

What we are doing and how we help you at this difficult time

As many of you will already know, we have been following government guidelines and the Centre is effectively closed for its activities that involve any physical communication to minimise the potential spread of Coronavirus.

If you are local and wish to use any of the Centre's facilities, please contact us first. May we thank all those who have sent us messages of support and encouragement during these difficult times for us all. Our aim is to be as supportive as possible to the community, both near and far, and we are still available by phone and Skype etc. So, as many are doing, please don't hesitate to contact if we can be of any help in any way ~ we are here, as always, to help and support you. Some of the ways we can do this are:

- **Growth** often comes out of difficulties and adversity and this can be an opportunity for spiritual growth and development ~ give us a call if you would like some guidance on this or on your meditation practice.
- **Counselling** is also available for the normal challenges of life and for the added challenges isolation and illness may bring.
- **Healing**, this can still be effectively given distantly, with consultation by phone. So please don't think you are on your own ~ let us know your needs and we can help. Do link in for Distant Healing, at 12.45pm and 9.00pm, for yourselves, your family and friends, and your community, both locally and worldwide.
- **Teaching** – We have been running courses by Skype for some time and this can continue, so if there was a course you hoped to do, check with us to see if an online version is available.
- **Practitioners** – We also provide help and support to those practitioners of the therapies we teach (and others) and how best they can support their clients and community.
- **Contact times** – While our phone line is normally answered 9.30 – 12.30 and 2.30 – 5.30 every day except Wednesday and Sunday, we will be closely monitoring calls. So please do call and leave a message if in need, *at whatever time and from whatever country you are in*, and we will get back to you.
- **Meditation** – Finally, but most importantly, let's remember that the best way to change the world is to change ourselves. Let's take the opportunity to commune with the Oneness in all its forms. There is a fine line between trusting that all will be as it is meant to be and not letting go of our responsibility to ourselves and others. At the moment there is a lot of 'advice' and 'spiritual guidance' being propagated about what is happening, why it is happening and what we should do about it. These can be useful to help us understand but ultimately we all have a responsibility to connect and listen to that Universal Energy of love and light that is both external and within every one of us. Then from that point of love and light act on what we feel is right for all.

Remember the Power of Prayer & Love

With our love and blessings to you,
From us all.