

A photograph of a white sheep standing on a rocky, mossy mountain slope. The sheep is in the lower-left quadrant of the frame, facing right. The terrain is rugged, with large grey rocks and patches of green moss and grass. In the background, a steep, rocky mountain rises, covered in sparse vegetation and patches of brownish soil. The overall scene is a high-altitude, mountainous landscape.

# CRUSADER

Spring/Summer 2017



# World Healing Centre

(Registered Charity No: 1170377)

476 Lytham Road, Blackpool, Lancs FY4 1JF, UK

Telephone: 01253 343701

Hours: 9.00am - 5.00pm Monday to Friday  
(Excluding Bank Holidays)

**WRITE, EMAIL OR CALL US  
FOR PRAYER HELP**

**PLEASE MAKE A NOTE OF OUR NEW WEBSITE  
AND EMAIL ADDRESS:**

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

Website: [www.whc.uk.net](http://www.whc.uk.net)

DAILY PRAYER at 9.30am

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SPIRITUAL TEACHING AND MEDITATION

Every Tuesday at 2.00pm

Everyone welcome

# Saluting Gerry Moore

Dr Tim O'Higgins



4 January 1933 - 21 April 2017

Gerry Moore served the WHC as a board member for approximately ten years. His whole life radiated a desire to seek and serve the Divine. This motivation was evident in his work over many years in his local community, through his public service and by his lecturing and writing.

Gerry summarised his spiritual beliefs as follows:

*God is the source of love and light, the light of understanding. The love and grace through the “Holy Spirit” brings guidance from the glorious divine perfection we call God. Jesus Christ, the enlightened son of God, received this truth that sets us free, through practicing the presence of God in divine Union and communion with the Father. Christ revealed his true divinity by proclaiming:*

*I am the Way  
I am the Life  
I am the Truth  
I am the Door  
I am One  
With my Father*

Gerry Moore overcame many challenges in his long life. His long voyage, took him through placid and through treacherous waters, into dark caverns and luxuriant beaches. He encountered saints and sharks, nefarious creatures and heavenly companions. With holy innocence and intuitive insight, he navigated life's troubled waters. He blessed this planet with his divine gracefulness.

Over the years prior to becoming a dedicated board member of WHC, Gerry had many deep conversations with Brother Mandus. He provided spiritual and emotional support to this charity. He prepared for board meetings with hours of prayerful contemplation and voluminous note-taking. His spontaneity and free spirit were refreshing and uplifting, sprinkled with an impish sense of humour and loving-kindness.

Gerry extended his courtesy and kindness to all he met. His demeanour was gentle, yet filled with courageous integrity. His moral compass was steady, principled and compassionate.

With a poet's heart, he rejoiced in the beauty of nature. He was particularly fond of William Blake and often quoted him.

*“To see the world in a grain of sand  
And heaven in a wild flower.  
To hold infinity in the palm of your hand  
And eternity in an hour”.*

Gerry, may Infinity hold you in the palm of Divine Love.

We thank you for blessing us with the inspiration of your life.

We salute you for your joy-filled expression.

We wish you peace on your journey .....

to infinity and beyond!

# THE MEANING OF LIFE

Eva Cohn

*A review of Man's Search for Meaning, by a concentration-camp survivor, Dr Viktor Frankl.*

Dr Frankl's own successful medical career in Vienna ended after the Nazi take-over, when he and thousands of Jewish people were abducted into the notorious Nazi concentration camps.

Theresienstadt was probably the least inhumane of the camps. Although food rations were at starvation level, with amenities for health and hygiene non-existent, the prisoners were allowed some cultural activities. I have a CD of some music composed and performed there, which includes some hauntingly beautiful items. Please contact me through The Sanctuary if you are interested in this.

Dr Frankl was a resident in this camp for some time, during which he managed to set up a mental health service, and a suicide-watch. However, he was transferred to a much more notorious camp where he was compelled to do slave labour. All his loved-ones perished in one or other of those notorious places. He himself plodded on against the odds.

The Holocaust Memorial Trust challenges us all to work for a better future for our fellow men by learning lessons from the past. By coming to grips with the gist of this book will help us all to see things in a new light, and so become more effective in dealing with the challenge of Holocaust Memorial Day.

Dr Frankl recounts an event which makes the reader shudder; one bitterly cold night a group of famished men were made to march, over boulders, through large puddles and over treacherous ice-patches; they were driven on by the rifle-butts of relentless guards, who kept on shouting at them. Time and time again they dragged each other up, after stumbling on the ice patches; the ones with sore feet leaned heavily on the arms of their neighbour – they stumbled on for miles in silence; the icy wind did not encourage conversation.

