

# Christmas News 2015 For Gatekeeper

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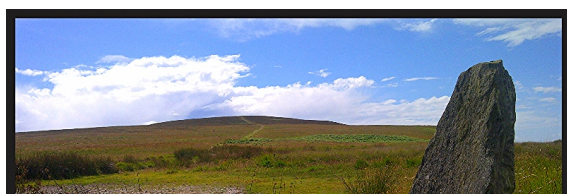


**Above** Christmas Pudding UFO's, Happy Retreat Guests and Holdstone Down, Exmoor.

[www.caminouk.co.uk](http://www.caminouk.co.uk) **Walking, meditating & praying for peace**

**Set up in October 2015 by Katherine Armitage & Stewart Johnston**

**Camino UK-Cranleigh House** is a Social Enterprise, inspired by the Camino Santiago & the teachings of George King, creating a light grid of positive energy through linking, walking, meditating & praying at Sacred Sites. Cranleigh House is the Pilgrim Base for Holdstone Down, the Jesus & Joseph Camino (Combe Martin to Glastonbury) and Camino UK.





**Top left: Pen Y Fan, Holy Mountain Brecon Beacons, Wales, top right: Little Hangman Viewpoint, Combe Martin. Bottom left: Standing stone in Holdstone Down Car Park, Exmoor. Bottom Right: Praying up Holdstone Down.**

**Dr Emoto's Experiments** with words and water crystals and words and jars of rice, show conclusively that our thoughts affect physical matter. Check out this link to David Wolfe's site:

<http://www.davidwolfe.com/proof-that-our-thoughts-affect-physical-matter/>

If this is so then how much more powerful will be the spoken word with a positive intent?

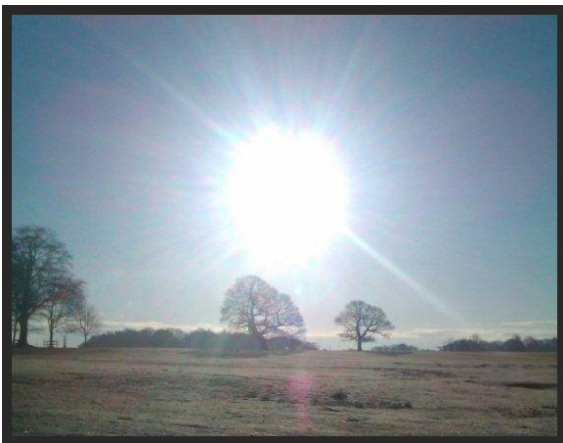
If this is so then how much more powerful will be a positive prayer?

And if we visualise the energy and send it out from a positively special place, how powerful will that be?

Come and join us on Holdstone Down at 11am on the top on Sunday mornings and find out for your self.

**Prayer has purposely been given a bad press, it is one of the simplest and most powerful actions we can take to generate positive energy.**

Sceptical? Then don't take my positive word for it!



**Be part of the change & join us to channel energy from the Unlimited Universal Supply on top of the Sacred Site Holdstone Down, Exmoor, (pictured above):**

Winter Solstice Dawn - Tuesday 22nd December 7am

Christmas Day - Friday 25th December 11am

New Year's Day - Friday 1st January 2016 11am

Solstice Donations to [North Devon Refugee Solidarity](#)

Christmas & New Year Donations to [Camino UK](#):

'Walking, meditating & praying for Peace'

## ***"Peace is Every Step" - Thich Nhat Hanh***

To let us know you are coming or if you need a lift from Combe Martin  
please call 01271889325



## **New Year gifts to you from Cranleigh House:**

### **Weekdays\*:**

Yoga Postures for Inner Peace      7.30-8am

Peace Meditation      8-8.30am

with Stewart Johnston & Katherine Armitage or one of our friends.

All sessions are by donation to Social Enterprise Camino UK-Cranleigh House

A great way to start the New Year in our beautiful Yoga Sanctuary-  
The practice of Yoga postures and Meditation brings peace to the body  
and mind.

**At Cranleigh House, High Street, Combe Martin, EX34 0EP**

\*(except for 8th-11th January)

***"Each morning we are born again. What we do today is what  
matters most." - Buddha***





## Two great recipes for a delicious Vegan Christmas Day: (at Cranleigh House we like good hearty food, vegan & raw food)

### Vegan Nut roast with Chestnut filling served with cranberry sauce.

Break up all the nuts: walnuts, almonds & cashews in a food processor, add extra virgin olive oil, a large organic carrot and some mixed herbs. Blend together, place one layer at the bottom of a greased and lined loaf tin.

For the chestnut filling: take a jar of unsweetened chestnut puree and spread thickly over the nut layer, line up the loaf tin with the top layer of nut mixture. decorate with whole almonds. Bake at 180 degrees for three quarters of an hour. Place the dried cranberries, with some fresh cranberries, in a saucepan with a bit of water and some Rock's organic apple concentrate, (available from all good Health Food stores like Nana Sue's in Ilfracombe and Health Foods, 767 Fulham Road, London). Cook together and serve hot with the Nut Roast. Yum!

