

Creating Heaven On Earth

[Campaign Preview](#)

[HTML Source](#)

[Plain-Text Email](#)

[Details](#)



Creating Heaven on Earth

in Combe Martin, Devon

Cranleigh House is a Vegetarian/Yoga B&B owned & run by Katherine Armitage & Stewart Johnston. We offer Yoga rather than cooked breakfast, meditation rather than fried bread. We are a small place with a big vision.

When you come to Cranleigh House you access a wider spiritual community, our friends, whose activities we are advertising below. Collectively we share a vision to create a better world. We support each other to shift from darkness to light, from fear to empowerment and to offer visitors to Combe Martin a transformational experience.

Colourful Autumn Retreats in Combe Martin:

LOVE YOUR LANGUAGE: THE ART OF CREATING REALITY

with Kali Tammick

September 19th & 20th 2015

<https://www.facebook.com/events/1655589671325311/>

<http://www.dawnfletcher.co.uk/#!/karleen-tammik/c1b2m>

ATLANTIC AWAKENINGS: MINDFULNESS RETREAT

with Emily Thompson & Jo Parsons

October 10th & 11th 2015

<http://atlanticawakenings.weebly.com/>

<https://www.facebook.com/events/1675179289434975/>



Powerful Experiments with Prayer Energy:

Since 2008 Stewart & I have been holding weekly sessions channeling energy to the Nature Spirits on Holdstone Down. Even sending out our small amount of energy the weather can change from thick cloud to sun. This is a very empowering and enjoyable experience, that we can make a difference.

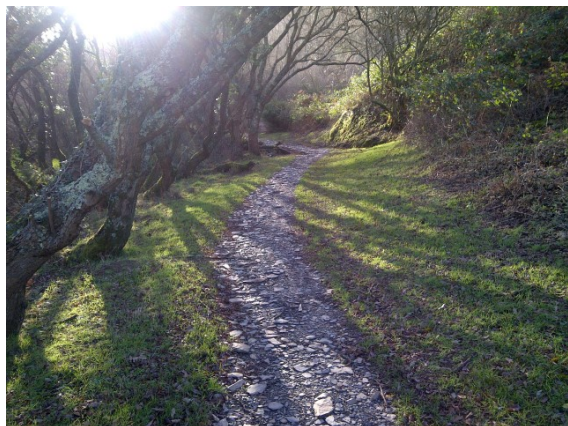
In Yoga philosophy the Nature Spirits can only use the energy given to them by mankind: war, terrorism and hate generate negative energy and therefore crazy weather.

The great news is that prayer and meditation can solve the spiritual energy crisis and thereby every other energy crisis that man faces on this beautiful Earth. This has been conclusively proved by research into TM (Transcendental Meditation) by [The Maharishi University of Management](#) and is known as the 'Maharishi Effect'.

The Big Pilrimage on Holdstone Down in July gathers many people from around the world to pray, we'll be doing more of this and giving you all the reasons why you'll want to join us too.

Devon and Heaven rhyme for a reason, if you are interested in building the New Age, do pay us a visit. As Wayne Dyer said "You'll see it when you believe it."

You can join us at the top of Holdstone Down on Sunday mornings at 11am to send out healing energy. Do wear mountain boots and bring all weather gear, it can get blustery up on top. Tel 01271889325 or



Atlantic Awakenings: Mindfulness Retreat

October 10th & 11th
Cranleigh House

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

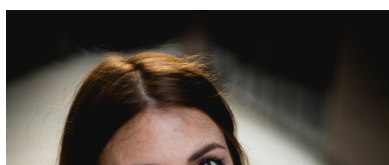
RETREAT DETAILS

Join Emily Thompson and Jo Parsons as they guide you through a weekend retreat where you will feel a sense of ***peace, connection and deep transformation***. This dynamic duo will be offering exercises in stress/fear acknowledgement & release, meditation, guided visualization, mindfulness practices, experiences in nature and enlightening group discussions. Both have extensive experience in facilitating individual and group work and have held a number of different sessions/retreats worldwide. As a pair, they offer an exciting variety of skills and qualifications that will guide the structure of this transformative weekend.

The aim of this retreat is to offer you the support and guidance in living a mindful life.

ABOUT THE FACILITATORS

Emily Thompson - Owner of Emily Grace Coaching - Life Coach & Intuitive Worker, MBA



Emily is a native of Newfoundland and is owner of ***Emily Grace Coaching***, a Life Coach & Intuitive Healing practice based out of St. John's, Newfoundland



Newfoundland.

Emily implements cognitive therapy in her work as the fundamental piece and foundation for her coaching. This therapy works to get to the root of the thought patterns and beliefs that lead to anxiety, worry and fear. Through her coaching techniques she is able to assist clients to reduce or eliminate unhelpful, flawed patterns and beliefs to then create a more mindful system of thought

patterns that improve emotional well being.

Emily's coaching has seen dramatic results, having taken clients from chronically ill to a clean bill of health, clients ridden with anxiety and stress to a life that they can find peace and joy, and clients suffering from family trauma to a place of forgiveness and healing.