One man whispered a thought about his wife. As a result a train of thought arose in the soul of Dr Frankl himself. He saw the image of his wife clearly before his mind's eye. His love for her welled up in his soul, driving out all other emotions. To quote from his own words: *'For the first time in my life, I saw the truth, as it is set into song by so many poets...*

*The truth is that love is the ultimate and highest goal to which man can aspire'. He came to this realisation: 'The Salvation of Man is through love and in love'.*

If I may, I want to comment on this, namely that the love which Dr Frankl refers to is a free gift from one soul to another, and is not dependent on, or asking for, some reciprocal quality which leads to self-gratification.

This love is what Scripture refers to in the inspiring verse:

**God is love, and he that dwelleth in love dwelleth in God, and God in him: 1 John 4:16**

Dr Frankl came to the further conclusion that the contemplation of the image of one's loved one (which one carries in one's heart) can give a person fulfilment, no matter how pitiable the circumstances of one's life are.

And so logo-therapy came into being. After the liberation of the camp by American soldiers, Dr Frankl was able to return to Vienna, to continue his work in psychiatry and neurology. He was often invited to give lectures at leading universities world-wide. Logo-therapy institutes have, by now, sprung up in many countries. Alas, in our highly complex society, with its often materialistic outlook, many people need to find meaning in their life; hence the need for logo-therapy, which can be varied in its form, depending on a patient's need. In its ultimate and highest sense, logo-therapy will lead a person to seek the purest form of love, namely, the love of God. To quote Dr Frankl's own words: *'The angels are lost in contemplation of an infinite glory'.*

But in the immediate, practical sense, logo-therapy will help a person, through contemplation of the human love they have experienced, to find meaning in their life.

Details of Dr Frankl's books in English for those wishing to pursue further reading:

1. Man's Search for Meaning. - An introduction to Logo-therapy. Beacon Press, Boston, MA. 2006. ISBN 978-0-8070-1427-1 (originally published in 1946)
2. The Doctor and the Soul  
Random House. 1955  
ISBN 978-0-2856-3701-6 (originally titled *Arztliche Seelsorge*).

# Perspective-taking

*Dr Tim O'Higgins*



God's love for you is unconditional. God's love for all, is without conditions, for true love cannot have conditions. True love can never judge. The loving creator of all of life looks upon what he created and sees it as very good, always very good. God sees you too as very good, always very good, eternally very good. You see the world as not very good, your neighbour as not very good, and yourself as not very good. Whose perception is accurate? The American psychiatrist Jampowsky defines miracles as "shifts in our perception that remove the blocks to our awareness of love's presence".

All of life is a manifestation of divine love. However, to experience this love, we must be unconditional in our loving. To enter into the awareness of divine love, one's consciousness must be aligned with the divine standard, the golden rule. Our inner awareness predisposes us to perceive our outer world accordingly. The conditions we impose on ourselves, we impose on others. The love with which we accept ourselves is the love with which we accept others.

As you perceive your neighbour, so you will behave towards them. The way to perceive from the perspective of the golden rule, is to perceive from your own holiness and project this holiness to others and thereby to perceive this holiness in others. In knowing this truth, our perception adapts to this truth. We see clearly. We project on to others that awareness, that consciousness that we are aware of as ourselves. It is from the level of divine consciousness that we are living at, that we project onto our world our experienced reality. If we are living in misery it would benefit us to change the understanding through which we are experiencing our life. If we are living in sadness it is advisable to change our perspective and ask the Holy Spirit to enlighten us. If we are living in resentment, it is healthful to forgive ourselves for our erroneous perceptions, lest we die in our sins or erroneous attitudes.

We have called into our consciousness all that we interact with, positive and negative, good and bad, healthy and unhealthy. All these aspects of ourselves are out-pictured as others. In alienating ourselves from others we alienate ourselves from life itself. All of us are part of one spiritual body.

*I and my Father are one.* All are one in the Father of all, expressed in all, through all, as all. All of life is holy. Hallowed be your name. Holy be the name, the nature of all. Therefore, whatever you do onto others you do to yourself. As you bind others in your judgement, you bind yourself with this judgement, thereby withholding yourself from the divine flow of love and life. Through releasing others from your judgement, you release yourself into the flow of divine love.

