



## Tera-Mai™ UK Society Summer Newsletter

This is really an interim newsletter to fill in the gap between our launch of the Society and the new website, and the autumn newsletter which will go out sometime after Kathleen Milner's visit to the UK at the beginning of October.

It has been both an interesting and challenging time for all involved. Writing and preparing a suitable constitution and coming up with an appropriate logo was not entirely straightforward, not to mention the creation of a new website.

Although that said, the idea of the logo actually came to me in a dream. Upon waking one morning after unsuccessfully trying the previous day to come up with a workable logo, I had a vivid image of a rainbow lotus in my mind's eye.

After researching the spiritual significance of such an image, I realised that it was appropriate on many levels. The lotus flower is regarded in many different cultures, especially in eastern religions, as a symbol of purity, enlightenment, self-regeneration and rebirth. Its characteristics are a perfect analogy for the human condition: even when its roots are in the dirtiest waters, the lotus produces the most beautiful flower.

In Buddhism, the heart of beings is like an unopened lotus. When the virtues of the Buddha develop therein, the lotus blossoms. That is one of the reasons why the Buddha is depicted sitting on a lotus.

Egyptians also used the lotus flower to symbolize the process of reincarnation as the lotus appears everywhere in Egyptian mythology in the same contexts that it appears in Hindu mythology. In both cultures, legends tell that life emerged from the waters, a deep infinite ocean, and a huge lotus rose.

Finally, the seed of the lotus flower contains perfectly formed leaves as miniatures

of what they will become when the lotus blooms. Reincarnationist religions believe that, like the lotus flower, every person is already perfect and the model of perfection is already formed inside each being, awaiting the opportunity to emerge when one reaches the condition of being aware of their perfection.

The rainbow colours, I believe, are also deeply significant in relation to Tera-Mai™ healing and the Universal palette of healing colours that are readily available to all who sincerely ask.

Once envisaged, it was just a matter of designing a unique and workable logo, so thanks to all who had input in regard to this.

Special thanks have to go out to Jane Poulter from TimeJugglers for all her time, expertise and patience in developing the new website. All the feedback has been very positive and we hope to keep it regularly updated with new and relevant information in regard to all matters Tera-Mai™.

Also I would like to thank Anita O'Hagan for all her time spent in helping me and with single handedly organising all the logistics of Kathleen Milner's forthcoming visit.

Once again, thank you to all concerned for all their effort in getting to this stage and I look forward to hearing, seeing and speaking to new members in the near future.

In love and light,

Adam Beardsley.