



the healer

The magazine of the Harry Edwards Healing Sanctuary

GOOD WILL TO ALL MEN

Time Is All Time
The Healing Tree
A Light Shining For All

CHRISTMAS 2015

ises/hehs/

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For further information on this and other Burrows Lea Wellness Talks, please see our website:
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the healer

Christmas 2015

Issue 652

Editor:

Gary Waugh

Deadline for letters, articles and other contributions for the next issue: 15th January 2015

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WELCOME TO THE HEALER: CHRISTMAS 2015

Welcome to the Christmas issue of the Healer magazine. And so we reach the end of another year.

Next year is a special one for us, being the 70th anniversary of the day that Harry Edwards moved here with his extended family and founded his world-renowned Healing Sanctuary. See page 7 for more information and details of our 70th Anniversary Grand Prize Draw (you'll find tickets enclosed with this issue of the magazine should you wish to enter - further tickets are available on request).

I would like to take this opportunity to thank all of you, our faithful readers, for your unflinching support over the past year. I wish you all a very merry Christmas and a happy and peaceful New Year!

See you next issue!

Gary Waugh - Editor



join us now - become a friend!

In return for your £25 annual subscription, you will receive a Friends Membership Card, a twice yearly Friends Newsletter, a £5 reduction in the charge for a normal healing appointment in our healing rooms, a 10% reduction in the cost of items purchased from our shop and, from time to time, invitations to specific Friends events at the Sanctuary.

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GOOD WILL TO ALL MEN...

by Jay Nichols



It may be printed on a greetings card or stridently displayed on a church sign, but however it may be presented, one cannot avoid the proclamation of “Peace on Earth and goodwill to all men” at this time of the year. Despite being a misquotation from the Bible, these words seem, for many, to sum up the warm feelings synonymous with Christmas - feelings of hope, kindness, forgiveness and comradeship.

Many of our favourite Christmas songs - both traditional and modern - confirm this sentiment, yet some take a more pragmatic view. Greg Lake’s popular Christmas song “I believe in Father Christmas” contains the lines:

“They said there’ll be snow at Christmas, They said there’ll be peace on Earth. But instead it just kept on raining, A veil of tears for the virgin’s birth.”

The video for the song on it’s original release in 1975 contained footage of the Vietnam war and caused considerable controversy at the time. Was Lake being overly cynical or did he simply take a more realistic view of the world than is traditionally accepted at this time of the year?

If we look beyond the trappings of a traditional, cosy Christmas, the words of comfort and cheer may well seem hollow to many of us. Where is the “peace on Earth and goodwill to all men” in this world of

armed strife, religious fanaticism, bigotry and intolerance?

Ironically, nowhere in the Bible does it say that we should celebrate Jesus’ birth. This may come as a surprise to many, but instead, the Bible clearly sets out a schedule of events that display, amongst other ideas, God’s plan to usher in a time of peace. These are the same events that Jesus himself celebrated, as did his disciples and early followers. It is interesting to note that “Peace on earth and goodwill to all men” is actually a mistranslation that has been accepted and repeated without question over the years. The proclamation made by the heavenly host, witnessed by the shepherds while they watched



their flocks, is more correctly translated “Glory to God in the highest, and on earth peace among those with whom he is pleased!” (Luke 2:14, English Standard Version). God is pleased with us when we do our best to obey His laws and commandments rather than following our own traditions (Mark 7:6–9).

“Peace on Earth and goodwill to all men” remains as insubstantial today as it was during Jesus’ life. After all, he was born into a part of the world where military occupation and warfare was rife. At the time of his birth, Judea and its King, Herod, were subject to Roman rule. Herod, fearful of a potential rival king, tried to

trick the Magi into telling him the whereabouts of this prophesied newborn king. They, of course, did not and later Herod murderously decreed death for all boys up to the age of two (Matthew 2:16), Jesus’ parents then fled with him into Egypt.

Jesus, of course, made it perfectly clear that he did not seek earthly rule. He taught submission and respect to those in authority. Clearly Jesus did not bring peace to the world simply by being born as a baby. Neither did He have any wish to create an uprising of the sort we have seen sweep much of the Arab world over recent years. Indeed, given the strife taking place in the Middle East at present, one could easily posit that

little has actually changed since Jesus’ time.

Yet with all the above, we should not give up that hope of “Peace On Earth.” Peace and goodwill cannot be enforced. It cannot be spread by willing it to be, and it cannot be legislated. It must be taught by example. If we treat others as we wish to be treated ourselves, show goodwill and kindness, tolerance and acceptance of other’s differences and beliefs then maybe we can bring about that peace we so desire. Jesus’ birth was a wonderful happening and one that brought another phase in God’s plan for the rescue of humanity. It plainly did not, however, usher in a time of peace.

Although God calls us to live peaceful lives, the fulfillment of the promise of world peace lies yet in the future. Christmas, with its mixture of biblical stories, human misconceptions, pagan ritual and galloping commercialism can sometimes serve to obscure the truth of what it really stands for - the abiding hope that a time of peace is coming.

God speed that day.

To return to Greg Lake:

"I wish you a hopeful Christmas.
I wish you a brave new year.
All anguish pain and sadness
Leave your heart and let your road
be clear."

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HEALING SERVICES AT THE SANCTUARY



The Chapel at Burrows Lea has long been an important feature at the Sanctuary. It is a place not only for worship but also for quiet reflection, meditation and healing.

Now after an interval we shall be holding Healing Services in the Sanctuary Chapel on selected dates during the coming winter months and because darkness comes early in winter we will be holding our Healing Services in the afternoon commencing at 2.00pm. Healing will be available as usual before that for those who want fit in an individual healing while visiting Burrows Lea.

We are very pleased to be able to announce that Jan Dayton who is an ordained minister within the United Spiritualists will be conducting the services for us. We aim to end each service by about 3.00pm so that everyone who attends can have the chance to leave in daylight.

The first Healing Service has been arranged for 2.00pm on Sunday 29th November 2015. Others will follow at the same time on Sundays 24th January 2016, 21st February 2016, 20th March 2016 and 17th April 2016. Do please join us if you can. There is of course no charge to attend although as always we shall gratefully accept any donations those attending feel inclined to make.