It is a good practice to imagine divine love radiating from Christ in you, through your consciousness, through all relationships with your world, your family and friends, to your enemies and those you see as alien or lesser than you, to your country and all countries, through all institutional systems of your world; economic and social, political and religious, judicial and educational, past and present. Let the unconditional love of the divine use your consciousness to bring heavenly harmony to this earth.

As you forgive yourself for your perception of yourself, you open yourself up, to perceive others in their divine dignity. The world of your perception is the world of your reality. You create your reality through your perceptual system. This you project outwards as your experiential world. As your perceptual system changes, the world you experience changes, becoming more loving or more hate filled. As a society, we are at a time of transition from a self-centred materialistic perspective to the challenge to see others from a loving perspective even though our fear-based evidence proclaims the need to retreat from love. The theologian Lewis B Smedes expressed this succinctly as follows: “When we forgive, we set a prisoner free and we discover that the prisoner that is set free is us.”

A magnificent way of healing ourselves from our misperceptions, is through investing in the 365 daily lessons of the Course in Miracles. This inspired manual, heals the mental illness rooted in our perceptual system. It frees us up from the attack thoughts we inflict upon ourselves and on others. It releases us from self-shaming and self-blaming. It empowers us to know our inheritance as children of the divine, sacred, unblemished manifestations of divine love. By engaging with this instructional manual we learn to forgive ourselves, firstly for our perception of ourselves and then for our perception of others. The veil of alienation from the divine, based on the egoic misperception, is lifted. It is to the degree that I and my brother are one that I and my Father are one. To the degree that I forgive myself, to that degree do I love myself and to that degree do I love my brother. It is not my brother that I need to forgive. I need to forgive myself for projecting judgement onto

my brother. Judging from the human understanding prolongs separation from the Divine, justifies the ego's self-righteousness and perpetuates division from eternal love, your true identity.

It is to the degree that I and my brother are one that I experience that I and my Father are one. This is the unchanging spiritual reality, *as it was in the beginning, is now and ever shall be.*



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## **Will You Support Us Please?**

This is a draft wording of a simple will:

“I GIVE AND BEQUEATH (state what.....) to the Trustees for the time being of The World Healing Centre of 476 Lytham Road, Blackpool in the County of Lancashire, FY4 1JF, United Kingdom (being a Charity registered under the Charities Act No 1170377) to be applied for the general purposes of the Centre AND I DECLARE that the receipt of the Treasurer when this legacy is paid, or the then proper officer for the Centre, shall be a complete discharge to my Trustee(s) for the legacy to the Centre.”

This is a wonderful way to maintain our spiritual outreach to humanity.

We are grateful to you for your kindness and support.

# The Divine Word

“In the Silence of my soul, I listened to the Lord.” – Brother Mandus

*This was the first article to appear in the first “Crusader” magazine in May 1952.*

*The Message is a Gift of Love written by BROTHER MANDUS*

**I AM your Heavenly Father**, and I come to you now as the living Presence within your own being.

There comes a time in the life of all my children when realisation awakens. There comes a time when those who have already experienced My Love are ready to be lifted into an even higher state of consciousness. Because I am your Father I am forever creating ways for you to expand your consciousness in harmony with My Own Perfection.

Turn away from the world for awhile and **listen to me!** Forget yourself and realise that I am God, the Christ Spirit within you now. You and I are one. We never can be separated because you are of My Own Being. My Life is your life, My Mind is your mind. My Love is your love. You are exactly as I am in miniature, with the same eternal life and an infinite potential for increasingly wonderful expression. You are because I am.

I have been with you from the beginning and I never cease to bathe you in My Love. I lead you, protect and cherish you as My Own.

In all My Realms of material worlds and spiritual heavens I have only one you. I created you that you may grow in love, wisdom, knowledge and joy. I see for you adventures beyond your greatest dreams. I long for you to take all the gifts which I have prepared for you. As quickly as you learn to know Me you will realise that I can only give you everything you desire. All I have, all I am, is your own for you to accept.

**I AM the Perfect Life** within you. I am health and happiness, peace and prosperity, love and laughter, wisdom and all knowledge. I am the abundant life. All these things you already possess in My Spirit.

My Universe has been evolved through My Own Being. I hold it poised in My Mind. I live in the midst of it. I am the Life that springs forth in trees and flowers and in every growing plant and fruit. I am the Life and Beauty of the world and of Man.

