



# The Erasmus Foundation

*Spiritual Teaching and Healing Centre*

## INFORMATION AND EVENTS



Charity No.: 281458

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# AIMS OF THE ERASMUS FOUNDATION

## **Friends of The Erasmus Foundation will be required to:**

- (a) Endeavour to think less of ourselves and more of others, seeking to help the less fortunate and be not ashamed to undertake and perform tasks, however menial.
- (b) Ensure that our door be never closed against those in need and that we refuse help to no man or woman whatever their colour or creed.
- (c) Accept with humility the gifts which have been bestowed upon us and use them for the good of all humanity and the furtherance of the Natural Law.
- (d) Accept any members of the Animal Kingdom who are brought to us, that we attend to their needs and, if unable to save their lives, despatch them without pain.
- (e) Endeavour to learn and understand the wondrous knowledge of the Universe, to implement it in our daily lives, to be not harsh with those who have not yet found enlightenment, but rather to try to open their eyes and minds so that they may come to realise the inner tranquillity and peace treasured by those who have come to awareness of the ONE GOD.
- (f) In no wise try to force our acceptance upon others but finding those who are keeping their minds open and seeking to learn the meaning of LIFE to the full, we offer them our knowledge and bring them to explore the avenues which we ourselves have already so joyously explored.

*Dictated to Paddina Cole by Spirit on 18th March 1976.*

# INTRODUCTION

**The Erasmus Foundation** is named after Desiderius Erasmus who lived in Holland in the 16th century. A priest, philosopher and well known scholar of his time, Erasmus had a dream to bring all peoples together, of whatever colour, creed and background, to pray to their God and to communicate with one another. This dream was never realised during his lifetime and so it forms part of the basis of The Erasmus Foundation today. It therefore follows that our philosophy is not based on any religion but on the Natural Law. This law is governed by one whom we call The Great Mind, the creator of everything living in the Universe.

**Our teachings** centre round the belief in reincarnation. Death is not an end, in that our spirit lives on and evolves through many lives and experiences, using the wisdom gained from each life to make progress. Our spiritual tutors have given us a better understanding of our world today, and of how Mankind needs to change in order to bring back truth, peace, balance and well being into everyday life. We have also been given insight into past civilisations on Earth and of how Mankind has developed. Above all, the Erasmus Foundation endeavours to help us understand the importance of getting to know ourselves in truth, enabling us to realise our purpose in life.

All our meetings are held in **The Grimsdale Meeting Rooms**, separate but close by to the house and Healing Clinic.

# HISTORY

The following words were written by Gordon Cole who, along with his wife, Paddina, founded The Erasmus Foundation. They best sum up our history and the reasons why we are still continuing their work today. They were written as the Foreword for our book, New Horizons.

*"I met Paddina in 1959 when we both worked for a steelworks company at Nottingham. From early on, we felt a strong bond developing between us and a deep mutual respect. We both had served in the Second World War; Paddina in the SOE (Special Operations Executive), parachuting into occupied France where she was captured. She was taken to the notorious 84 Avenue Foch and from there to the concentration camp at Ravensbruck where she was freed by the Allied Forces at the end of the war. I served in Burma with the 14th Army as a sapper.*

*As our relationship grew, we moved to London and eventually married. In 1971, we moved to Lindsey in Suffolk, to an old farmhouse, called 'Ravens Hall'. Paddina had fallen in love with the wide-open skies of Suffolk and decided that she wanted to live there. It was at that time that her special gift, generally known as 'channelling' or 'deep-trance mediumship', became apparent. We had been invited to attend a session with a medium at Clacton and to everybody's surprise, it was Paddina who allowed a spirit to come and talk through her. The spirit introduced himself as Erasmus and this was the first of many, many talks given by various spirits in Paddina's lifetime.*

*Shortly afterwards, Paddina announced that she had been 'instructed' to form the 'Fellowship of Erasmus', named after Desiderius Erasmus of Rotterdam, which has since been renamed 'The Erasmus Foundation'. This was to be a teaching foundation with the purpose of helping people to re-discover their God, the Great Mind of the Universe, and to return to a life based on the Natural Law. Natural healing also played a central part from the beginning.*