70 YEARS OF THE SANCTUARY

In September 1946 Harry Edwards, having outgrown the small house in Balham where people were queuing down the road patiently awaiting a chance for a healing session in the great man's front room, moved into Burrows Lea: the place that would become his famous healing sanctuary.

Burrows Lea was purchased jointly with Ivy and Alfred, his sister and her husband. Pooling together their resources and with a mortgage of £4,000 they moved in together along with Harry Edwards' mother and sister Dorothy. Dorothy wished to maintain her independence,

however, and chose to live in a caravan set in the grounds.

When asked why he had purchased such a large property Harry Edwards replied that he had been "pushed into it by his spirit guides, who had decided that he needed the quiet of the countryside."

With the arrival of Harry Edwards, the house changed from being merely a family home to a home of healing. The billiards room was converted into a non-denominational chapel and clerical staff were recruited from the nearby villages.

Despite some financial difficulties at first, Burrows Lea soon began to flourish. Harry Edwards' healing powers became widely known and a steady stream of visitors came to Burrows Lea seeking help for their troubles.

Today, Burrows Lea is known worldwide as the home of Harry Edwards and the Spiritual Healing Charity that he founded. 2016 is the 70th anniversary of his arrival here and so to celebrate this event you will find overleaf details of our Anniversary Prize Draw, a chance to win £1,000 whilst supporting the Sanctuary founded all those years ago.

1946 - 2016

THE SANCTUARY'S 70TH BIRTHDAY GRAND PRIZE DRAW !

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|---------------------|----------------|
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To be drawn during our 70th
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TO ENTER

A book of 5 tickets is enclosed with this magazine. Please fill in your name and address on the ticket stubs, retaining the ticket and returning the stubs together with payment to:

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Don't Forget To Buy Tickets For Your Friends And Family!



AT CHRISTMAS TIME

by Harry Edwards

It is good to think of the happiness that Christmas brings. The joy it gives to the children as they open their presents, and the pleasure the grown-ups receive in sharing the little ones' happiness, and enjoying the festive board so that the Christmas spirit illuminates the home - and this, of course, is just as it should be.

Christmas time is something to look forward to and plan for; gifts for all the family and others, our feelings of goodwill to everyone we know, and the atmosphere of happiness that comes with Christmas.

In this air of peacefulness, we can enrich our inner selves if we remember those who are unable to fully share in this festive occasion. I

am thinking of those lonely people who are away from their dear ones, living by themselves without human companionship.

Let us remember, too, the many who are bed-ridden (prisoners within the four walls of their rooms that never change); they are unable to go downstairs and join in the happiness and the laughter they hear echoing up the stairs.

If in the quietness of our minds we can for a time remember all those who are less happily placed than ourselves, and do what little we can to give of our generosity to bring a little gladness to them. Then we shall surely be taking a real part in the fulfilling of the real message of Christmas.



Setting the Standard for Healing

UK Healers was established in 1999 by healing organisations that shared an interest in achieving common standards for the protection of the public, maintaining high standards of healing practice.

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UK Healers has established standards for:
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Code of Conduct
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Assessment and accreditation of Healing organisations
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www.ukhealers.info

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*The Trustees, Staff and Volunteers
at the
Harry Edwards Healing Sanctuary
wish all of our readers
a very Merry Christmas and a
Peaceful New Year*

SAVING THE SUMMER HOUSE



We would like to thank all those of you who generously supported our fund-raising drive to rebuild the much-loved Summer House on Cherry Tree Walk.

We are delighted to be able to say that we have reached our target and will be undertaking the refurbishment during the course of 2016.

LYNDALL ANNE DEMERE, Ph.D., Msc.D.
SPIRITUAL HEALING
MEDITATION
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internationalassociationofmetaphysicians.com

Congratulations to the latest graduates from
Harry Edwards Healing College
26th August & 5th September 2015
Well done, all!



FROM HEALING TO REFLEXOLOGY

by Tracy Scott-Nicholson



In 2009 I visited England with my partner and included a visit to Harry Edwards Healing Sanctuary in our trip. I had been fascinated by Harry Edwards and the healing work he did for a long time. I had a wonderful healing from a healer at the Sanctuary.

I remember feeling like someone was holding my feet. I mentioned this to the healer and she said that nobody else had been in the room. At that moment I knew I was being given a message that there was something important about the feet. After the healing we walked around the lovely grounds at Shere and I felt that a wave of peace had come over me, it was lovely. The sanctuary is a beautiful place to visit.

I have never forgotten that visit. In

fact during 2013 I had done a talk for a small NZ healing group about Harry Edwards and was able to show them a little excerpt from the wonderful dvd you produced about the Sanctuary. I hope a few of the group and their visitors might have made it over to the sanctuary as everyone was very interested in the wonderful work you were doing over there.

Just around Easter time in 2013 my beloved grandma, aged 91, passed over. She left me a gift of money and I wanted to do something meaningful with it. I decided to enrol in an aromatherapy course as I loved the smell of essential oils and always had a fascination with blending. I felt that I could give other people wonderful massages and having once worked in a hospice doing aromatherapy

massages I knew how much the elderly would benefit from treatments like that. The course was wonderful and the New Zealand Academy I enrolled in, Aromaflex Academy in Nelson, had this gorgeous shop. When you walked in it smelt divine with all the oils inside. It is like a true old apothecary shop.

While doing this course, I noticed they offered a diploma in reflexology. I had long been interested in the idea of acupuncture and intrigued by the meridian lines of energy that run throughout the body. When I saw my first reflexology chart I realised that like acupuncture, reflexology was based on lines of energy connecting and running through the body. I was so excited to see that reflexology was a foot

treatment, I felt that a connection made all that time ago at Harry Edwards Sanctuary was suddenly being realised. I immediately connected giving foot reflexology treatments and felt I had finally found a true vocation. Many of my friends also said this when I gave them treatments.

I enrolled in the course in 2014 and qualified with a NZ Diploma in Reflexology and an International Diploma of Reflexology (UK ITEC) at the beginning of this year.