**Vegan mince pies** made with Pastry made from **Doves Farm** Rice flour and **Biona** Coconut Oil, fresh chopped apple and **Meridian** sugar free mince meat: Surprise your friends and yourself. These mince pies taste great and they are really healthy too. Yum!

**Both these recipes are pictured above. Enjoy!**

## **New Year Therapy Sessions: The Feel Good Factor**

Naturopathy Cleanse: Sat 9th January- Sat 16th January 2016

Homeopathy Consultations with Katherine:  
One hour in Devon £45 Skype & Phone £1 a minute



Indian Head Massage with Stewart: One hour - £40



At Cranleigh House, High Street, Combe Martin, Devon, EX340EP  
Tel 01271889325 m07985928461

How To Time Travel

One day workshop

with

Andrew Fynn

Come prepared for profound change

Saturday 20th February, Cranleigh House

09.45am — around 3pm

£50

A workshop aligned with the Law of Attraction Teachings

Any questions: [andrewjfynn@gmail.com](mailto:andrewjfynn@gmail.com)

Bring vegetarian food to share for lunch. B&B Available



I am going to this wonderful Surf and Yoga Retreat with Molly in Morocco 6th-13th February 2016. Or a few places remaining, check it out! Katherine xx

[www.alltolove.com](http://www.alltolove.com)

### Sound Bath with Zara Triconnet

at Cranleigh House on Friday 15<sup>th</sup> January 2016

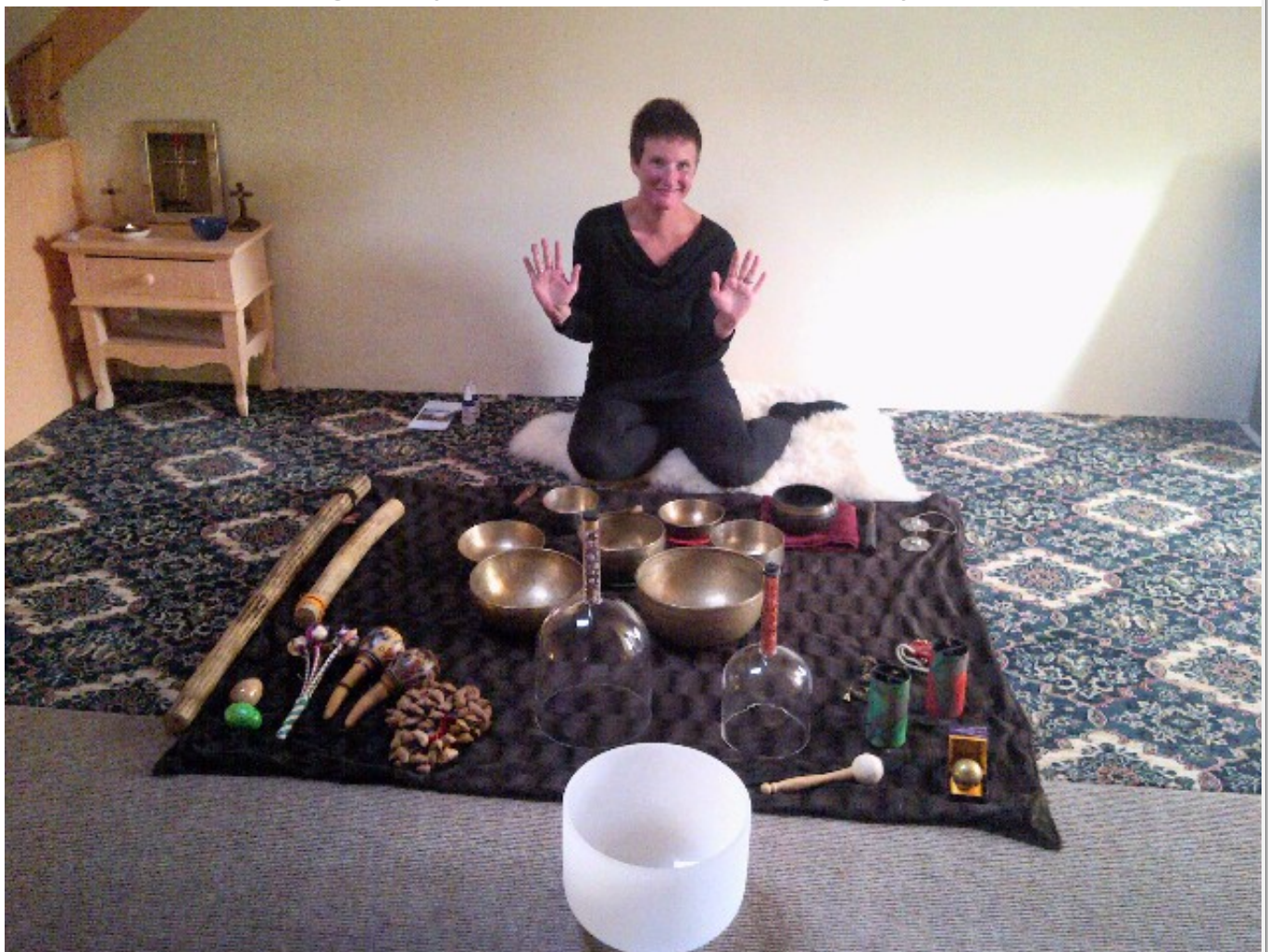
Sound Therapy is a vibration / energy healing tool that works in conjunction with your aura, chakras, endocrine system and brain waves. It works to alter your brainwave state so that it can turn off all the peripheral information that we take in on a daily basis and in doing this, alters it to what we call 'The Optimum Healing Frequency.'