*Needless to say, she had to overcome many obstacles, not the least of which was my own scepticism. I am glad to say that this was eventually laid to rest and that, nonetheless, she always had my full support.*

*Paddina's purpose in life was to find and gather around her people who would be teachers and healers, and who would carry on the work after she had gone. We held meetings and seminars at various venues in Suffolk, London, Brentwood and Northampton, among others. We had stands at exhibitions, including the Mind Body Spirit Festival in London, to give healing and spread our teachings. Paddina's other special gift to see people's aura and her training as a clinical psychologist allowed her to counsel and help many people to overcome traumatic and painful experiences. In 1985 we moved to Offton and in 1992 to our current home at Laxfield, both in Suffolk. We now have room to expand our meeting and healing facilities. Over the years, many people have come close to us, many have moved on, some have stayed in contact but there is now a close-knit group of people from various countries, most of whom live close by so that they can help with the work.*

*Since Paddina's death in October 2003, we have continued with the work to which she had been totally dedicated. This book had been initiated by her and it has come about as a result of a good deal of energy and enthusiasm by the Shenderin, our committee. I hope that it will be of interest to many people across the world with its simplicity and truth."*

**Gordon Cole November 2004**

Gordon returned Home (passed away) at the end of 2005 and since that time we have grown in strength and determination to continue the work and share the teachings of Gordon and Paddina and our spiritual tutors. As we move into this new era together, we look forward to welcoming many more people to work with us in whatever way they can, taking up the stand for truth and peace and a spiritually enlightened world.

# SPIRITUAL HEALING

Our new purpose-built healing clinic has been open since May 2014 for people to receive spiritual healing, for which we never charge. At present this is by appointment except for Saturdays between 2.00 - 4.00 pm when healers are in the clinic and no prior appointment is needed. Healing is central to the work of The Erasmus Foundation and is offered free of charge to anyone seeking relief from pain and stress, both physical and mental. Reflexology and Homeopathy are also available by appointment.

In The Erasmus Foundation we believe that spiritual healing is a gift given by the Great Mind to be treasured and used to help people and animals that are suffering, mentally or physically. This is why we never charge for healing. We also believe that to develop any gift you have to first of all develop yourself and be comfortable with yourself. As a healer you are a channel for the cosmic healing energy that is projected through you to the patient by spirit. It may be that a healer will have one particular spirit working with them, or it may be that a number of different spirits will channel the healing through on different occasions. Using the colour spectrum for healing given to us by spirit, the healer will bring a certain colour or colours into their mind that relates to the problem and will place their hands either on the part of the body requiring healing, a few inches away from the body, or on the top of the head. The healing will go where it is required and takes just a few minutes.

We never say that “we will heal you” because it is up to the Great Mind if this will be so; however, we will endeavour to help and sometimes the results have been very rewarding for all concerned. At the end of the day our teachings give us a certain acceptance, whilst working hard to overcome any illness or difficulty we might encounter along the way. A person does not, however, have to believe anything in particular to either receive healing or for it to be effective. Healing is a comfort, even if the problem is on-going. Depending on what is wrong, it may be that only one visit to a healer is sufficient –

for example someone might have a very bad headache. Other problems, for example cancer, might require a number of visits.

Healing is complementary, not alternative, and we always try and work with the medical profession and encourage a patient to let their doctor know that they have received healing. The more that we can bring healing into the minds of doctors and other medical professionals the better, as we feel that we have something to offer that could alleviate the problems and suffering of all concerned.

Finally, we also offer Absent Healing for those who are not able to travel to our healing clinic. We believe that thought is the strongest force in the Universe and so we have a book where names are written, along with the town or village where a person lives, and the problem that requires healing. Healing is available at any time that is convenient to the person in need. Please get in touch to make an appointment.

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***We may be contacted during office hours (9.00am to 5.30pm) or, in an emergency, at any time.***



# MEDITATION

## **Benefits of Meditation**

Meditation has always been a vital necessity for mankind. It quietens the brain to allow the mind to surface, increasing clear creative thinking. It also helps to develop spiritually. Used daily, meditation will help you attain a more peaceful life, enabling you to deal better with stress. It will help you gain a greater clarity of thought and also assist in maintaining your physical health.