Wherever your vision rests, there am I. You cannot mistake My Presence, for I reveal Myself in countless ways. So many of My children have become blind to the Reality, to the evidence of My Presence. They accept themselves, and all your wonderful world, without thought and deny My Almighty Love and Intelligence which makes it all possible. They neither believe the evidence of their own senses, nor the truth so obvious in their own beings.

But you I lift into My Consciousness now. I redeem you from blindness and give you clear vision. I call you out of the world into your Kingdom Within where I can commune with you, and give you guidance, wisdom, understanding and truth. I expand your soul in My Love and send you forth to cultivate a greater love, a greater power, and to create with Me a more wonderful way than you have ever known.

Every day you have your problems. But when you know I am with you there is nothing to fear. If you will continue to be poised in My Spirit, I am instantaneous Perfection in the midst of all seeming chaos, illness or tribulation. You will overcome the world in My Strength.

**You can live but one moment at a time.** This moment is the only one that is of any consequence to you. Therefore I charge you to fill it with simple trust in Me, and with perfect love. That is the answer to every subsequent moment as it dawns.

There is no difficulty, no illness, no seeming tragedy that is too great for My Love to overcome. But when you insist on turning away from Me to dwell in fear or worry on the difficulty, I must stand aside until you come back to Me. I can only manifest My Perfection in you when you allow Me to do so. That is your right of choice, the perfect freedom I give to you to think and live as you wish.

**My Law is Perfect.** I know you will eventually live in complete harmony with Me and thus enter perfect happiness and achievement. You are, as yet, but learning how to live as a free being. The time has come when you shall really begin to claim your spiritual freedom

through a clearer, simpler understanding of My Presence.

I want you to know that My Great Law is Love. It is the Great Law because I am Love, and all things that are perfectly created are done through the Power of thought expressed in Love.

Therefore to the extent you live in love, forgetting and sacrificing self in service, you become one with Me. It is fundamental to your health and happiness that you shall Love with all your heart and mind. You shall love your family, friends and neighbours. More important, you shall love those who hurt you, your so-called enemies be they individuals or nations. I love all for I am all.

When you are in the throes of conflict and your mind turns to anger, resentment and bitterness, remember that you are hating Me. The bitterness of your distorted thoughts, often translated into harmful physical action, not only destroys the well-being of others but produces spiritual, mental and physical illness in you. I never Will illness upon My children.

You shall learn to love all, and through your understanding, to forgive all. When you become aware of evil coming to you, the only answer is to see Me, the Perfect Christ within the other. That is the Man you shall love. Then you can forgive the outer man, and be compassionate, for if he despitefully uses you, he does so out of ignorance of My law. Love him, pray for him, forgive him, then you lift him up to Me and I lift you up also.

From this moment let love be your constant companion, then I shall be with you, too. Love your people, love your work. Do all things as a loving service for Me. Every moment will then be filled with joy, and power and success, for I shall sustain you in everything you do.

**The other Law** you need to know is the Law of Mind which insists, necessarily, that an experience can only become real to you when you recognise it. Whatever you accept in consciousness becomes real. You exercise your faith every time you do this. You have faith in the ground you walk upon, faith in the life within you, faith in the sun and the rain, faith in the chairs and bed you use, faith in your ability to come here or go there. All such experiences you daily accept as Reality and thus they become concrete experience.

It is this Law which naturally must operate when you think of Me. I, too, can only become a Reality when you consciously accept Me as Real. When you know I am the Almighty Love, Wisdom, Intelligence and all good within you, you are free forever.

**From this moment I charge you** to fill your life with love and to trust Me in all things. Ask and I am instantly the Perfect Answer. Give me your burdens, and I will disperse them. Forget the ills you hold so closely by remembering Me. Forgive yourself in loving Me, and serving all. I am your Lord, and when you keep your mind filled with the knowledge that health, joy, prosperity and everything that is Perfect are now pouring into your life they become your own.



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## LETTERS TO THE LORD

Linked with our Healing Intercession Services is a very wonderful way of Answered Prayer through what we term “Letters to the Lord”.

Simply write a note and enclose your sealed “Letter to the Lord”. Mark the sealed envelope “Letter to the Lord”. It will rest on the Altar of Answered Prayer. This is an absolutely confidential service and your sealed letter will never be read.

# **Your Day With the Father**

## **with Brother Mandus**

### Monday

Divine guidance is a profound truth which is available to anyone who is prepared to believe and accept it. The practise of the presence of God is the practise of many quiet times resting, abiding, in Him in the Great Silence. This one-ness with Christ in the Silence is the secret of abundant life, spiritually, mentally, physically and materially. When the self becomes quiet, the infinite Spirit of God can take over – and that is when the great works of God appear. Be still – many times today – Be still in God.