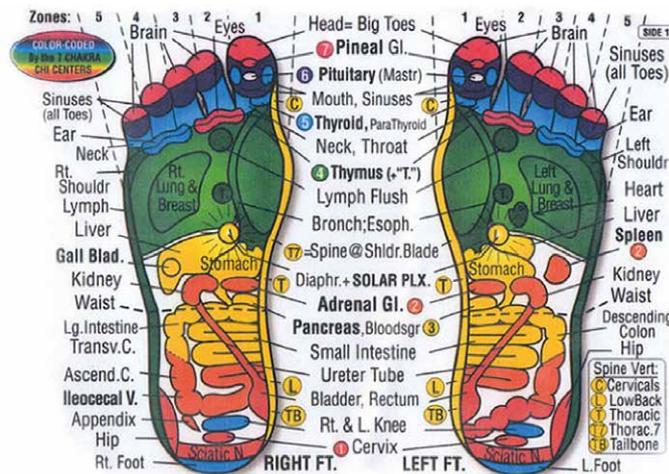
I have recently opened a small clinic in my peaceful garden called Sole to Heal Reflexology.

I have now qualified to be a professional NZ registered reflexologist.

I start treatments off with a warm up massage using aromatherapy oils so I have been able to combine both my love of aromatherapy and reflexology foot work together. I also get to do some aromatherapy blending to make treatments unique to each individual's needs. I love doing healing work on people's feet and the results from clients have been

just amazing.

It has been quite a journey for me, from being quite unwell when I first went to the Harry Edward's sanctuary, to now finding wellbeing and a career that feels so right for me. This treatment modality not only helped me to wellness, I can now help many others to wellness. Like the healing I had at Harry Edwards Sanctuary, clients leave feeling completely relaxed and at peace. Something we all need in today's busy world I feel.



Reflexology is the use of gentle pressure on reflex points found on the feet. These points are mapped on zones which match to the entire human body. The points can be sedated or stimulated

as required. Clinical reflexology enables a reflexologist to work on specific clinical conditions by pressing specific points that relate to areas in the body relevant to that condition. This helps relate conditions to the medical model. Reflexology enables the body to release blockages bringing balance and wellbeing back where dis-ease has occurred. Blockages can be identified by feeling gritty areas, small lumps or the client letting you know that the area feels quite sore when you

press it. After treatments clients often say they feel more energised, more relaxed and pain levels have reduced. Long term benefits from my clients have included better sleep patterns, reduction in chronic fatigue, more focus and relaxed thinking.

Sometimes reflexology can show areas of the body that might have blockages that have gone unnoticed.

I suggested to one client that her thyroid had shown signs of blockage and when she had it checked out by her GP and Naturopath it was found that her thyroid was out of balance. This leads to reflexology being

a wonderful tool to work with alongside many other therapists, healers and Doctors.

During my studies, I undertook some research from some of my client practice hours. My research was based on women's health during menopause. I found that reflexology did help women and that reflexology does have the ability to improve hormone function, so important for women during this period of their life when rapid and uncomfortable hormonal fluctuations occur.

Reflexology research is going on worldwide and with more research I am sure it will be found to be of wonderful assistance for many chronic and acute health conditions. I would also love to see natural therapies available for pre and post medical operation care in the future.

As well as being qualified to work on feet, I have also been trained to work on hands and ears (Auriculotherapy). It is believed that the feet relate mostly to the physical body, the hands to the emotional body and the ears to the mental body. As a complete holistic treatment, working on all three areas, could be seen to bring immense benefit to the

person as a whole on their many levels of being.

One day I look forward to coming back to the Harry Edwards Healing Sanctuary for another bliss filled healing and I hope to be able to share some of my wonderful new reflexology skills with you all in return.

Thank you to all at the Harry Edwards Healing Sanctuary for blessing me with a wonderful healing and leading me on to an amazing new life direction.

HARRY EDWARDS
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A photograph showing a pair of hands cupping a small, vibrant green tree sapling with dark soil. The lighting is warm and focused on the hands and the tree, creating a sense of care and nurturing.

