 5, v. 14) and are strongly encouraged not to hide that Light, but rather to "let it shine".

The via negativa is a pathway in which we first stop hiding our Light from ourselves! Only then can we enjoy the freedom of being a Light unto the world, or put another way, Channels of Divine Love.

## A Thought on Community

If this past year has taught us anything, it's the value of community.

The simple joy that can be found in coming together with those you love is truly unparalleled in this world. A special kind of happiness reveals itself in days spent alongside those you hold dearest.

I hope that these trying times have served as a reminder for us all to not become complacent in that regard, not to simply waste our time scrolling through the internet or absorbed in worldly politics and mundane affairs, but to instead cherish this most humble pleasure of life; sharing it with others.

With this in mind, I sincerely pray that we all take a little time to reflect on what we have gone through as a collective and thus consider how we'd like to move forward in the years to come.

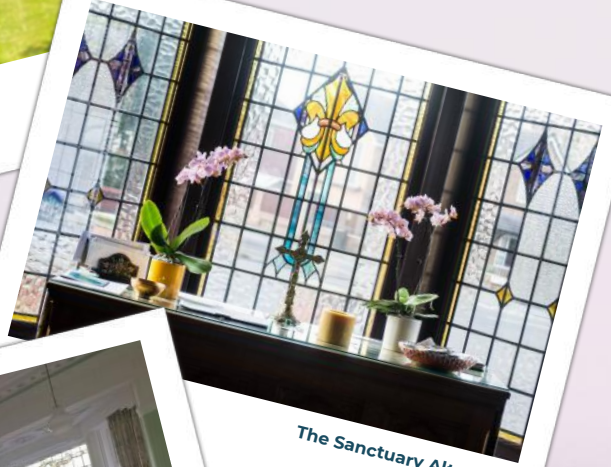
Let's not waste any more time, let's not hide away, let's embrace each day with openness and love in our hearts. Let's live as we were supposed to.. Together, as a community, as a family.

-Tyler Hendrie

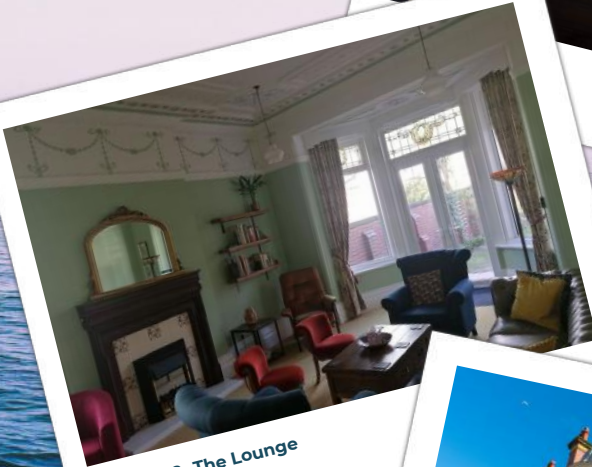
# *Views from the Centre*



**Our Tranquil Gardens**



**The Sanctuary Altar**



**Room 2- The Lounge**



**The World Healing Centre  
Blackpool**



# "THE MEXICAN FISHERMAN"

(AN INSIGHTFUL STORY BY HEINRICH BÖLL)

An American businessman was standing at the pier of a small coastal Mexican village when a small boat with just one fisherman docked. Inside the small boat were several large yellow fin tuna. The American complimented the Mexican on the quality of his fish.

"How long did it take you to catch them?" The American asked.

"Only a little while." The Mexican replied.


"Why don't you stay out longer and catch more fish?" The American then asked.

"I have enough to support my family's immediate needs." The Mexican said.

"But," The American then asked, "What do you do with the rest of your time?"

The Mexican fisherman said, "I sleep late, fish a little, play with my children, take a siesta with my wife, Maria, stroll into the village each evening where I sip wine and play guitar with my amigos. I have a full and busy life, señor."

The American scoffed, "I am a Harvard MBA and could help you. You should spend more time fishing and with the proceeds you could buy a bigger boat, and with the proceeds from the bigger boat you could buy several boats, and eventually you would have a fleet of fishing boats."



“Instead of selling your catch to a middleman you would sell directly to the consumers, eventually opening your own can factory. You would control the product, processing and distribution. You would need to leave this small coastal fishing village and move to Mexico City, then LA and eventually NYC where you will run your expanding enterprise.”