### Tuesday

Faith is the power you already possess, and it is the quality you use most in everyday life. Every time you eat your food, walk, talk, cross a road, read a book, buy goods from a shop, faith is the basis of your ability to do so. It is a short step to realising simple faith in the Presence of God when we understand that everything in the universe is the manifestation of His Spirit. Why not trust this day to the revelation of His Perfection? Live it. Believe it. And Prove it.

### Wednesday

Your only need, at any time, is truly to recognise, believe, accept and experience the reality of God's Love and Perfect Everything. Then you will no longer resist or struggle to overcome disasters or disabilities. You will agree with your adversary, release it to the Father, and abide in His Spirit in whom everything is already perfect. In this way your life is safe with Him today. In this way you are no longer concerned about yourself, but only with God's Will for you. And in this way you will yearn only to serve Him in thought, word and deed.

### Thursday

Everyone on earth, and in heaven, is your true brother or sister, irrespective of race, colour, creed or even religion. This is a simple truth

because we are all obviously of the one family of God, created by Him. We all live and move and have our being in His Spirit. Pray for everyone, everywhere, with Christ-like love. Send your love into the whole world, and especially to those you do not like, or who may have hurt you. This will be a wonderful day for you as you arise in such love, for that is the true way of communion with God. Be still, and become love in Him.

### Friday

Be still, and know you are immediately lifted up in God. As you rest in His Spirit, just let go and feel the Great Peace come upon you. In that Peace your day is Perfect, for the Lord takes up your life and fills it with His own Power. Your only need is to know that He is with you in Perfect Everything today. Leave tomorrow in His keeping, for He will solve tomorrow's problems for you as you claim His Peace today. Be still in Him, and trust Him completely.

### Saturday

Love and faith can only be expanded by using the most blessed of all human qualities. You accept the Presence of God and His love for you. Then what is there in your life today which invites you to believe more completely in the absolute Perfection of God in the midst of it? What greater step of trust can you take? How far dare you go in experiencing love in giving as your offering to God? How much more of self can you let go by turning more simply to the Lord for your source of everything? For whom can you pray?

### Sunday

Thou wilt keep him in perfect peace whose mind is stayed on Thee. This is the simple truth for you today. The world and its troubles, the self and its fears, may well tempt you to turn your mind away from God. But as you become poised and centred in His Presence, His Love will keep you lifted up in peace and strength, faith and courage. Only believe, and in this belief become still so that He may arise in you. And pray for all the world, as well as your loved ones and friends.

# *Children's Corner*

## **The Palace of the Good Fairies**

by Conrad

Once upon a time right on top of a great mountain stood a Fairy Palace, which sparkled like a diamond in the sun. The mountain was so high that the top was always above the clouds.

One day when there were no clouds at all in the sky, the little bad fairy saw the beautiful Palace on top of the mountain and he decided that it would be a very nice place for him to live in, and that from such a height he could look down on the whole world. So he began to climb the mountain. He went up higher and higher until at last he stood outside the Palace walls. He knew very well that the Palace did not belong to him, but he decided to climb over the wall and then to find some way to frighten all the other fairies away. He was very clever at this.

So he climbed right over the Palace wall, but as soon as he was on the inside, he found that the light which was shining everywhere in the Diamond Palace was so bright and so strong that it hurt his eyes. The bad fairy could hardly keep his eyes open and soon he began to feel very sorry for himself indeed. His eyes hurt so much that he just hid his face against the wall. He felt so miserable because he knew that he would not be able to live in this beautiful Palace after all.

It was not long before a little good fairy heard the bad fairy sobbing, and she made up her mind very quickly to do everything she could to help him. She told the bad fairy, whose eyes by now were all red and swollen, that the Diamond Palace was called the Palace of Honour, and that he could live there too, if he would keep a very special promise for a whole year.

“Oh, do please give me the special promise and I shall try very hard to keep it.”

“Very well,” said the good fairy, “all you have to do is go back down the mountain, and into the big world, and every time you feel like making mischief, you must promise to remember me first”.

The bad fairy, looking down at his feet, thought that this would be a very simple thing to do. He said that he would keep the promise. With that, he thanked the good fairy, jumped over the wall, and climbed all the way down the high mountain, and went on his way.