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Harry Edwards 70th Anniversary Teddy
A special bear to commemorate the Sanctuary's 70th Anniversary year in 2016. Our new friend stands 10.5 inches tall and comes wearing his smart commemorative T-shirt.
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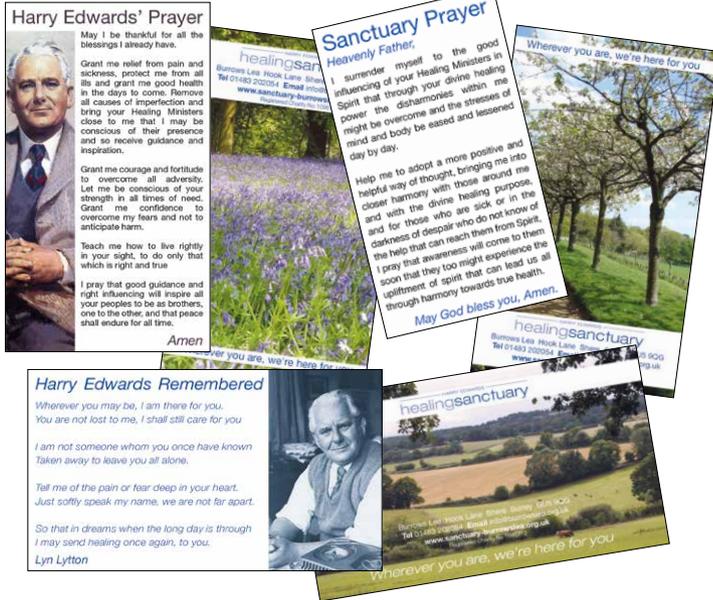
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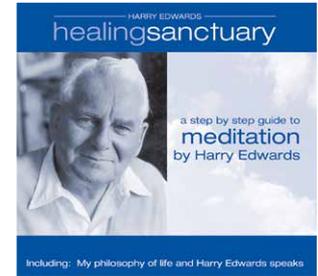
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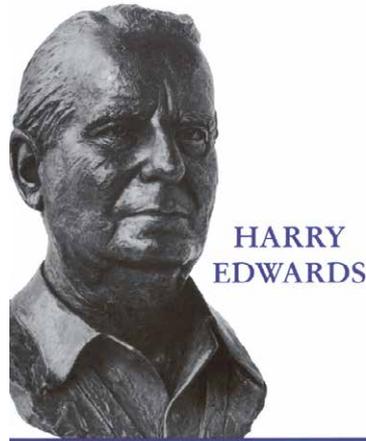
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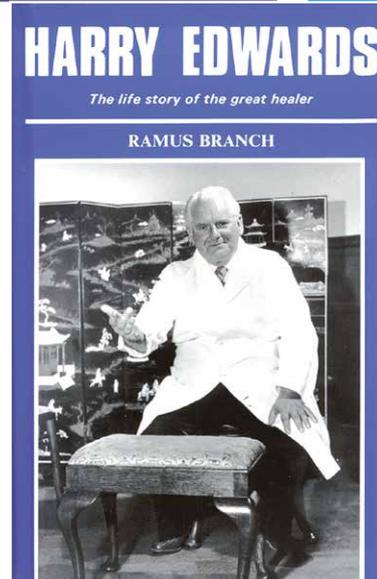
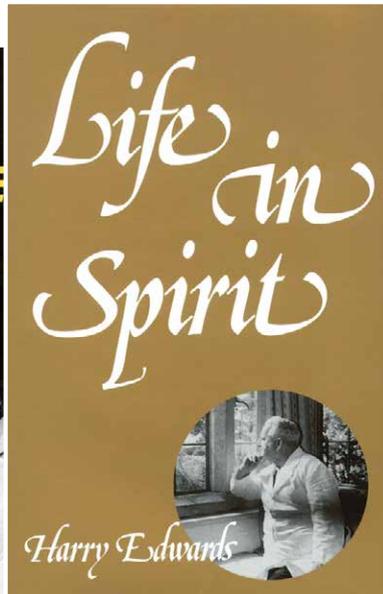
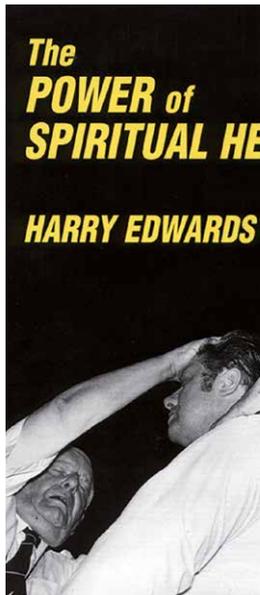
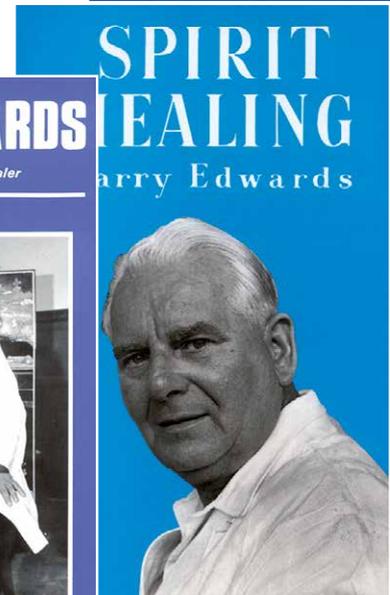
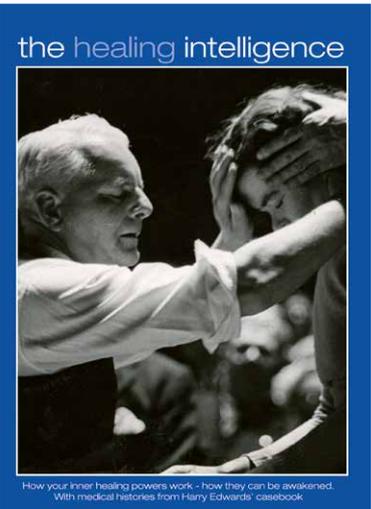
The Sanctuary Thimble



Life Around My Father, Harry Edwards
by Felicity Medland
A fascinating insight into the life of the
great healer and his family, written by his
daughter, Felicity



A GUIDE TO THE UNDERSTANDING
AND PRACTICE OF
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Sanctuary Thimble

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A LIGHT SHINING FOR ALL

by Claire Dixon

Visitors to the Chalice Well in Glastonbury may have noticed an unusual but modest amber flickering bulb gently glowing from inside the Gatehouse, softly greeting all who enter the gardens. A twin flame sits in silent stillness beside the window in the Upper Room that looks away to the West. These twin flames are part of a greater network of lights known as the Lamplighter Movement that was initially conceived in the summer of 1964 by Wellesley Tudor Pole (WTP), founder of the Chalice Well Trust.

The initial inspiration that came to WTP was referred to in a letter to his close friend Rosamund Lehmann (RL) in July 1964 and is recorded in "My Dear Alexias" a collection of his fascinating letters to her over several years.

He writes, "The request to 'Show a Light' came to me from a great and lovely Being who directs the activities of many workers in densest Borderland..... perhaps a suitable successor to the 'Silent Minute' observance, using light instead of sound."

In June 1964 WTP attended a conference organised and led by Sir George Trevelyan at Attingham Park, Shropshire. At the end of the weekend he approached Sir George to ask him if he would be willing to take on a new project, as WTP was then of advancing years. He writes to RL of how "we on earth are now asked to show and tend a permanent light at every centre and in every home where the will to good and service is the watchword and vitally important is the intent behind the first lighting

of these lamps. These innumerable spots of flame can become focal points for our aspirations, blending with the lights on etheric levels and beyond."

The forerunner to the Lamplighter Movement was the Silent Minute which was conceived of in the spring of 1940. WTP met with Winston Churchill at the House of Commons to ask for his support in this national endeavour and from this meeting Churchill successfully persuaded the BBC to broadcast the chimes of Big Ben to the nation on the radio at 9pm every day from 10 November 1940, to signal the observance of one minute of silence as a means of uniting the nation in prayer and spiritual focus in a time of darkness amidst the turmoil of World War II. WTP

gained the support of the King, the government, the Church and many religious and national organisations.

