

SANCTUARY



AUTUMN / WINTER 2020

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Faith in Action

Brother Mandus



Life is activity. Wherever we look in the world, or out into space, there is ceaseless activity and change. The whole universe is literally a “mass” of seething energy poised in states of tension and equilibrium, which manifest in our minds, through our senses, as material things.

It has been rightly said that every existing thing is of God, and His Power indwells it. And if we travelled to the highest heaven in spirit, or went out in space for 150,000.000 years at the speed of light, we should still be in the midst of God.

We have missed so much of the truth of this wonderful God activity because our vision seldom lifts beyond our own orbit of existence. We do respond to the beauty in a flower, or the majesty of a sunset and the unfolding of nature in its manifold expression, but so often we see but the outer manifestation without realising that we look into the Face of God.

Poor man has blindly created for himself such a burden of hatred, selfishness and fear that countless millions are caught in a trap of worry, sickness, grief and want. The orbit of personal life for so many is so full of problems that the mind becomes fixed on them with hypnotic fascination and dread.

The vast majority of the world's population is spending untold energy in dwelling insistently on these worries, sicknesses and personal problems. Life has become a battle against man-created,

overwhelming forces that evilly seek to destroy. Yet, the more we fear and miserably dwell on these usurpers of our freedom, the more real they become. We are witnessing in the world today the result of mass wrong-thinking and corresponding wrong thinking.

We live in the midst of death and disaster, panic and poverty, hatreds and warfare, and day by day we go on increasing this harvest of negative thinking. The children of God have stepped right out of the Garden of Eden and seemingly have no immediate intention of returning to their rightful heritage. We get the clue to ultimate salvation when we see clearly that the actions of nations, of the world as a whole, reflect individual thinking, morality and way of life.

If all the people in every land were *living* the way of life proclaimed by the Lord Jesus, then there would be perfect abundance, perfect happiness, perfect health, and perfect peace. This way is condemned by the majority, however, as idealistic, and impracticable. Much lip service is given to the principles of loving our neighbours, and only an infinitesimal degree of practice.

Nevertheless, human freedom will never be attained until we all do put these Divine Principles into operation. We have seen in our generation the devastation of neglecting God's Laws, and even now greater disasters are in course of preparation.

In this age we can surely learn that atomic bombs, or any other kind of warfare, can never solve any problems, but only create greater problems. We have long passed the stage when we can blame this nation or the other. There is always blame on all sides, but the problem is one which confronts the world as a whole. It is a disease which will rot civilization unto death unless the remedy is applied.

I leave politicians and governments out of my argument because the problem is not in itself political but *individual*. Freedom can only come from your consciousness and the expression of the Divine in you. And when many people like you find the truth, and live it, then ultimately the political expression of each nation will be poised on the same spiritual level.

Freedom is inseparable from Spiritual realisation, individually, nationally and internationally. Therefore we must first focus attention to the individual in every walk of life. Evolution from within is the only way.

Because you are a child of God, this is your responsibility as soon as you become aware of the truth. If you are already conscious of it, then you are eagerly taking your part in the process of Divine Evolution for mankind, and are seeking to live in that



consciousness. In this way you are shining the Light of God through you to all people whose lives are touching yours. If you have not yet realised your opportunity, then God is calling you right now to join the ranks of Christ's Disciples.

You may think you have so little power. So little influence in the face of overwhelming powers of evil in the world. I want you to rise right above that conception and to understand that you have access to the only Power in the universe. In your lifetime you can be the means of directly influencing tens, hundreds, thousands and perhaps millions of your brothers and sisters if you live the Life and use the power of prayer.



Whatever pattern your life reveals you are in contact with other people every day. And every person who meets you is either Blessed by your love, unselfishness, courage, service and spiritual thoughts, or is repelled by


your misery, irritation, worry, selfishness or resentment. There is nothing in life more potent than the example others give to us in their lives, either for good or ill.

Obviously, therefore, it becomes of paramount importance that you find and abide in the consciousness of Divine Love. It is vital that you first put your own house in order. If you are ill, let God disperse that illness. If you are burdened with care, fear or trouble let God relieve you of the load. Then, naturally, you will be able freely to walk in His Light and get on with the task of loving, helping, giving and serving other people with joy and strength through God within you.

The Great Pause

Louisa Brown

**A very warm welcome to our latest Sanctuary Magazine.
We've missed you!**



May I firstly apologise for the delay in this publication. Unfortunately, like the majority of businesses and organisations we were forced to close the building and the majority of our activities for approximately 3 months due to the shutdown and our need to ensure that the Charity could survive in the following months. We thank God for keeping us safe and allowing

us to continue with the great work of Brother Mandus.

Thankfully, we are all back at work now and making up for lost time. The Centre is starting to get busier again as our community start to spread their wings after 'The Great Pause'. It was great to get back to work and spending time with the wonderful staff and volunteers who have also missed being at this amazing Charity over the past few months.