The Mexican fisherman asked, “But senior, how long will this all take?”

To which the American replied, “15-20 years.”

“But what then, senior?”

The American laughed and said, “That’s the best part. When the time is right you would announce an IPO and sell your company stock to the public and become very rich, you would make millions.”

“Millions, senior? Then what?”

The American said slowly, “Then you would retire. Move to a small coastal fishing village where you would sleep late, fish a little, play with your kids, take a siesta with your wife, stroll to the village in the evenings where you could sip wine and play your guitar with your amigos...”

SOURCE: [WWW.LONGHURST.CO.UK](http://WWW.LONGHURST.CO.UK)



# Comedy Corner

A SMALL SELECTION OF JOKES FROM OUR WHC FAMILY

## A trip to the dentist...

What do dentists call their x-rays?

Tooth pics!!

## A joke lost at sea..

What did one ocean say to the other?

Nothing, it just waved.

## Hot shot..

Why did the bullet end up loosing his job?

He got fired.

## A zen zinger..

What did the Buddhist monk say to the hot dog vendor?

"Make me one with everything".

## Ten out of ten..

I told my friend ten jokes to make him laugh.

Sadly, no pun in ten did.

## What's going on with the moon..

Did you hear about the first restaurant to open on the moon?

It had great food, but no atmosphere

## Under construction..

Do you want to hear a construction joke?

I'm still working on it.

## Toilet humour..

Why are toilets always good at poker?

They always get a flush.

## A bit cheesy..

Did you hear about the cheese factory that exploded in France?

There was nothing left but de Brie.

## That's cold..

Where should you go in a room if you're feeling cold?

The corner; it's usually 90 degrees.

## Church Services..

Sunday morning sermon: 'Jesus walks on water'

Sunday evening sermon: 'Searching for Jesus'





# A WORD ON VOLUNTEERS.

**A SHORT UPDATE FROM OUR  
VOLUNTEER CO-ORDINATOR,  
JULIE DALTON.**

Hello all,

Working with volunteers is always a great pleasure and a joy, they bring to us a great wealth of skills, knowledge and experience that adds an extra energy and dimension to our team that would be missing without them.

Everyone has something special to share in their uniqueness, people who give their time for others in an unpaid capacity is a great gift and blessing.

We have a small group of regular volunteers who are committed, reliable and whose gifts add to our wonderful work and for that we are thankful and extremely grateful.

The volunteers we have support us in the kitchen, garden, on reception and in our groups. We have some volunteers who work with sound resonance, one with different mantras and one with a Finnish harp. Volunteers on reception, one of which is typing up all Mandus' books so they can be digitised, and all the wonderful knowledge and wisdom contained inside won't be lost. We have an intuitive arts volunteer, and it happens that when needed more people seem to arrive with just the right skills we need at just the right time.

We are looking for people who have crafting and other skills that can be shared with our wonderful members in groups, this could be sewing skills, crochet skills, embroidery etc.

With thanks to all the wonderful people who share their time for others in an unpaid capacity.



## **THE WORLD WIDE KNITTING INITIATIVE**

We are starting up a crochet and knitting drop in every week on a Tuesday 1pm-4pm. It is going to be a mixed skill group from beginners to experienced crafters. We are going to start with learning how to make granny squares and transform peoples work into blankets and shawls that we can sell, hopefully for profit.

I had an idea that many of you who read our magazine are probably experienced knitters and crocheters and I wondered if you would like from a distance to join our group and help us with making granny squares. If needed we can send you crochet hooks, wool and you could send us back squares (we will pay for postage) and we could make a World Healing Centre Blanket to sell.

We thought it would be great if we created a visual World Healing Centre blanket crocheted together with granny squares in the colours of the flag of the country you live in. What a magnificent blanket it will be. We can then auction or sell it for our wonderful Healing Centre.

Anyone who is interested in joining our crochet project please contact Julie on 01253 343701 Or email on [julie@whc.uk.net](mailto:julie@whc.uk.net).

Look forward to hearing from you all.