In 1954 Harry Edwards met with WTP to set up the Healing Minute which began later that year and continues to this day at the Sanctuary at 10am everyday.

On 19 September 1960 the BBC moved the broadcast of the chimes to 10pm. The Silent Minute continued at 9pm, but it seemed that the powers that be felt that a new impulse for healing and unity was felt necessary to help advance the immense spiritual transformation that was needed for humanity.

The first lamp was lit in an upper window at Attingham Park, the Shropshire Adult College of which Sir George was the Principal, on Midsummer's Day 1964. Interestingly Attingham lies geographically more or less in the centre of England almost as the centre of a wheel for the light to radiate out along its spokes throughout the land. All subsequent lamps that were then lit were requested to be amber. Sir George wrote in a later Lamplighter Newsletter in October 1968, a month after WTP died, "Amber can be taken to represent

the Spiritual Sun, the source of life and the Christ Impulse, working down into the the obscurity of the material world." The lamps were to be perpetually lit, after first being dedicated with intention for service, peace and healing. WTP had been given an inward spiritual assurance that as each lamp was lit a corresponding light would be created on the ethereal level and upwards, to ensure a profound and lasting link between our world and spiritual worlds, through which forces of light and healing could flow in both directions for the benefit of all.

As more and more lamps are lit with dedicated prayerful intention these focal points of light can create a greater network of light and form spiritual lighthouses on the earth plane and in the spiritual realms. Those who have lit such lamps have sometimes commented on a peaceful presence filling their homes that comforts, uplifts or reassures them, with a feeling of spiritual protection seeming to prevail in their home.

Although it is not necessary some have found that a simple observance of the Silent Minute at 9pm can strengthen this light by linking the powerful grace of spiritual silence to light, in doing so

we can create a continuous prayer for peace around the world within each time zone at the Minute is observed in different countries. WTP emphasised this point by writing, "conscious human co-operation is essential for the coming of the Light" in this turning point of our spiritual destiny on Earth. By lighting a small amber light we literally become lightbearers or lightbringers in our homes, communities and in the world. WTP wrote to Sir George in 1964, "such a seemingly modest effort as is represented by the acts and the intent of the Lamplighters possesses a promise for the future, of import far beyond our human comprehension. Even the symbolism itself helps the mind.... to begin to look up and to cease continually looking down into matter and into the gloom of past errors and delusions. A cosmic mustard seed of immense potency and infinite promise was sown on Midsummer's Day 1964."

In subsequent years the Lamplighter Movement has had several guardians before the flame was finally passed to Tricia Claridge, a healer for over 30 years, who took it over in 2003. The Lamplighter Movement carries no obligation of membership, no dogma or doctrine. Those who choose to set up a perpetually lit

amber light do so only because they wish to help expand a network of light on our planet and in the spiritual realms.

If you wish to do this you can contact the Lamplighter Movement to purchase an amber bulb which can be left lit very safely for a considerable time with a minimum use of electricity. Many prefer to have it in an upper window where it is possible and WTP had such a lamp lit for years in his Upper Room in his home in West Sussex. It can be placed in a healing room or sanctuary or perhaps in a quiet corner of the home, somewhere that feels sacred and secure, and always in a safe place.

Any base for the bulb can be used but it is best to have the bulb unshaded and clearly visible preferably near a window. Websites of interest are <http://www.sirgeorgetrevelyan.org/> and <http://www.networkoflight.org/>. Please note there are other organisations that have more recently used the name Lamplighter which are entirely different from the organisation that WTP and Sir George put in motion.

WTP and Sir George often spoke of the vital importance of the prayer of dedication that was to

be used when the lamp was first installed so that it would be used for a channel for healing, service, peace and spiritual light, a conduit between the Earth plane and higher realms.

The special prayer of dedication is as follows:

I kindle this little light on the earth plane. I dedicate it to the service of the Spirit. I guard and cherish this flame as a living symbol and an act of faith in the reality of the Powers of Light.

May the Beings from Higher worlds see this flame and kindle its counterpart on the ethereal plane. May this ethereal light be a channel for the inflow of the healing powers of the spirit.

May the Love of Christ permeate this building and protect it, warming the hearts and enlightening the understanding of all who live in it or enter it.

May the Being whom we know as Michael, Standard Bearer of the Christ, Wielder of the Sword of Light, use this offering, linking it with all those who have lit the light.

May peace and healing spread through the world and the regions of the Borderland.

The Healing Minute

Twice each day, thousands of people all over the world participate in the healing minute by stopping what they are doing and thinking. They think about loved ones who are in need of help - about their families and friends, their community, their country and the world - and they ask, in whatever way is appropriate to them, for an end to suffering and for the coming of world understanding and peace.

**Do please join us
for one minute twice
each day at 10am
and 10pm**

**Join the Healing Minute for
only**

£5.00

Inc membership card.