## **Spiritual Meditation Technique**

To achieve a deep level of spiritual meditation we use a simple technique, called 'The Round Breath'. Although this method is simple, good meditation is not easily achieved without practice. Part of the methods we teach involve visualisation techniques to help transcend into a deep state of meditation, and all these procedures can be quickly adopted by the beginner. There is nothing difficult or complicated about learning meditation.

## **Meditation Evenings**

Anyone is welcome to come along and join in, whether they are new to meditation or already practised 'old hands'. Benefits and methods are discussed but emphasis is placed on what is comfortable for the individual if they have a preferred method. The meditation itself usually takes the form of a visualisation, and then lasts approximately twenty to thirty minutes. Afterwards, there is a chance to ask questions and discuss any problems or personal experiences to do with the meditation.

**These evenings are held on the second Wednesday of every month, except August and December, between 8.00pm and 9.00pm.** We request that anyone attending these evenings arrives by 7.45pm to ensure a prompt start. The cost for the evening is £5.00.

# FRIDAY EVENING MEETINGS

These meetings are an opportunity for people to come together to expand their knowledge of what we have been taught as well as exchanging views and experience about life generally so that we all learn from each other.

**'10-minute talks'** are pre arranged subjects chosen by two speakers, followed by questions and discussion.

**'Tape Recordings'** These evenings take the form of listening to part of a tape from a previous meeting, when Spirit would speak to the group on various subjects. Questions and discussion follow the recording.

**'Tutorials'** Our spiritual tutorial guide, Lord Satiti, speaks on a specific subject, followed by a general discussion.

These evenings are held most Fridays except during August and one or two other weeks during the year, so please get in touch for precise dates. The meetings start at 7.30pm and finish at 9.00pm but if people would like to arrive from 7.00pm they are welcome. Refreshments are available following the meeting. **There is a charge of £5.00 for the evening.**

# GARDENING TOGETHER DAYS

## *The First Saturday of the Month*

We hope these days will attract anyone who is interested in gardening and who would like to help us develop, maintain and tidy the Peace Gardens. Volunteers are welcome to come along at any time from 9.00 am and stay as long as they wish up until 5.00 pm. A vegetarian lunch and afternoon tea is provided; **please let us know a day or two beforehand for catering purposes.**

# A DAY OF SPIRITUAL HEALING AND MEDITATION

These days are held a number of times throughout the year to draw attention to the healing and meditation. Spiritual healing is available throughout the day in our healing clinic, and there is a meditation session in our meeting room at 12 noon and at 3.00 pm. The Peace Gardens are also open for people to enjoy. There is no charge except for refreshments which are available throughout the day. Opening Times are from 10.30 am until 5.00 pm.

***Please see separate sheet with dates for the year.***

## CHILDREN'S SENSORY ACTIVITY WORKSHOPS

***Monday to Thursday in the first week of August***

These days are held in the school summer holidays at the Erasmus Foundation where children are invited to take part in carefully planned, differentiated sensory activities.

All these activities are designed to promote social participation, build self-esteem and a sense of community; also encourage and inspire children to explore the outdoors stimulating their imagination, creativity and sense of adventure. The workshops and games will offer an opportunity for children to access nature and its rich, educational benefits in a safe and unique environment and use this to develop an understanding of nature and its natural resources.

Please get in touch at any time if you are interested in the workshops.

# PEACE AND LIGHT DAY

Children's Activity Workshop

***31st October 2.00 - 5.00 pm***

As an alternative to Halloween we hold an afternoon of story telling, creativity and discussion that encourages the children to explore the idea of peace and light, amongst other things. A parent or guardian is also invited to join in and share the afternoon's programme and refreshments, and anyone else who is interested to join in is also welcome.

The afternoon starts with an introduction about the purpose of the day and finishes with a short meditation.

## THE PEACE GARDENS

The Peace Gardens at The Erasmus Foundation welcome visitors who need a day's retreat and relaxing tranquillity amongst a picturesque setting. Spread over 11 acres of beautiful grounds, the parkland consists of a large pond, horse paddock and interesting garden features, such as a Buddha and Dolmens, and a wild garden to encourage the ever growing mixture of species of wild animals, insects and birds.