# Becoming Love through Brother Mandus.

written by Dr. Mark Dooley



Bro. Mandus

I was only 15 years old when I first discovered Brother Mandus. A friend's mother had a box in her home full of spiritual literature. One day, as I perused the volumes, I noticed a small yellow book simply titled 'The Grain of Mustard Seed'. It was first published in 1959 and was authored by 'Bro Mandus'. I was intrigued by the title because it was Christ's chosen metaphor for the Kingdom of God, and for the faith that can move mountains. Opening that little book 36 years ago is a precious moment seared upon my memory. In so many ways, it was a defining episode in my life.

As I read that masterpiece of faith-filled wisdom, I understood for the first time what the love of God felt like. I found myself being absorbed into the Divine life and any residual clouds of doubt or despair simply dispersed. Despite being born and raised a Christian, I had no idea, until that instant, what it meant to be a Christian. In his simple yet powerful prose, I found in Brother Mandus one of the great spiritual teachers of the last century.

I can say that with a certain degree of confidence because, as the years passed, I became an academic, author and journalist. I held university positions in philosophy and theology, publishing books of my own on both subjects. And yet, no matter how many great thinkers I read on the spiritual life, few compared to Brother Mandus in their understanding of the simplicity and wonder of the Gospel. His writings, which I keep constantly by my side, are neither theology nor religion. If anything, they are a tangible testimony of the power of prayer, and of the love of Christ to heal, transform and restore any human life. What distinguishes Brother Mandus is that, for him, the Gospel is not a theoretical tract but a living epistle that reveals our true identity in God. It is a truth to be lived rather than a book simply to be read. Neither are its promises wishful thinking but realities to be freely claimed by all.

Mandus was a healer who consistently maintained that he possessed no special gift. From my own experience in divine healing, I can testify that this was no false modesty. After reading 'The Grain of Mustard Seed', I intuitively knew that there was no 'secret' to healing other than that which was taught by Christ. Decades later, when I reached out to other divine healers around the world, I found they all had one thing in common. Like Mandus, they understood that we have been made one with Christ, that His life is our life, that we are 'coheirs' with Him of the Kingdom.



That is the startling message of the Christian scriptures, and it is the basis of the equally stunning declaration that we are children of God and ‘partakers of the divine nature’. If that is true - and Brother Mandus believed every syllable of it – then it follows that, as children of God, ‘These things and greater than these shall you do’.

We are children of God and God is love. This means that our true nature must also be love. That is why in all his books and pamphlets on healing and the spiritual life, Brother Mandus emphasised ‘the laws’ of love and faith. If we are to claim the promises of Christ to do ‘these things and greater than these,’ we must learn to love everyone and everything. St. Paul tells us that ‘love is the goal of our instruction’. He declares that ‘love never fails’, and that it is nothing less than the ‘bond of perfection’. Paul even goes so far as to say that if I have faith to move mountains but have not love, ‘I am nothing’. As such, love is the key to the ‘wondrous way of life’ proclaimed by Brother Mandus as the birth right of every child of God.

We are children of Love. Let that sink in: You are a child of Love! Reading *The Grain of Mustard Seed* for the first time, I felt as though I was experiencing what divine healers refer to as a ‘baptism of love’. I seemed to be on fire with a love that is not of this world. Brother Mandus wanted everyone to be so united with the Father that this fire of love would supercharge their lives.

That is why he insisted on ‘immaculate meditation’ as the highest form of prayer and the quickest way to savour the holy presence. We must make time to abide in our Father’s love, to draw from it and, most importantly, to become it. Resting in God, soaking in His presence, communing with the Father, requires that we become still and know that He is God. That demands faith, but, as the Bible tells us, ‘faith works by love’. Therefore, when we go to the Father in the Silence, we must not struggle and strain to find Him. If, as Paul declares, ‘It is no longer I who live but Christ who lives in me’, then He is right there at the very centre of our being. All we must do is make ourselves available and we are immediately in His presence. We bask in His Light and relax in His Love. In simply opening ourselves to Love we become Love.

In becoming Love, we discover the only ‘secret’ to divine healing. What Mandus Nyquist taught me - and what he continues to teach me every day - is that the true purpose and goal of life is to become the Love of God. For it is that radiant Love which heals and transmutes all disorder into wholeness. It truly is the bond of perfection. Or, as he himself so often said, ‘Where love abounds, healing abounds’.