By now the bad fairy felt much better, and his heart was full of mischief again. He soon found someone to frighten. It was an old pedlar on his way to market. The pedlar was carrying lots of pots and pans on his back. Just before

the bad fairy jumped out on the old gentleman, he thought about the good fairy as he had promised to do. Then suddenly, all the bad ideas of what he was going to do to the pedlar simply vanished, and the fairy found himself thinking a really nice thought instead. The fairy cried out to the pedlar: "Go to that little white cottage over there, because the lady will buy your pots and pans." And sure enough the lady in the cottage was very pleased to see the pedlar. To his great surprise she bought every single one of his pots and pans as wedding presents for her two lovely daughters who were soon to be married. The pedlar was a good man. When he thanked the fairy he shared his happiness with him by giving him a gold coin.

Next, the fairy saw a little beggar boy fishing in a stream for his dinner. "Ah," thought the bad fairy, "now I will frighten all the fish away and keep the boy hungry". But just before he did, he kept his promise and remembered the good fairy, and again, all the mischief went right out of his head and instead he found himself giving the golden coin to the boy to buy the very best dinner that he could find for himself and for his poor mother.

The bad fairy wondered what was happening to him. In the days and weeks that followed, he met lots of people, but every single time all the wicked things that he wanted to do went out of his head the moment he kept his promise and thought about the good fairy. So he always ended up by making people happy and never frightened anyone again.

One day, at the end of the whole year, the bad fairy was sitting all alone just thinking about the good fairy, when suddenly his heart became filled to overflowing with a deep, deep longing to go back to the mountain and to be with the good fairy in the beautiful Palace.

So he found the mountain and he climbed right up through the clouds until again he drew near to the shining Diamond Palace at the top, and to his surprise the bad fairy saw hundreds of the happiest fairies he had ever seen. They were standing on the walls and on the towers and waving out of all the windows. They were calling and waving to him, which made the bad fairy very happy. As he reached the Palace, the great gates swung open and there, standing all by herself and welcoming him, was his friend the good fairy, and to him she was the very fairest of them all. Quickly taking his hand, she said:

"Now you can live with us here all the time, because for a whole year you have kept the special promise you made to me."

As the two fairies went into the Diamond Palace together, hand in hand, the light shone even brighter than it had ever been before, but it never hurt his eyes again, and they all lived happily ever after.

This is how the bad fairy became a good fairy, and every good fairy always knows that to honour a promise is the most important thing in the world.

# NEWS FROM YOUR SANCTUARY

*Anne Nyquist*

Hello everyone, our Chairman, Dr Timothy O'Higgins, wrote to you in our Spring/Summer 2014 magazine about changes in Charity law and becoming a CIO (Charitable Incorporated Organisation). We are now the World Healing Centre, centred in the Divine Heart.

The great work of Brother Mandus still goes on here. We have a very active prayer ministry. We receive phone calls, letters and emails daily from different parts of the world. We continue to place Letters to The Lord unopened on our Sanctuary Altar. More people from our local community are hearing about us. Daily morning prayer is at 9.30am. Our Divine Healing meeting is at 2pm every Tuesday. One of Brother Mandus' books is called 'The Divine Awakening'. Once a person is awake to his/her essential divine nature, this affects every aspect of life, mental, emotional and physical.

We can call anywhere in the world for free, landline to landline, so if you ever want us to phone you back, we will be delighted to do so. This does not apply to mobile phones.

On a practical note, if you have made the World Healing Crusade a beneficiary in your will, there is no need to make any changes with your Solicitors now that we are the World Healing Centre. We are most grateful to you when you share your love with us this way to help to continue the great divine outreach to humanity.

At present, we invite local speakers on interesting subjects twice a month. Chirag and Sheema from the Fylde Coast Hindu Society shared on Hinduism. Hindu children come here every Saturday evening to learn dance, songs and prayer for their various festivals. We just finished Holi, the Hindu celebration on March 19<sup>th</sup> which included prayer, dinner and great entertainment.

Recently we hosted the Blackpool Faith Forum meeting. It was so wonderful to have the leaders from so many different faiths with us. What a vast and colourful family we have on the planet, nobody left out.

Eric from the British Red Cross gave a talk and demonstration on Everyday First Aid which was very informative and practical. Donna

shared her knowledge on Reflexology and how it can improve your health. Carole spoke with us on how to live and help support those with dementia/alzheimers.

Ruth re-launched her Steiner themed Secret Garden Parent and Child Group. Towards the end of April there is a six week course with Groundwork, an Introduction to Grow Your Own Food, hands on practical experience in planning, planting and maintaining a garden and growing your own produce. In May we start an eight week course on Mindfulness for Stress with Meg.