Call: 01483 202054

Email: info@burrowslea.org.uk

harryedwardshealingsanctuary.org.uk

**Write to: The Sanctuary, Burrows Lea,
Hook Lane, Shere, Surrey, GU5 9QG**

TIME IS ALL TIME

by Felicity Medland

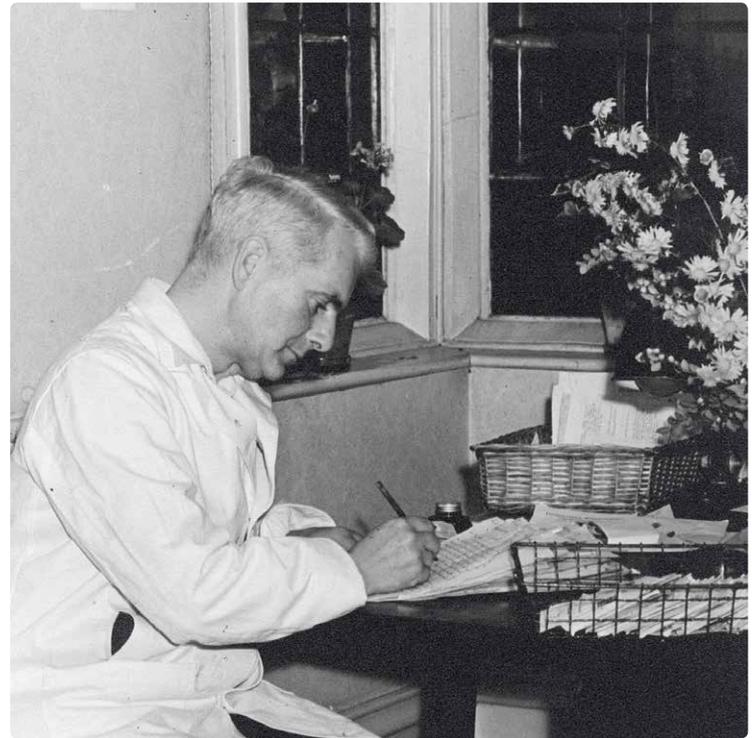
Recently I found myself searching through stored away boxes on behalf of my niece for any photographs of my sister Megan, who died suddenly on the 26th August this year. I have a great deal of family history stored away. At the bottom of one box I came across an album which contained the very first professional photographs taken at burrows Lea in 1947. So many memories of those early years at Burrows Lea came flooding back, with a great longing to return to them.

With this collection of photographs I found a faded page of newsprint from a National daily paper, June 1952. There I found an article written by the then well-known radio commentator Freddie Grisewood. His heading: "One

Touch And
The Pain
Disappeared."

I have read so many similar articles over the years, but this one brought back the past so vividly I felt I was almost back in 1952, when so much was happening around us as a family and when what Freddie Grisewood was describing was happening on a daily basis in the Sanctuary.

Freddie Grisewood suffered from osteoarthritis, which gave him great pain in his hip and leg. A friend of his suggested that he should get help from Harry Edwards. After a visit to Burrows Lea, Mr. Grisewood said:



"Immediately after he touched me the pain in my leg disappeared and soon afterwards I played a full round of golf. Before seeing Edwards, I could not go on after two holes. I still limp but I am walking with much more confidence, I am losing the fear of the old pain. The whole horizon of my life has been changed and wonderfully brightened."

Read this I remembered how many more similar comments were appearing in the national newspapers. To us, the family,

they were nothing unusual. Read this one today I am experiencing a sense of wonder and appreciation for those days now long past.

In those days Dad depended heavily on the family for support until willing helpers arrived on the scene - one of the first being the wonderful Mrs. Nicholson who became a dear friend to us all. One of the changes in today's Burrows Lea which gave me so much pleasure was the creation of the Nicholson Room.



One of the early photographs shows the front of the house with parked coaches that brought the patients from Guildford and Dorking stations. I also remembered the endless trays

of tea Mum and I would take to the sun lounge for those patients, some who had made long journeys to come and visit the man who could heal.

The room seemed alive with so much hope and expectation, and so many like Freddie Grisewood returned to those coaches to face a different future without pain; now with the ability to once again perform every-day tasks with ease and comfort. Now looking at a photograph of the sun lounge,

and to see it as it once was in 1947, very different from today's scene, I can almost feel myself standing there with a tray of tea as if time had not passed. As someone once wrote: "Time is all time."

*For though I walked the years before,
And breathed the air of my dear time.
Believe me when I tell you this,
Time is all time, yours and mine.*

Editor's note:

We were saddened to hear of Megan's passing on 26th August. The Trustees and staff here at Burrows Lea would like to offer our sincere condolences to her family and loved ones.



Bosham House,
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Bosham, Nr Chichester
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www.thehamblintrust.org.uk

HAPPINESS

by Simon Hillier



Modern society has a peculiar tendency to equate financial prosperity with happiness. It's an odd idea. Money can buy a degree of comfort, certainly, but why should that be enough to make us happy? Surely happiness is less tangible?

Indeed, the evidence seems to suggest the complete opposite. Back in 1995, the U.S. economist Clive Hamilton analysed a survey prepared for the Merck Family Fund in which a sample of people from all walks of life were asked about their quality of life. The report concluded: "They believe materialism, greed and selfishness increasingly dominate American life, crowding out a more meaningful set of values." Hamilton also said: "The richest people in the world are saying that they are miserable, that it's not worth it, and, most disturbingly of all, that the process of getting rich causes the problems."

This suggestion is nothing new, of course. It appears that the incidence of clinically diagnosed depression increases alongside the mounting pressures and pace of modern life. But with all that, the "pursuit of happiness" is something that motivates us all. Everything we really need is within reach of most of us living in the developed world, but somehow this only makes us want

more; and makes us unhappy when that intangible 'more' is not within reach.

At this time of the year especially, the message is being lost. Christmas is no longer about our loved ones, about a religious celebration, about getting together to see out the year and share our hopes for the New Year. Christmas is, increasingly for some, about "stuff." The fact that many people now think of "shopping" as a hobby or way of entertaining themselves is indicative. Many of us have lost sight of what really matters in our lives, leading to feelings of anxiety, stress and even depression.

Rather than happiness for its own sake, maybe we should be pursuing something that Harry Edwards often talked about: inner peace. Inner peace is a state of mind - a feeling of relaxed contentment, calmness, at peace with the world. Those who have experienced healing will be aware of the feeling of peace and tranquility that comes with a successful healing session. This is a feeling to be cherished and sought whenever possible - whether as an antidote to a difficult day, or just as a way of calming oneself when the turbulence of modern life becomes too much.

FOUNDATION COURSE

A workshop giving a general introduction to Spiritual Healing practice. If you then go on to our two-year course, you will receive a £25 discount on the cost of the course provided you book within 6 months.

Next courses: 12th March 2016 / 4th September 2016. Cost £100

HARRY EDWARDS HEALER TRAINING COURSE

This is a two year part-taught, part self-study programme for those who wish to become fully qualified healers. Successful students will be awarded the Harry Edwards Healing Sanctuary Certificate in Spiritual Healing. Please contact us for more information.