The Future's Bright


The World Healing Centre have big plans to spread the message of love, peace, compassion and unity in these unprecedented times and we are currently working on our plans to raise our profile and promote ourselves in our local community and further afield. We are helping others to process difficult past experiences and trauma to create

a positive and fulfilling future through prayer and meditation, spiritual teachings, counselling, coaching and much more. We also assist people to connect with others, be creative and have fun. Most of our classes are available on Zoom so we can ensure that we can continue our important work in the face of adversity.

It is the right time and we are ready to assist everyone who connects with us.

We are here for you!

We must distance ourselves from the chaos and find the paradise that can be found within. We must all become observers of the reality around us instead of becoming embroiled in the chaos. We are spiritual beings having a physical experience on Planet Earth. Oh ... what an experience!



“The best way to predict your future is TO CREATE it.”

Abraham Lincoln
22 Nov 2012 11:24 am

This is a time of huge transformation for the Earth and all that are part of it. We are giving birth to a New Age and it is and will be painful. We must embrace these times, they will be amazing and, if you can hold steady, stay grounded and present, you will experience positive change and growth in your life.

Just Breathe

I know that we will all come out of this as better human beings. We will find our strength in togetherness and defeat the darkness that is currently surrounding us. We are all Warriors of the Light and we will find peace, good health and true happiness in the coming times.

The World Healing Centre is here to assist to create a better World for everyone and we hope you join us on this exciting journey.

Stay strong and remember you are not alone and we love you very much.

What's Holding You Back?

(Courtesy of: www.lifehacks.org)

You compare yourself to others

Whether it's starting a business or learning a new skill, you will look at others who are much further down the road from you and expect your results to be similar to theirs, today. Since you cannot see the struggle, the mistakes and the hundreds of little improvements they made every single day, you assume these never existed. By comparison you feel inadequate, incapable and discouraged.

Shift your focus instead to where you are today compared to yesterday to get a more accurate picture of the progress you're making.

You ask the wrong questions

You spend your time and energy wondering "if"—if what you're doing is possible, if you're good enough to achieve it, if it's the right thing to do. These questions are unhelpful and suck all the energy and motivation out of you. Change these questions to how, who and what, such as, "How will I make this happen?" "What's the first step?" "Who can help me with this?" and spend your energy finding answers that will help you move closer to success.

You wait for others' permission

You want those you care about to approve. You create a story that their approval means you're on the right path. You don't want to disappoint. And so you end up stuck and paralysed by a flippant comment, or an unenthusiastic reaction. I'll never forget my uncle giving me a pained look while telling me, "Why are you still in London? Come back to Malta with your family." Ouch that really hurt, but had I listened, I'd be stuck in a dead-end job, living a life that was killing my soul. YOU know what's best for you. Trust your gut and your heart, live by YOUR standards, and you're much more likely to create a life that makes you happy.

You wait for the "right" time

You keep putting something off because it's not the "right" time yet. You need to make a few more improvements, get more experience, learn a few more skills. You wait for the economy to improve, the weather to get better or for a

sign that you should start. This is just your mind playing delay tactics and winning. The right time is now. Only by starting will you discover what else needs to be done or improved, never before.

You expect instant results

“What?!” your mind tells you. “You’ve put so much effort into this and no one has noticed?!! This is a waste of time, might as well stop now.” I vividly remember thinking this when I posted my first ever blog post. As the tumbleweed rolled on my site, and not even my mum left a comment, my blogging career threatened to stop just as quickly as it started. Be patient, be persistent and give yourself a realistic timeline to achieve the results you want.

You don’t take action

You make lists and beautiful plans. You re-write those plans and use the latest app to capture them a second time. You discuss your plans, visualize your plans, criticize your plans. You do everything but act on them. Your first step, as imperfect as it may be, will be much more useful than all the plans in the world. Your first step might actually change all the plans you made in the first place, so spend most of your time on acting, not planning, if you want to get somewhere.

You create fake busyness

This is my favourite one by far. I’ve spent hours tweaking my website, reading other blogs “for research purposes,” playing with new apps. Days have gone by where I’ve sat at my desk for hours being very busy at doing nothing. If you know you’re doing the same, take a step back and ask yourself where your actions are leading to. If they’re not leading to tangible results, then you know you need to be spending your time doing something else.

You listen to everyone but yourself

You’re new at this. You seek advice. The world and her mother have an opinion on the subject. You sit and you listen. You assume everyone knows what they’re talking about, that you have to follow what you read unless you want to fail miserably. The problem is, the advice is taking you in so many different directions that you’re paralyzed. By all means read and learn, and then let your own heart and instinct guide you. Trust that you will find your own best way of doing this, and it will be just right for you.

You assume talent and not persistence in the secret to success

“If I had any talent, this would be much easier. I’m not cut out for this.” When you start your project, you discover it’s a steep uphill struggle to get where you want.

You make it mean you’re lacking in some way, that maybe you should aim a little lower or try something easier. Don’t buy into this mindset. Anything you do will get easier the more you do it. Persistence and not talent is the secret to success, so stick to it, keep working at it and eventually you’ll find yourself at the top of that hill.

You’re not flexible

You’ve got your plan and you want to stick to it no matter what. You assume this is the only way you can succeed. For years, I assumed that the only way to get fit was to join a gym. For years I paid huge yearly fees for a gym I never used. The goal is still there but my tactics have changed. Yoga, cycling and swimming have replaced the gym to much better effect. What’s your proverbial unvisited gym? And what could you replace it with?