There are two AA (Alcoholic Anonymous) meetings a week. So, as you can see we are quite active!

We can now do weddings in our beautiful Edwardian Sanctuary. If you know anyone who would like to get married here, ask them to contact us, it could be perfect for their special day!

So, dear friends, we keep on keeping on together, doing everything with the Divine as Jesus showed us. Life is for us, Love is for us. There are endless unopened gifts to enjoy in the coming months! One of our beloved trustees, Gerry, who has just made his transition, often sang 'Born Free'. I love the words, 'live free and all beauty surrounds you'! So, do not stay too long in the twilight zone! Look to the Light, choose Life. L'Chaim indeed.

We look forward to hearing from you soon.



*Hindu children at Holi Celebration*

# Reflections on Being and Emotion

Martin Nathanael

Over a number of years working with clients, whether during counselling or using *The Journey* (a profound healing process pioneered by Brandon Bays), I have come to see that there is widespread confusion in the thinking about emotions.

People speak about *negative* emotions such as fear, hate, guilt, anger, sadness, etc. and *positive* emotions such as happiness, the feeling of being accepted, the sense of achievement, etc. They generally wish to avoid the former and acquire the latter. However, what these two types of emotion appear to share is that they are both triggered by external circumstances.

Thus, sadness or anger, among the *negative* emotions, could be brought on by losing your job, failing an exam, or being ignored, etc. and happiness, a *positive* emotion, could be triggered by promotion at work, an unexpected gift, or being praised, etc.

These perceptions would seem to place all emotions in one camp, the individual shifting between the poles of negativity and positivity according to the flavour of the day! Whether negative or positive, emotions (based on this general perspective) appear to show themselves in response to external circumstances.

I would like to suggest a healthier way of looking at this:

**Emotions**, as defined above, come and go depending on circumstances. Thus the negativity of fear might be diminished if the object of fear is removed, or if the intervention of someone offering protection changes the situation. Likewise the positivity of happiness could easily dissipate if the gift gets stolen, or the presence of someone we adore is removed out of our life.

**States of being**, unlike emotions, do *not* come and go - they are attributes of our essential nature. Such states of being - joy, peace, love, and the like - do not need a reason for their existence. (These states of being are referred to by St. Paul as the "fruit of the Spirit" in his letter to the Galatians, ch.5, verses 22, 23). This is the difference between *true* happiness, for example, which pervades the individual without there being a need for any reason and irrespective of outer circumstances, and *false* happiness which is based on identification with

some outer circumstance, person or object, and is thus unreliable, since it is vulnerable to any changes in the relationship with that situation, person or object.

Making this distinction also helps us in dealing with emotions. With keen observation, it can be seen that emotions have their place in our everyday experience; we wouldn't be human if we were totally devoid of emotions. It may seem strange at first, but the way to deal with negative emotions, such as fear, anger, despair, etc., *is not to resist them*. Whereas, the way to deal with so-called positive emotions, such as happiness, is by *not trying to hold on to them*.

Despair and euphoria are two sides of the same coin of our emotional life! In the same way, *acceptance* and *non-attachment* are two sides of the coin of our spiritual life or being-ness.

### **Acceptance: Facing the Tiger**

In the Eastern traditions, there is an interesting metaphor which is used to describe the way of resolving emotional fixation: "face the tiger", or in another stronger version, "put your head into the tiger's mouth"!

When a powerful emotion such as fear, grief, loss, despair or the like gets a grip, the spiritual invitation says: do not run away, neither struggle with the emotion, nor play it out, but face it and surrender, even welcome the intense discomfort of the moment, embracing fully whatever is here. Instead of the usual alternatives of either *repressing* or *expressing* negative emotions, here is another, more skillful possibility: opening to the direct experience of an emotion. This leads to inner freedom.

When genuine danger arises, fear is a natural and appropriate physiological response at the level of our sense of individuality which seems threatened. If the fear is still present, albeit at an unconscious level, weeks, even years, later, that emotion has become toxic.

Healing takes place when the emotion in question can be

- (1) brought back into the conscious experience of the individual concerned, and
- (2) welcomed, even embraced fully, without reservation. In this way, the emotion serves as a gateway to a deeper emotion; if the same approach is applied as each new emotion surfaces, eventually the individual will go deeper than all emotion into the underlying, ever-free, ever-pure, immortal being, the true Self of all.