Next course commences: 22nd - 23rd October 2016

BRIDGING COURSE

For those who have part taken Healing training with other organisations and now feel you would like to align to the Harry Edwards Healing College and join the register of Healers with the possibility of becoming a volunteer at The Sanctuary.

Please see <http://www.harryedwardshealingcollege.com/healing-courses.html> for more info:

CRYSTAL THERAPY FOUNDATION COURSE (12 CPD Points)

This Crystal Therapy Foundation Course is suitable for the complete beginner or the student who would like to expand their knowledge on crystals and their many benefits. The course will be held over 3 module weekends, Saturday and Sunday (10am to 5pm) and will include two extra sharing days (10am to 2pm).

Crystal weekend 1 – 27/28 Feb 2016 / Crystal Sharing Day – Sun 10 Apr 2016

Crystal weekend 2 – 16/17 July 2016 / Crystal Sharing Day – Sun 25 Sept 2016

Crystal weekend 3 – 5/6 Nov 2016

Cost:- £600 (10% discount for students and volunteers.)

Refreshments available throughout the day as well as a light vegetarian lunch on module weekends.

Awareness Days

Cost:- £50 per day (10% discount for students and volunteers). 3 CPD Points per Awareness Day

Time:- 10am – 4pm. Refreshments available throughout the day. Please bring your own packed lunch.

Sun 14 Feb 2016: Sound Magic - An Introduction to The Healing Power of Sound with Anne-Mari Clarke.

Sun 6 March 2016: Dowsing with Ann Foster

Sun 24 April 2016: Flower Magic - The Healing Power of Flower Essences with Anne-Mari Clarke.

Sun 5 June 2016: A one day introductory workshop on Aromatherapy with Ann Foster

Sun 18 Sept 2016; A one day introductory course on Reflexology with Ann Foster

More information on these and other courses can be found on our website:

www.harryedwardshealingcollege.com

For further info & to book, please email: college.secretary@burrowslea.org.uk or telephone: 07516 974790



Merry Christmas to You

by Samantha Brickell

Dialogue with mystics in the afternoon
Vibrant shades of light up in the sky
Night time rings out celebration
Eternal flame of sunrise in the morn

Stillness of glory greets the new day
Times gone by meet tomorrow now
Wishing you the tidings of the season
Happy Christmas and I hope that all is well

Have a wonderful Christmas
And I hope the New Year
Brings you peace
~ Samantha



THE HEALING TREE

by Gary Waugh

We've all long been aware of the fact that many common herbs and plants have medicinal benefits, but take a look at the tree in the corner of your living room - the one bedecked with tinsel, shiny baubles and, possibly, a fairy. Yes, even your Christmas tree may have healing potential.

Several species of pine tree have been proven to be rich in a substance called pycnogenol. Whilst relatively unknown in the UK, it is one of the most researched natural substances, having been the subject of over 50 scientific studies in the last decade or so.

Studies suggest that pycnogenol may be useful in the treatment of a wide range of conditions including dementia and the dangerous

blood clotting condition, thrombosis.

The medicinal efficacy of pine bark is not a new thing, however. The Native American tribes were using it as an emergency food and to speed the healing of wounds hundreds of years ago. Pycnogenol is known to have an 'antioxidant' property. Antioxidants combat molecules called free radicals which are connected to the process that trigger many chronic diseases including heart disease, cancers and Alzheimer's. By helping to reduce the damage caused by free radicals, pycnogenol could help reduce the risk of many serious conditions.

One of its properties is to reduce the chances of internal blood

clotting. Small blood clots - called thrombi - can lodge in a blood vessel and block it, possibly triggering a heart attack or stroke. Larger clots can form in the legs (deep vein thrombosis or DVT). The danger here is that a fragment of this type of clot can dislodge itself and block one or more vessels that supply blood to the lungs. This can cause a pulmonary embolism which can have potentially fatal consequences.

Thrombi (internal blood clots) are formed in the body from tiny blood particles called platelets. Research shows that pycnogenol reduces the tendency for these platelets to stick together, thus reducing the chances of a wide variety of conditions.

Telephone Healing from the Harry Edwards Healing Sanctuary

For those unable to visit the Sanctuary for Contact Healing, we offer a telephone-based service which provides a more direct contact with a healer than our normal Distant Healing service. Initially, this service is available to UK landlines only, but we hope to expand that to mobiles and international locations in due course.

Healing over the telephone allows a direct connection between healer and recipient and a telephone healing follows a similar sequence to the healing we provide to those who visit the Sanctuary. There is time for talking at the beginning and relaxation before the healer attunes to the healing energies and commences the formal healing after which there will usually be time for a little more talk before the session ends.

A telephone healing session costs £15 (a discount of £5 applies for members of Sanctuary Friends).

Telephone 01483 202054
to make an appointment

HARRY EDWARDS
healing **sanctuary**

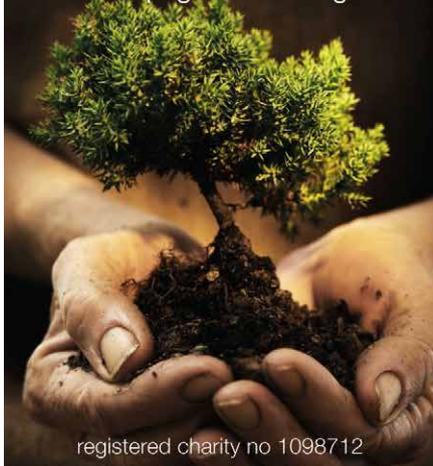
A GIFT FOR TOMORROW *your healing legacy*

The Harry Edwards Healing Sanctuary is a beacon of hope to all, wherever they may be. Legacies help us to maintain our contact and distant healing service, and ensure that healing remains accessible to all who are in need.

Thank you for considering leaving a gift to The Harry Edwards Healing Sanctuary. For more information please contact us:

email: info@burrowslea.org.uk
tel: 01483 202054

Or write to us at the address on the back page of this magazine



registered charity no 1098712

THE HEALING CONTINUES

Comments received from some of our many correspondents and visitors:

Thank you so much. I've been given revival & hope.

~ S: July 2015

I feel so light and my head is so much clearer.