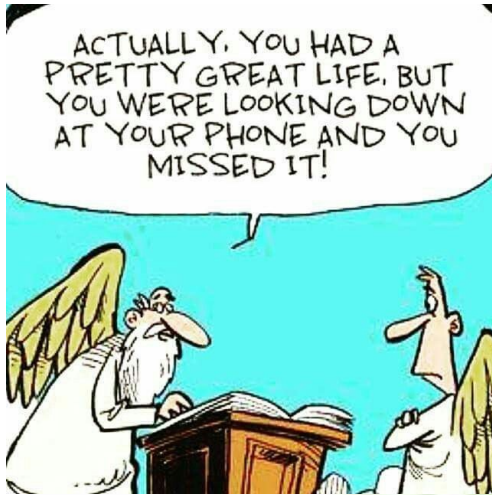
You do it alone

You see asking for help as a sign of weakness, or maybe it doesn’t occur to you that you can reach out to others. You want to succeed on your own. You build an imaginary fortress around you as you work on your project. STOP right there. List 3 things you’re struggling with right now. Next to each one list at least one person who’s experienced something similar. Write one question you would love to ask that person. Now reach out and ask.

You don’t know when to let go

You’ve tried your best, you’ve changed tactics a hundred times, you’ve worked endless hours on this project for the last few months, yet you’re not seeing the results you were hoping for. So you work harder and faster hoping that somehow, someday, you will get there. Your project has become this dark cloud following you wherever you go. Any excitement or joy you felt about working on it has since long gone. You’ve invested so much in this project that you don’t want to let it go. Consider this, how do you feel about spending the next 12 months working on the same project? If you had to let it go, what else could you do with your time? Sometimes it’s OK to let go.

JUST FOR LAUGHS



WE WERE TOLD YOU WERE TAKING CREATURES THAT CAME TO YOU IN PEARS

A Dusting of the Heart

Tyler Hendrie

Life in our fast paced, modern society can often leave many stones unturned and many paths never to be walked. Just as a race car driver can't take the time to wave to their adoring fans whilst in the midst of a race, nor can the modern man seem to find the time to truly be present and observe his surroundings whilst in the midst of life.



As children we may have ran with butterflies and resided in worlds thought up through our imaginations, but as our bodies have grown our visions have become narrowed, sculpted by a money driven, power hungry, egocentric world in which we are

taught to love things and use people, when in actuality we should be loving people and using things.

Frankly speaking, our perception of self has become swayed and influenced so heavily by that which is around us, building up layers and layers of conditioning, so complex and intricate that once considered it may appear too daunting to even further contemplate the matter.

However, just as a mirror which is at present covered with dust offers a distorted reflection, still it can be cleaned and again restored back to its natural state. In the same way, over time, we

too can dust our hearts and minds, cleansing our misguided misconceptions back to a natural state of unflinching clarity.

This dusting of the heart cannot be done with any shelf bought product, nor can the subtle aching of the mind be eased with any prescription pill. Fortunately, the remedy is completely free and available to everyone, no matter what stage you are at in your life.

Live consciously, keep your environment clean and your body healthy. Always consider the implications of your actions before acting. Don't worry so much about possessing unnecessary things. Begin to reframe the way you think about yourself, the world and those you share it with. Most importantly, regularly meditate on reconnecting with God, as He will surely guide and support you through your journey.

Remember, all great things begin with good intentions.



WE NEED YOUR HELP !

Do you have a copy of the 'New Covenant' Number 10?

This was a very popular Course of Divine Teaching by Brother Mandus which we are now putting into digital form.

We would really appreciate it if we could borrow it. We promise that it will be returned to you safely after we copy it.

Thank you.

Colour Me Poetic

Walentina



Colour me darling, with a pale blue wash,
like your loving eyes,

Colour me darling red, like your heart of fire
so deep,

Colour me, my love, in endless scarlet, in
the satin sheets of our night,

Colour me, wrap me, in the golden threads
of sunshine, embracing us, in the morning of
our love.

Colour me every day, darling! With your
poetic sensual ways,

Colour me, my love, just by being there, till the very end of our days,

Wrap me together with you, in a lifetimes worth of rainbow flowing chiffon,

Wrap me in your trusting, herculean words, let me dream, let me float, on
your deep velvet voice.

Colour me poetically, with fresh petals of evoking, budding words, in the
springtime of our love,

Colour me poetically, with golden, yellow, happy, laughing words, in the
summer of our love,

Colour me poetically, with deep rich, rustic, dark and dappled falling words,
in the autumn of our love,

Colour me poetically, my love, with those warm, cosy, safe, strong words,
as we share the vermilion red hot fire, in the white, snowy, freezing cold,
winter. watching the smouldering, burning embers, in the winter of our
timeless and Ageless Love.

(Written for my parents, Luba and Ivan on their 65th Wedding Anniversary)

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 works.

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

***You can also use cheque, cash, credit
card or postal order.***

**IBAN for International transfers only:
GB58HBUK40121382212161**

**With love and gratitude from all your
friends here and prayer
partners everywhere**

Seize the Moment


Martin Nathanael

Behold, *now* is the accepted time. (2 Cor. 6: 2)

Stop acting as if life is a rehearsal.