In the end, Brother Mandus proved the truth of the Gospel by living it. As he did so, the signs and wonders that Christ promised all believers became a reality in his life. But, as he repeatedly stressed, he was but a simple man who dedicated himself, not to doctrine or dogma, but to child-like faith and steadfast love.

‘Love is the healing power, for God is Love’. In those few words can be summed up the magnificent message of Mandus Nyquist, a man who saw the Light and never failed to follow it. His vital legacy is one of pointing us towards that Light, for in finding it we shall never be more alive.



# Soul Talk

**a book by Simone Marie Cowgill**

"Soul Talk is a guide to help all those who are trying to navigate their spiritual journey, by listening to the voice of their soul. I believe that we have all we need within ourselves, including the blue print for our own life and our soul's journey. If you're finding your way onto a spiritual path at this time, then this book is for you.

In the book I look at what Source really is and how we live a soul realized life. I also talk about the Universal Spiritual laws and how to manifest and co-create with Source. I delve into your soul's choices and lessons for this life, and your soul group, as well as the bigger issue of why. I give you tools to navigate your spiritual path, such as meditation and path-working and information on other techniques available to help you.

After reading this book you will understand why you are and that you are a spiritual being in a physical body. Earth is a school for your soul to learn lessons and grow.

You will start to follow your own authentic soul path that leads you back to Source. I hope you will find insights into your spiritual questions in my book."

**- an excerpt from the introduction of Soul Talk -  
( the full book is available for purchase on amazon)**



# DONATION FORM



We are always grateful for any donations, should you be guided to  
share with us.



All letters, gifts & legacies should be addressed to:

**World Healing Centre, 476 Lytham Road, Blackpool, FY4 1JF**

*Name:*

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*Address:*

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*Post/Zip Code:*

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## *Spiritual Sanctuary & Holistic Healing Centre*

### **GIFT AID FORM**

**Return to: World Healing Centre, 476 Lytham Road, Blackpool, FY4 1JF**

Under the revised 'Gift Aid' scheme, the World Healing Centre in Blackpool can recover basic rate tax on all of your donations (whether large or small, regular or irregular) provided that you pay UK income tax or capital gains tax equal to the tax we reclaim on your donations (currently 25p for every £1 you give).

In order to reclaim tax we must receive this signed 'Gift Aid' declaration from you.

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I am a UK taxpayer and understand that if I pay less income tax and/or capital gains tax than the amount of gift aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

#### **THANK YOU FOR YOUR SUPPORT**



World Healing Centre  
476 Lytham Road  
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# **BUILD A BLESSING**

## **RENOVATION FUND**

We are all stewards of God's Sanctuary, and often we find ourselves in the midst of extensive maintenance and repair work.

So if you would like to help, thank you very much indeed.

A special fund is set aside now called 'Build a Blessing'

If you feel guided to donate you can do so directly into our account at:

**BANK: HSBC**

**SORT CODE: 40-12-13**

**ACCOUNT NUMBER: 82212161**

**ACCOUNT NAME: WORLD HEALING CENTRE**

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**With love and gratitude from all of  
your friends here at the Sanctuary.**

[info@whc.uk.net](mailto:info@whc.uk.net)



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*We're giving away the following books as a FREE GIFT OF LOVE to you & your friends*

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*What a great opportunity to share  
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*Simply write the number of books you would like beside the title(s) of your choosing & send the form back to us!*

**World Healing Centre, 476 Lytham Road, Blackpool, FY4 6JF**

*If you have any questions please feel free to contact us on  
01253 343701*



A landscape photograph featuring a grassy hill under a blue sky with a rainbow. The foreground is filled with green ferns. Large, semi-transparent quotation marks are overlaid on the image: one at the top left and one at the bottom right.

WHC QUOTES //

*Very little is needed to  
make a happy life;*

*It is all within yourself, in  
your way of thinking.*

- MARCUS AURELIUS



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## World Healing Centre

476 Lytham Road  
Blackpool  
Lancashire  
FY4 1JF

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*"I am the perfect life within you. I am health & happiness, peace & laughter, wisdom & all knowledge. I am the abundant life. All these things you already possess in my spirit."*

*- Brother Mandus,  
The Divine Word*

**CONTACT US:**  
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