Everything about the world we live in has a frequency and Sound can work to change each person's frequency so that their balance and wellbeing is readdressed. We all have a blue print which sometimes gets out of kilter; therefore, our equilibrium is out of balance. If this goes on for a period o

time then we start to suffer through physical, mental and or emotional symptoms, if however we address what is happening within ourselves, our blue print can be re aligned. Sound works very well in this way.

Sound work can also help to relieve: acute stress, physical pain, anxiety, depression, mood elevation redirection in your life, sleep deprivation and much more.

I trained with Liz Cooper in 2008 and qualified in 2010 obtaining a Sound Practitioners Diploma and now use a system that incorporates Himalayan bowls, Voice, Crystal bowls and grounding tools. The method I use can work on all levels i.e. mental, emotional, physical and spiritual. It can work as deeply as is needed i.e. deep emotional work. Deep seated emotional and or energy blockages, emotional and or mental holding patterns that create physical symptoms such as continual sore throats or back pain, or it can work on a very general basis i.e. relaxation. Group sessions i.e. Sound Baths, like the one I will be running at Cranleigh House on Friday 15<sup>th</sup> January, are a good way to see how the use of sound works. A Sound Bath is not designed as a one to one treatment, so if there is a specific area you feel needs work then private treatments would be a better option as it will be designed to your individual needs and energetic systems.



Please see Zara's website at [www.reservoirclinic.co.uk](http://www.reservoirclinic.co.uk) for further information on Sound Baths, how a full treatment works and what happens in the session.

**Kundalini Yoga Teacher's Training in Combe Martin, Devon**  
Starting January 8th 2016 A Life Changing Opportunity!





Contact Shiv Dev Kaur sarajkc329@hotmail.com [www.shivdev.co.uk](http://www.shivdev.co.uk)  
[www.amritnamsarovar.com](http://www.amritnamsarovar.com) with Har Nal Kaur & Guru Deva Kaur

## **Rethinking Cities Ltd**

**We like 'Camino' we like Talk the Walk with London based: Andrew Stuck & Melani Sutton**

**Talk the Walk:** Networking events for people promoting vibrant walkable neighbourhoods.

The format of a **Talk the Walk** event is fairly straightforward:

**Talk the Walk** offers any participant the opportunity to speak to the whole group. The more speakers there are the less time each is given to speak.

Each **Talk the Walk** has a definite theme; themes have included: physical activity; emotional well-being in a public space; animating public space; workplace health, retrofitting for walking; and children, play and independent mobility.

*"Beneath the Christmas tree of Civilisation, with its many branches of races, may we lay imperishable presents of goodwill, spiritual service and unconditional love for all".*

**Paramahansa Yogananda**





Christmas Tree at the Grampus in Lee. Great local cliff path walks.  
Lovely Pub & Great vegetarian food

**A Transmission delivered at Caxton Hall in April 1958 through the Enlightened  
Master of Yoga George King:**

'Oh, dearest Earth, why grieve you? For I have not left you, but am here always with  
you to take you into my embrace - to give you my Love'

'Dear brothers, the world needs all of you. People tonight are suffering, but your  
prayers from a heart filled with faith, can help them in their suffering'

'Guide those ones who need you - lead them as you would lead a little child, You  
would not pass by a child who fell by the roadside. Nay! You would pick it up and  
carry it to safety. This you would do, I know you would - for within each heart here  
burns the Flame of Love'.

**The Master Jesus Speaks to London**

The energy of Christ Consciousness is always here to guide us.

If you love to walk, enjoy beaches, wild coastal stretches and a comfortable B&B with a  
metaphysical & healthy reputation please be in touch, we are open over Christmas & New Year.

Have a wonderful winter  
With love from

Katherine & Stewart

ps. Please do give us feedback about our newsletter we'd love to hear from you.

Cranleigh House B&B, High Street, Combe Martin, Devon, EX340EP  
Tel 01271889325 m07985928461



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