## **Non-attachment**

According to Swami Vivekananda, non-attachment is the essence of the yogas. The key here is not to struggle to give up anything, renounce pleasure, or the like. The spiritual invitation says: do not hold on to the enjoyment of this moment of happiness, let the apparent source of the happiness go should it choose to do so.

There are four lines from the pen of the poet William Blake which sum up this approach perfectly:

**He who binds to himself a joy  
Does the winged life destroy;  
But he who kisses the joy as it flies,  
Lives in eternity's sunrise.**

Trying to cling onto what we think makes us happy is the other side of being unhappy due to the perception of the lack of that something. There is no reason not to enjoy whatever good comes into our field of experience. If we are resting in the fullness of who we are, we will not lose an atom of joy with the passing out of our field of experience of that particular object of enjoyment.

### **How it works**

How do *acceptance* and *non-attachment* work in the circumstances described above? They work because these two fundamental attitudes are attributes of being or pure consciousness. They heal by dissolving the *manifest* emotion into the *un-manifest* ocean of being, from which everything that arises eventually returns. Through *acceptance*, we discard not a single passing experience that bobbles upon the surface of our universal being-ness any more than the infinite sky could be concerned with a passing cloud; and through *non-attachment* we are unconcerned about the momentary passing of any pleasure upon the surface of our abundant and joyful Self which is eternally complete and needs no thing.

In other words, as universal love, bliss and consciousness, I accept *every* experience that unfolds before the eye of my being and simultaneously I am not attached to *any* experience, good, bad or indifferent. I remain even-minded in the midst of success or failure, praise or blame or any of the other dichotomies which are an essential part and parcel of manifest existence.

Emotions will play their part in my life, but they cannot be a source of suffering. Painful experiences are bound to rise up during the course of any living embodiment on earth. They only become suffering when we attach a story to them, and keep stirring the pot of that story, so to speak. That is, suffering appears when I identify who I am with the drama of life and so want to make changes from an individual, separate perspective. Then the struggle begins, and more suffering is generated.

If I can stand back, as it were, and witness the shifting course of an individual existence with the twin attributes of *acceptance* and *non-attachment*, then, yes, there will be painful moments, and yes, there will be moments of fun, goodness and joy. But through it all, my essential nature will remain undisturbed, ever at rest, as pure, overflowing bliss and love.

### **Recommended Reading**

Brandon Bays - The Journey

Brandon Bays - Freedom Is (especially ch. 5, Emotions)

Gangaji - The Diamond in Your Pocket

(especially ch.26, Directly Experiencing the Emotions)

Gangaji - You are That!

Eckhart Tolle - The Power of Now

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*We see all things not as they are but as we are ourselves.*

Henry M. Tomlinson

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As a human being, we have been endowed with just enough intelligence to be able to see clearly how utterly inadequate that intelligence is when confronted with what is.

Einstein

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*Don't just go through life, grow through life.*

Eric Butterworth

Poem sent in by Beatrice Hammond – on service in England 1928:

Lord of all pots and pans and things,  
Since I have no time to be  
a Saint by doing lovely things,  
or watching late with Thee,  
Or dreaming in the dawnlight  
or storming Heaven's gates,  
Make me a Saint by getting  
meals and washing up the plates.

Although I must have Martha's hands,  
I have a Mary mind,  
And when I black the boots and shoes,  
Thy Sandals, Lord, I find.  
I think of how they trod the earth,  
what times I scrub the floor,  
Accept this meditation, Lord,  
I haven't time for more.

Warm all the kitchen with Thy Love  
And light it with thy Peace,  
Forgive me all my worrying,  
and make all grumbling cease.  
Thou, Who didst love to give men food  
In rooms, or by the sea,  
Accept this Service that I do;,,,,,  
I do it unto thee.

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*It has pleased God that divine verities should not  
enter the heart through the understanding, but the  
understanding through the heart.*

Blaise Pascal

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- \* **The Wondrous Way of Life**
- \* **Call Unto Me**
- \* **The Divine Awakening**
- \* **All About You**
- \* **Highways to Health and Happiness**
- \* **Power Thinking**

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## **Books by Martin Nathanael**

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- \* **The Way of Watchfulness**
- \* **Life Beyond Death**
- \* **Spiritual Reflections**
- \* **The Western Mystical Tradition**
- \* **Yoga and Purity of Life**

## **Books by Eckhart Tolle**

- \* **The Power of Now** available for £5.00 plus postage.
- \* **Stillness Speaks** available for £4.00 plus postage.

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*Rabindranath Tagore*



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