~ J: August 2015

I am delighted to tell you that after nine weeks, M is now awake and fully coherent. He still has a long journey ahead of him. He is unable to move his left arm and left leg (I am hoping that this is temporary and feel that with continued distant healing/reiki, he will regain movement there).

He also still has the cancer - which was diagnosed before his accident.

So still a way to go but miraculous that he is awake and "as he was" considering his terrible injuries.

~ A: November 2015

PUBLIC SAFETY ANNOUNCEMENT: HEALTH & SAFETY AND EQUALITY CONSIDERATIONS FOR CHRISTMAS SONGS



*Dashing through the snow
In a one horse open sleigh
O'er the fields we go
Laughing all the way*

A risk assessment must be submitted before an open sleigh is considered safe for members of the public to travel upon. The risk assessment must also consider whether it is appropriate to use only one horse for such a venture, particularly if passengers are of larger proportions. Please note, permission must be gained from landowners before entering their fields. To avoid offending those not participating in celebrations, we would request that laughter and bell-ringing is moderate only and not loud enough to be considered a noise nuisance.

*While shepherds watched
Their flocks by night
All seated on the ground
The angel of the Lord came down
And glory shone around*

The union of Shepherds has complained that it breaches Health and Safety regulations to insist that shepherds watch their flocks without appropriate seating arrangements being provided, therefore benches, stools and orthopaedic chairs are now available. Shepherds have also requested that, due to the inclement weather conditions at this time of year, they should watch their flocks via CCTV cameras from centrally heated shepherd observation huts.

Please note, the Angel of the Lord is reminded that before shining his / her glory all around he / she must ascertain that all shepherds have been issued with glasses capable of filtering out the harmful effects of UVA, UVB and, indeed, Glory.

*Rudolph, the red-nosed reindeer
had a very shiny nose.
And if you ever saw him, you
would even say it glows*

You are advised that under the Equal Opportunities Act, it is inappropriate for persons to make comment with regard to the ruddiness of any part of Mr. R. Reindeer. Further to this, exclusion of Mr R Reindeer from the Reindeer Games will be considered discriminatory and disciplinary action will be taken

against those found guilty of this offence. A full investigation will be implemented and sanctions - including suspension on full pay - will be considered whilst this investigation takes place.

Little donkey, little donkey, on the dusty road. Got to keep on plodding onwards with your precious load

The RSPCA have issued strict guidelines with regard to how heavy a load that a donkey of small stature is permitted to carry, also included in the guidelines is guidance regarding how often to feed the donkey and how many rest breaks are required over a four hour plodding period. Please note that due to the increased risk of pollution from the dusty road, Mary and Joseph are required to wear face masks to prevent inhalation of any airborne particles. The donkey has expressed his discomfort at being labelled 'little' and would prefer just to be simply referred to as Mr. Donkey. To comment upon his height or lack thereof may be considered an infringement of his equine rights.

We three kings of Orient are Bearing gifts we traverse afar, Field and fountain, moor and mountain, Following yonder star...



Whilst the gift of gold is still considered acceptable - as it may be redeemed at a later date through such organisations as 'cash for gold', etc. - gifts of frankincense and myrrh are not appropriate due to the potential risk of oils and fragrances causing allergic reactions. A suggested gift alternative would be to make a donation to a worthy cause in the recipient's name or perhaps give a gift voucher. We would not advise that the traversing kings rely on navigation by stars in order to reach their destinations and suggest the use of RAC Routefinder or satellite navigation, which will provide the quickest route and advice regarding fuel consumption. Please note as per the guidelines from the RSPCA for Mr Donkey, the camels

carrying the three kings of Orient will require regular food and rest breaks. Facemasks for the three kings are also advisable due to the likelihood of dust from the camels' hooves.

Little Jesus, sweetly sleep, do not stir, We will lend a coat of fur, We will rock you, rock you, rock you, We will rock you, rock you, rock you...

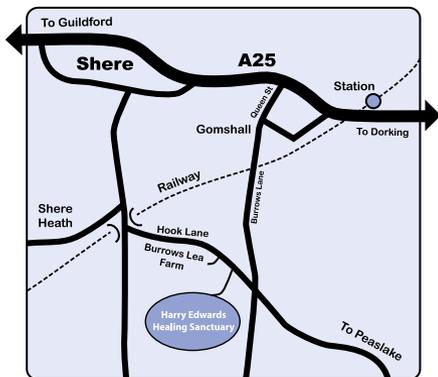
Fur is no longer appropriate wear for small infants, both due to risk of allergy to animal fur, and for ethical reasons. Therefore faux fur, a nice cellular blanket or perhaps micro-fleece material should be considered a suitable alternative.

Please note, only persons who have been subject to a Criminal Records Bureau check and have enhanced clearance will be permitted to rock baby Jesus. Persons must carry their CRB disclosure with them at all times and be prepared to provide three forms of identification before rocking commences.

Away in a Manger, No Crib for a bed...

Social services?????????

How to find us



Harry Edwards Healing Sanctuary
 Burrows Lea Hook Lane
 Shere Surrey GU5 9QG
 Tel: 01483 202054

healing@burrowslea.org.uk
 (healing requests)
 info@burrowslea.org.uk
 (general enquiries)

www.harryedwardshealingsanctuary.org.uk

The Sanctuary is open for contact
 healing by appointment every day
 (except Bank Holidays)

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REQUEST DISTANT HEALING

To request distant healing from the Sanctuary, please fill in this form and send to:

Harry Edwards Healing Sanctuary
 Burrows Lea, Hook Lane
 Shere, Surrey, GU5 9QG UK.

Name MR / MRS / MS
 Address

 Postcode
 Telephone
 Email

Do you currently have healing from the Sanctuary? YES/NO

Is the request for you? YES/NO

If the request is for someone else, please give us their first name(s) only:

Would you like to receive a letter from the Healing team? YES/NO

Condition/Situation

.....

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Signed:

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27th April ~ 25th May
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Cost: £45 per person

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healingsanctuary

For further details and to book call: 01483 205620

Email: events@burrowslea.org.uk

www.harryedwardshealingsanctuary.org.uk