Live this day as if it were your last. (Wayne Dyer)

Do not wait for the *perfect moment*;
seize the moment and make it *perfect*. (Anon)



I am sure all of us suffer to some extent from a common disease – it is called *putting-it-off!* It is very understandable; we all have to make choices throughout our lives. Often, we hesitate because we find ourselves in a dilemma. What is the right course of action? We honestly *don't know!* This article is not about such times of indecision. Instead, I want to reflect on those times when we clearly *do* know what the right way is, but we still hold back.

This latter kind of reason for hesitation arises not from a lack of knowledge, but rather from some evident fear. Some examples: *What will they think of me? Can I really make the sacrifice? Can I cope with some physical or emotional pain that will be a by-product of taking this action?* On reading these examples, you could probably add your own version or versions of this inhibiting, usually emotionally-charged, questioning. Sure, it takes courage to step

forward, acting upon what you *know* to be true and right, whatever the consequences which might arise.

I knew a lady who went to see her therapist. She told him that she was desperate to give up smoking cigarettes. To her surprise, he asked her, “Do you have any cigarettes with you?” When she admitted that she had a packet in her handbag, he asked her to hand them over, which she did. He then told her to go home and *immediately* bin any remaining cigarettes that were kept in her house. She discovered after doing that, that she had given up smoking.

Looking back over my own life, I can recall many occasions when I did *seize the moment*. Of course, there were times when the *putting-it-off* demon won the day, but when I did listen and act resolutely, I can honestly say, my life was incredibly enriched.

For example, when I was in my mid-twenties, I was aimlessly moving from one job to another, until I met someone who was training to be a teacher. Her joyous description of her interaction with young children woke something in me, and I knew as a result of our conversation, that I wanted to be a teacher – I knew that it would be a career that I would love. Yet I lacked the relevant qualifications, and it was unlikely that any Teacher Training College would admit me. I had left school early, without studying for any “A” levels, in order to support the family income.

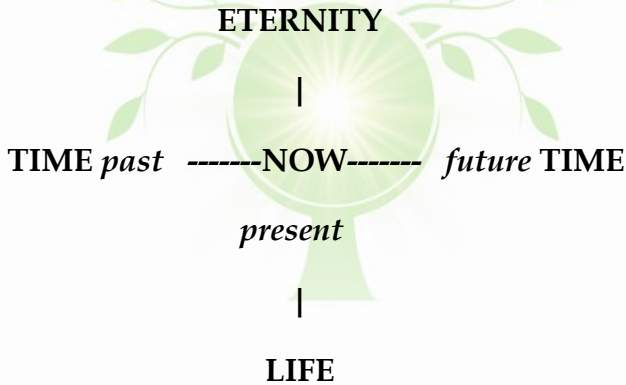


I knew what I had to do; and set about it straight away. I wrote to every Training College in the UK, prepared to go to any one that invited me for an interview. Interestingly, only one college replied, inviting me for an interview. After a written assessment, and a few interviews, I was offered a place. And I made the best of this opportunity, worked very hard, and qualified with a credit for Education

and a distinction for Religious Studies, which became the subject I taught in several secondary schools, first as a classroom teacher, and in my last two posts as Head of Department.

Whatever it may be, with every passing moment, a new opportunity arises in which to choose a new life. When you truly meet this moment, in full consciousness, you stand in *Eternity*. The symbol of the Cross (see below) can help us to understand this. Let the horizontal line represent TIME, past, present and future. And let the vertical line represent ETERNITY. Where the two lines cross represents the present moment, the NOW, in which alone we are truly alive.

LIFE is always *now*; whilst the past has seen to our conditioning, the future is a bag of promises. Neither are real. All great works of art have sprung forth from the Eternal Now. And every individual's life can be a work of art.



We usually fail to seize the moment because of entrenched limiting ideas about who we are, and our distrust of life based on past painful or uncomfortable experiences. There is, however, a voice inside us which tells us that we are so much more than we could ever imagine, but we need to be inwardly still, alive in the present moment, to hear it. And it speaks to us, in no uncertain terms, about our true potential.

A good reminder of this (just one of countless ways of expressing the same truth) can be found in the writings of Brother Mandus:

**“God-created, eternal, wonderful *you!*
Everything you could ever need now, and
eternally, is already yours.”**

Now that is basic Truth. It represents the perfect potential in us all. When we *know* the Power we possess we can use it, and as quickly as we can learn to envelop every need as it arises with that Power, we take possession of what we want because we know it already belongs to us. (*Freedom Through Faith.*)

To stand in the present, open to life in its eternal fulness, is to be shed of the stale *putting-it-off* chains, and available to Grace. The moment NOW is ever-fresh and unsullied by the past, and it is powered by a love of truth that is more than capable of meeting any challenges that may come up as a result of being true to oneself.

Every step we take to seize the moment in this way builds up an inner magnetic centre that becomes increasingly unshakeable. At this very moment, you are standing before a doorway which beckons you to enter, and in so doing, be transformed, renewed and empowered.