Ever increasing numbers of birds are recorded every year as the gardens mature. Organic fruit and vegetable plots supply the household and its many volunteer helpers with a constant array of food throughout the year.

Work is in progress to build an 18 bed medicinal herb garden that will supply a wide range of remedial healing plants as well as providing a culinary benefit. This will also be another place to sit and enjoy the peace, the sound of the trickling water of the small fish pond,

and watch the ponies in the field alongside.

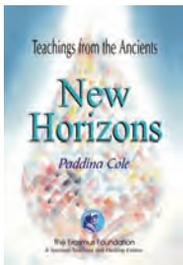
Moat House, built in the early 16th century, and home of The Erasmus Foundation, is situated in the ancient village of Laxfield, Suffolk. The village is mentioned in the Domesday book as having a population of 200, while today's inhabitants number approximately 900. Moat House has been used for most of its life as a manor farm and has an interesting history. It is believed to have been visited by Cromwell's forces during the Civil War. As a result, rumours still abound of buried treasure, but nothing has yet been found!

***If you would like to visit the gardens outside the times of events listed in this booklet, please telephone beforehand.***

## PUBLICATIONS

We have a range of publications and mini leaflets:

New Horizons £13.99



The first of a new series of publications by Paddina Cole, edited by Gordon Cole, providing a number of transcriptions from lectures given by spirit through Paddina, including some lectures given by herself. Subjects include *The Tapestry of Life, The Eyes of the Soul, The Seven Levels of Awareness, and Death - Is It The End?*

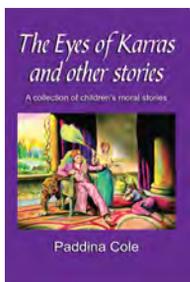
## Diet For Your Mind £4.99



A booklet containing many words of wisdom including extracts from the Books of the Law, Advice on Meditation, Some Teachings from Almaysha, The Meaning of Having Concern and Subjugation of Self.

This booklet is full of sound advice, knowledge and enlightenment.

## The Eyes of Karras and other Stories £8.00



This collection of short moral stories for children could also be of value to adults, providing the reader with an opportunity to come to a better understanding of themselves and the world we all live in.

- Reincarnation - and its many aspects £4.00
- Meditation Using Colour £3.00
- The Human Spirit - An Introduction £3.00
- Reflections on Life £4.00

***All the above prices exclude post and packaging.***

Please see our web site for further details.

# QUARTERLY NEWSLETTER

Our spiritual newsletters are issued every quarter giving up to date information about our activities together with articles of a spiritual and political nature. As well as interesting views and articles from the members of our foundation they may also contain recipes, poems and scientific news items. Please ask for more details.

## OTHER INFORMATION

### **Outside Talks**

We are happy to come along to any venue or group and give a talk about our work and beliefs, or on any specific subject. We are happy to include a meditation, and spiritual healing would also be available.

### **Some words from Paddina:**

*“All help and services are given because of concern for the parlous state of our world at this time. So many nations and cultures torn apart by internal fighting, with no apparent thought within these regions for the suffering that is being inflicted on so many. It is realised that there are many organisations such as our own who feel as we do, and who also dedicate whatever resources they have to the alleviation of suffering and stress whenever it is brought to their attention. Is this enough? As some would say, a stone cast into a pond, and the ripple once made, soon fades and is no more. This, of course, is true, but if all the voices from all of these organisations are sounded, surely in the end those who have authority to make changes will hear, listen, and do something - this is our fervent hope.”*

**Paddina Cole**



From Laxfield High Street, with the village shop and the church on your left-hand side, you see ahead of you The Royal Oak pub. Turn left immediately alongside the pub into Market Street. Continue straight up the hill (Bickers Hill), passing some council houses on your right-hand side. Soon after the council houses, take the first left-hand turning you get to, and then The Erasmus Foundation is the first property you reach on the right-hand side, about a quarter of a mile along this road.

Also, please see the following to help with directions:

[www.bing.com/maps](http://www.bing.com/maps)

[www.maps.google.co.uk](http://www.maps.google.co.uk)

**Moat House, Banyards Green, Laxfield, Suffolk IP13 8ER**

**Tel: 01986 798682**

[admin@erasmus-foundation.org](mailto:admin@erasmus-foundation.org)

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