Go through that door! Seize the moment!



Your Day with The Father

Brother Mandus

Monday

Now is the appointed hour! God is Blessing you now. Close your eyes, breathe slowly, deeply, be still. Enter the Kingdom within and you will feel God's Peace, Love and Healing filling your entire being.



Tuesday

All over the world the tide of God is rising. Millions of people are entering into a new freedom of spirit. The Forces of Light are gathering and being consolidated, and Truth will always prevail over untruth.

THE
TRUTH



Wednesday

I thank You, Father, for all the infinite Blessings now manifesting in my life. I thank You for revealing to me the Truth, for Your Love, Protection, Guidance, Help, now filling me.

Thursday

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary.



Friday



It seems to me that all we need to do is to let go and know we are immediately saturated with His Goodness. No more wondering, questioning – just a glorious knowledge that every aspect is under His control.

Saturday

Prayer is very much like sunbathing and involves just as little effort. When we sit in the sunshine we breathe a contented sigh, lean back and just let the warm peace enfold us. In God's Presence we do just that, Knowing His infinite Peace, Love, Perfect Health, Joy and all Good are shining in us now. In that Perfection we can be sure our pains and troubles are melting away, and will go altogether if we hand them over to the Father and "remember them no more."



Sunday

Shed the limitations which keep you in chains, for you are wonderful beyond your highest dreams. In everything you seek to do, it is literally true that all the Love of God is right there to help you. And no child of the Father can ever be fearful or distressed when God is known to be ever present.



Room 3 Café

Our beautiful café was created to support the Charity in its mission to introduce fresh and exciting vegetarian and vegan food and juices to our community and visitors. We intend to supply our own homegrown, organic fruit and vegetables in the near future once we have developed our Community Garden. This will also lead to on-site diet, nutrition and cooking classes to help everyone to be healthier.



Carole, our Café Chef said:

“It is fantastic to be back cooking in the café, Room 3.

During my furlough I started a course in Mindfulness and Nutrition which has inspired me to create new dishes for the cafe which I hope our members and visitors will enjoy.



We have been researching immune boosting fresh juices which are now included on our menu. We will now be serving these healthy and nutritious drinks to assist our guests to not only feel refreshed and energised but to kickstart their immune systems in time for the Autumn and Winter months.”



The Blessings of Volunteers

Julie Dalton, Volunteer Coordinator

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 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 so thankful and extremely grateful.

The volunteers we have support us in all areas of the charity's work. Their skills are varied and include sound resonance using the Finnish harp which is played at some of our meditation sessions; another who is assisting us to put all of Mandus' books into electronic format to ensure that his works are preserved for future generations. We also have a new volunteer who is running an art group "Express Yourself".

The WHC continues to advertise for volunteers to create a diverse team. We are looking for people who have various creative skills and gifts and who want to share these with our members and visitors. We will keep you updated on our progress.

With thanks to all the wonderful volunteers who give us the gift of their time.

The Gift of Time is Priceless

Valuable is the work you do
Outstanding in how you always come through
Loyal, sincere, and full of good cheer
Untiring in your efforts throughout the year
Notable are the contributions you make
Trustworthy in every project you take
Eager to reach your every goal
Effective in the way you fulfil your role
Ready with a smile like a shining star
Special and wonderful - what you are!!

Anonymous

Great friend - musings about my dog Phoebe

Simone Cowgill



Great friend, you wake me up with such joy and enthusiasm for life,

Teach me to be present each day.

Great friend, you find such joy in the little things, like a walk on the beach, in the park or the woods.

Teach me to be grateful for my blessings and the gifts from mother earth.

Great friend, you greet me with such love, when I come home from work.

Teach me your loving ways and gratitude for your friendship.

Great friend, you are thankful to receive the food I give you,

Help me to be thankful to the Great Spirit for all I have been given.

Great friend, you snuggle up beside me while I rest and relax,

You show me the compassion of a loving friend,

each me to be content with life.

Great friend, you are only with me for a short while,

Help me to be thankful for the love and friendship you bring to my life,

As I kiss you each night before bed.

Albert Einstein to his daughter about The Universal Force which is LOVE

In the late 1980s 1,400 letters written by the famous scientist Albert Einstein were donated to the Hebrew University, with orders not to publish their contents until two decades after his death. This is one of them, for Lieserl Einstein. The authenticity of this is document is unclear.

behind any phenomenon operating in the universe and has not yet been identified by us.



Einstein with Mileva Maric—Leiserl's parents

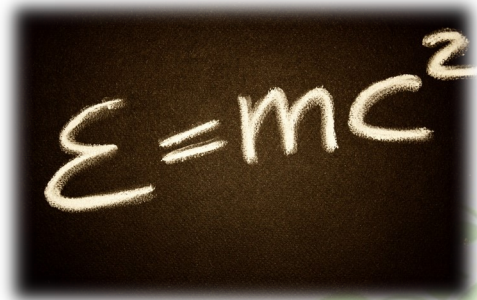
“...When I proposed the theory of relativity, very few understood me, and what I will reveal now to transmit to mankind will also collide with the misunderstanding and prejudice in the world. I ask you to guard the letters as long as necessary, years, decades, until society is advanced enough to accept what I will explain below.

There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others, and is even

This universal force is LOVE. When scientists looked for a unified theory of the universe they forgot the most powerful unseen force. Love is Light, that enlightens those who give and receive it. Love is gravity, because it makes some people feel attracted to others.

Love is power, because it multiplies the best we have, and allows humanity not to be extinguished in their blind selfishness. Love unfolds and reveals.

For love we live and die. Love is God and God is Love. This force explains everything and gives meaning to life. This is the variable that we have ignored for too long, maybe because we are afraid of love because it is the only energy in the universe that man has not learned to drive at will.


$$E=mc^2$$

To give visibility to love, I made a simple substitution in my most famous equation. If instead of $E=mc^2$, we accept that the energy to heal the world can be obtained through love multiplied by the speed of light squared, we arrive at the conclusion that love is the most powerful force there is, because it has no limits. After the failure of humanity in the use and control of the other forces of the universe that have turned against us, it is urgent that we nourish ourselves with another kind of energy...

If we want our species to survive, if we are to find meaning in life, if we want to save the world and every sentient being that inhabits it, love is the one and only answer. Perhaps we are not yet ready to make a bomb of love, a device powerful enough to entirely destroy the hate, selfishness and greed that devastate the planet. However, each individual carries within them a small but powerful generator of love whose energy is waiting to be released. When we learn to give and receive this universal energy, dear Lieserl, we will have affirmed that love conquers all, is able to transcend everything and anything, because love is the quintessence of life.

I deeply regret not having been able to express what is in my heart, which has quietly beaten for you all my life. Maybe it's too late to apologize, but as time is relative, I need to tell you that I love you and thanks to you I have reached the ultimate answer!"

Your father Albert Einstein



Shine Your Light

Simone Cowgill



Spiritual light is an energy force for good. It can be used to strengthen your connection to your higher self through meditation. It can be used to transmute energy and empower and heal yourself and loved ones. Light can increase your vibration, so you can manifest through the power of thought and co-creation with God.

Many spiritual people believe that at the moment the light is growing stronger as people turn more to their spiritual side. The stronger your faith and the more positive and loving you are, the greater both yours and the planet's spiritual growth will be.

Your body has an aura of light around it. If you are ill or do bad things this light dims. It is important to radiate light out from yourself by the good deeds you do.

Jesus taught us that, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

There are so many biblical scriptures about light.

Matthew 4:16 'The people living in darkness have seen a great light; on those living in the land of the shadow of death a great light has dawned.'

John 1:5 tells us 'The light shines in the darkness and the darkness has not overcome it'.

It is important for us to connect to the light each day. Every time you do, you are building a bridge between yourself and the higher realms. This is important at this time for raising the spiritual vibration of the planet.



Light is used by many healers and light workers for protection. Imagine the white light coming down from above and surrounding your body as a type of spiritual protection. You can also bring the white light through your body and through the chakras, going out through the feet, to be used by the earth. This can be used for healing. Remember to ground yourself by seeing roots from your feet going down into the earth. This will help you to be calm and centred.

You can also send the light out from yourself to encompass all the people in the room, loved ones who are not present and those who need healing. The light brings the energy of inner peace, harmony and love with it.

John 8:12—Jesus said ‘I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.’



As you call in the light, you will notice your heart opening more. It can help you to feel peaceful and heal relationships. Call the light to you. As your energy is charged with love, open your heart chakra and send this light to the heart of the person you want to heal, help or make amends with.

You can use it in many practical ways, when travelling for instance, surround yourself or others with light. Place light around your loved ones, pets or home. It can work in miraculous ways, add light to something you wish to happen, that positive cosmic energy goes ahead of you into the situation, place or time and make for a favourable outcome.

Send light to any part of your body that needs healing. It works both physically and emotionally over time and space. Ask your higher self is there a lesson in the discomfort and something you need to learn?

As you increase your light, so you can help others. You can surround yourself with light and send it from your heart chakra, head and hands. You only need the energetic intention to help and you will help. As you send out light to the world, so your radiance increases.

John 1:5 ‘God is light; In Him there is no darkness at all.’

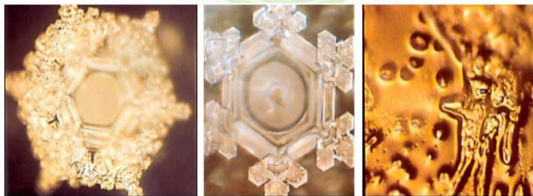
The Wonder of Water

Louisa Brown



During my awakening journey I came across an article about Dr Masaru Emoto and his studies with the consciousness of water. I became fascinated with his work and his theories really changed my understanding of this precious and life giving resource.

Dr Emoto was a Japanese businessman, author and scientist who believed that water was intelligent and conscious, and he set out to prove it. He revolutionised the idea that our thoughts, feelings, and intentions affected the molecular structure of water. His book, *The Hidden Messages in Water*, provided evidence of his 20-year studies and experiments. Many samples were exposed to different emotions and then frozen. The results were amazing. The ice crystals were aesthetically pleasing, beautiful when sent positive thoughts and feelings but disfigured when negative energy was sent to the sample. I have included a couple of examples below, but I highly recommend researching more about this wonderful subject to see more of the fascinating results produced during his experiments.



Love

Thank you

I hate you

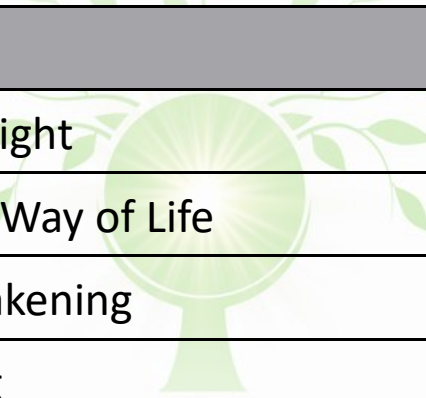
It is now important to remember that our physical bodies are made up of approximately 70% water. Every thought, feeling, emotion and intention we have affects the molecular structure of the water within us. Every cell of our bodies will be troubled by negative energy whereas it will flourish in positivity. Healthy bodies start with healthy minds. Repeating and feeling positive affirmations deep within ourselves will greatly improve our overall wellbeing. **So, the question is, in this moment what does the water in your body say about you?**

FREE GIFTS FROM BROTHER MANDUS

We are giving away the following books as a FREE GIFT OF LOVE to you and to your friends.

All you have to pay is Postage & Packing.

What a great opportunity to share Brother Mandus' wonderful writings.



Publication	Quantity
Healing in His Light	
The Wondrous Way of Life	
The Divine Awakening	
Power Thinking	
All About You	
For Women Only	
The Grain of Mustard Seed	
Highways to Health & Happiness	
Call Unto Me	

A Few Thoughts from Anne

Hello Everyone. Greetings from your lovely Sanctuary here.

How wonderful to be meeting you in the Spirit. When we think about anyone, seen or unseen, we are immediately present. No separation except in mind. In remembrance there is no distance.

The last few months have been quite challenging for many but thank God we are now getting back to a bit more normality.



Of course it has also been a time of rest and renewal for others who lead a very busy lifestyle. I know many people who have deeply appreciated the time out from the usual busy routine to catch their

breath ! I have been working through lockdown here behind closed doors which was a privilege. I had a bit of time to grow a few veggies. How wonderful to be able to go into your garden to pick a fresh head of lettuce or some spinach etc. People all over the world are now connecting more with the earth.

Many send in a sealed **Letter to The Lord** which is placed on our Sanctuary Altar. What a wonderful private way to release anything and everything to God. So, please use this facility anytime you fancy. We shred the letters after a few weeks.

If any of you would like to share **special memories of Brother Mandus**, please write to us. We would love to receive them. Perhaps we could publish some of them in the magazine.

It is always a joy to hear from you through letter, phone or email. We all know the power of prayer and our united love together. Embracing you all with love, peace and healing on every level of being.

CHILDREN'S CORNER

Why Not Me?

By Conrad



“Why not me – Squeak squeak,” said Mouse Bright Eyes.

“That cat gets everything. Everything.”

It was then that Mouse Bright Eyes had a second thought.

“Well, it mustn’t get everything. It mustn’t catch me.”

“Anyway, I can wait. I can wait. I love chocolate drops too.”

Bright Eyes smiled to herself as she hid in her secret place. From this secret place in a lovely room, she could watch the Master throwing little chocolate drops to old Furry Purry Cat. Furry Purry never missed a single one.

“I could simply weep,” thought Bright Eyes Mouse. “Oh, but one day, one day, my time will come.”

Now the secret place where Bright Eyes hid in the lovely room, was in a little wooden bowl. The bowl had a little wooden lid and was right on top of a clock that hung upon the wall. When Bright Eyes heard anyone in the room, up went the lid right on top of her head. No one ever looked up to see her. Furry Purry Cat had no idea at all that he was so well watched.

Dong ! Dong! Dong! Went the clock. “Oh dear!” This was the only hard part. The dong of the clock. You see, with such hearing ears

the quiet is so lovely. Anyway, Mousie Bright Eyes was always very quick to bob down to let down the lid and to rest a while. One happy evening Master and Mistress were in the room and of course, so was old cat.

Well, out came the chocolate drops.

“Now or never,” thought Bright Eyes, but still she didn’t dare to run down the wall and to catch one of them before the cat.

Furry Purry was so quick each time the Master threw a chocolate drop. Suddenly, and much to Purry’s surprise, a chocolate drop seemed just to vanish in the very air.

The Master had thrown it very high indeed and it had landed, guess where?

Yes - not only onto the top of the clock but right inside Mousie Bright Eyes little wooden bowl.

“Oh!” Down went the lid and all was very quiet up there.

“Gosh!” thought Bright Eyes. “It nearly hit me on the head!”

Lick, lick, lovely. Lick, lick, lick, beautiful!

“Oh, it has all been so well worth while, all that waiting night after night. At last we are together - chocolate drop and little me.”

“Good things are so well worth while waiting for, are they not?”

Furry Purry often makes Bright Eyes smile as he still keeps on looking for the missing chocolate drop.

Bye now and lots of love, Sleep tight. Night Night! X X X



The Church of Love

Attributed to be a Cathar Prophecy of 1244 AD

It has no fabric, only understanding.

It has no membership, save those who know they belong.

It has no rivals, because it is non-competitive.

It has no ambition, because it seeks only to serve.

It knows of no boundaries for nationalisms are unloving.

It is not of itself because it seeks to enrich all groups and religions.

It acknowledges all great Teachers of all the ages who have shown the truth of Love.

Those who participate, practise the Truth of Love in all being beings.

There is no walk of life or nationality that is a barrier. Those who are know.

It seeks not to teach but to be and by being, enrich.

It recognises that the way we are may be the way of those around us because we are that way.

It recognises the whole planet as a Being of which we are a part.

It recognises that the time has come for the supreme transmutation, the ultimate alchemical act of conscious change of the ego into a voluntary return to the whole.

It does not proclaim itself with a loud voice but in the subtle realms of loving.

It salutes those in the past who have blazoned the path but have paid the price.

It admits no hierarchy or structure, for no one is greater than another.

Its members shall know each other by their deeds and being and by their eyes and by no other outward sign save the fraternal embrace.

Each one will dedicate their life to the silent loving of their neighbour and environment and the planet, whilst carrying out their task, however exalted or humble.

It recognises the supremacy of the great idea which may only be accomplished if the human race practices the supremacy of Love.

It has no reward to offer either here or in the hereafter save that of the ineffable joy of being and loving.

Each shall seek to advance the cause of understanding, doing by stealth and teaching only by example.

They shall heal their neighbour, their community and our Planet.

They shall know no fear and know no shame and their witness shall prevail over all odds.

It has no secret, no arcanum, no initiation save that of true understanding of the power of Love and that, if we want it to be so, the world will change but only if we change ourselves first.

All those who belong, belong. They belong to the church of love.

DONATION FORM

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

All letters, gifts and legacies should be addressed to:

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

Name	
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Amount enclosed	
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Or donate online at www.whc.uk.net

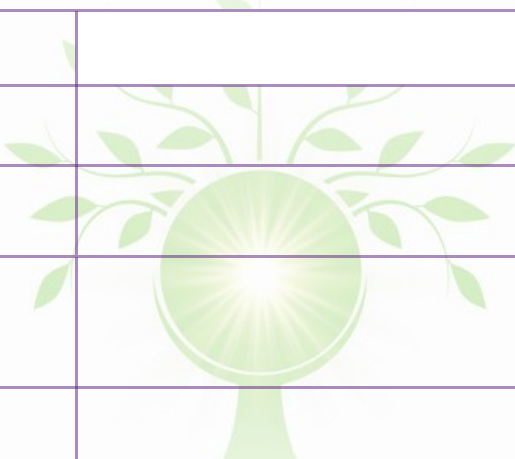
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I can handle ANYTHING that comes into my life.



I'm more than good enough. And I get Better Every Day!

I am so happy

and grateful

MY BODY

brings me to

everywhere

I want to be.

I AM A GOOD PERSON AND I AM PROUD TO BE ME!

www.themomentaries.com

I believe in myself and my abilities.



Let go of all the lies I tell myself.



I MATTER

and what I have to offer this world also Matters.



I feel

calm,

Relaxed,

And

at Ease.

I'm in the right place, doing the right thing, at the right time.



I can Learn Anything! I can know Anything! I can Be Anything!

Today is a Perfect Day for a Perfect Day.



I attract only good things into my life.

I WILL GO WITH THE FLOW, AS I TRUST IT WILL TAKE ME TO WHERE I NEED TO BE



I CAN

BECAUSE I THINK

I CAN



I AM IN CHARGE OF HOW I FEEL AND TODAY I AM CHOOSING HAPPINESS.



I am capable.

I am strong.

If I believe in myself,

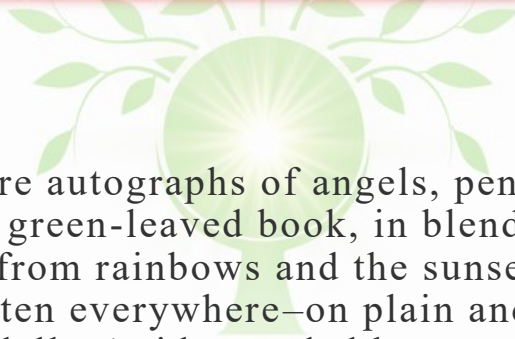
I can turn my

dreams

into a plan, and my plan

into my reality.





They are autographs of angels, penned
In Nature's green-leaved book, in blended tints,
Borrowed from rainbows and the sunset skies,
And written everywhere—on plain and hill,
In lonely dells, 'mid crowded haunts of men;
On the broad prairies, where no eye save God's
May read their silent, sacred mysteries

Thank God for flowers!

They gladden human hearts; Seraphic breathings part
their fragrant lips
With whisperings of Heaven.

Albert Lighton



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OPENING HOURS: MONDAY TO FRIDAY 8.30 AM TO 4.30 PM

DAILY PRAYER: MONDAY TO FRIDAY 9.00 AM