Emily's blend of the practical "how-to" with her gift of intuitive energy coaching provides a beautifully integrated practise.

Jo Parsons – Music Psychotherapist, Fitness and Lifestyle Coach, Mindfulness Mediator MMT, MTA, NLS

Jo is a Newfoundland born musician and fitness buff who currently resides in North Devon. After completing her degrees in music and psychology, her masters in music psychotherapy and her qualifications as a health coach, she developed research on and studied mindfulness with Andrew Safer. Over the past decade, she has developed her music and fitness training skills alongside the study of meditation and mindfulness. She has discovered that mindfulness is incredibly important in her different areas of work and in the many ways people engage in a healthy lifestyle.



Jo has worked with groups and individuals in a holistic manner that is unique to their own journey of personal and physical health. In the past five years she has facilitated therapeutic interventions across the globe and focuses on themes of awareness, exploration, music and connection. Jo brings upbeat and compassionate energy into her work and is powered by a person-centred approach to individual and group therapy.

RETREAT LOCATION

Cranleigh House Bed and Breakfast, a Healing Centre in the 1960's, is located in Combe Martin, a characterful village on the south west coast of England. This venue was chosen for its proximity to the stunning countryside and sea, its laid back feel and its location next to Holdstone Down. This is a part of Exmoor National Park which is known for its powerfully positive transforming energy. Between the breathtaking nature, cozy and welcoming accommodations and the positive energy of Combe Martin, this provides the perfect setting for a weekend of mindfulness and transformational experiences.

RETREAT INCLUDES

One night accommodation*

All meals included

Two full days of group work with
two highly trained and experienced professionals

Cost: £300

Non residential price: £250

To reserve your space:

Email: info@emilygracecoaching.ca

Or call: 07763433310 - [01271 889325](tel:01271889325)

<http://atlanticawakenings.weebly.com/>

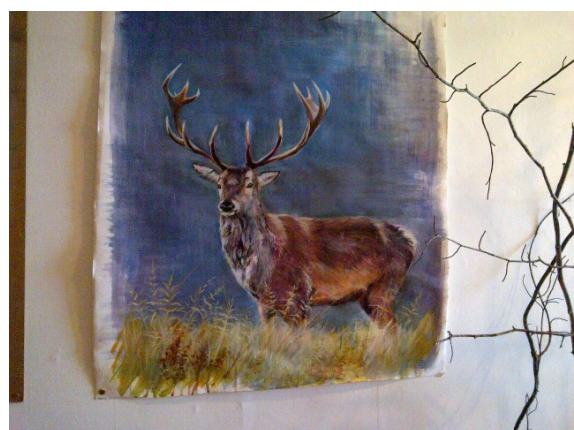
<https://www.facebook.com/events/1675179289434975/>

Our vibrant & creative community!

When you come to Combe Martin you arrive in more than just village with the longest high street in the country. This is a place of fun, spiritual & creative community.

Our guests can sample delicious food from one of the many cafes around the village. Here we feature Miranda outside her new Newberry Beach Cafe, Wabasso, one of her delicious 'toasties', which you can eat surrounded by her beautiful artwork or on the terrace.

Here is Sue at the Village Bakery, we love their wholesome 'spelt' bread, made from an old fashioned wheat that has many fewer chromosomes than ordinary wheat and is much easier on the digestive system.



Refresh yourself in the peaceful Devon countryside.
Our comfortable vegetarian B&B is five minutes from the sea & Exmoor, an area of outstanding natural beauty. We give you a warm welcome!
<http://www.cranleighthousehealing.co.uk/bandb.php>

We now have our very own 'Heart Centre' . The home of the Natural Approach Group founded by our friend Amanda-Jayne Staddon Whether you want a massage or a cup & tea and a chat & to find out what help may be available for you, the Heart Centre is for you & it is a few doors up the road from Cranleigh House.

<http://www.devonheartcentre.com/>

<https://www.facebook.com/DevonHeartCentre?fref=ts>

The Natural Approach group's vision is to ensure society is filled with people who are empowered & given their full opportunity to aspire to great things and to find places where they can get the most out of themselves in an environment full of energy and hope.

<http://www.thenaturalapproach.org.uk/>

Currently the Heart Centre is partnering with the following local charities in order to make their services available in our community:

Splitz, Women's Aid, Depression & Anxiety services, Devon Integrated Children's Services, Devon Parent Partnerships, The Oak Centre, Cruse Bereavement care, WAND, Bright Futures (Young Carers), FearDom Fighters, NHS and Social Services.

The Heart Centre has a large vision and to bring it to fruition The Heart Centre needs the help of local people, who have either the time, energy or skills, or all three, (& of course plenty of enthusiasm) to come and volunteer at the centre.

Upcoming activities:

Wed 23rd Sept 6.45pm Shamanic Drumming Circle

Thurs 24th sept (weather permitting) Homeopathy & Plant Foraging Walk 9.45-12am (meet at heart centre)

Sat 26th Sept Zara's Voice Therapy Workshop

Mon 5th October Zara's Sound Bath 7pm £10 per person
please see the website & facebook pages for more information

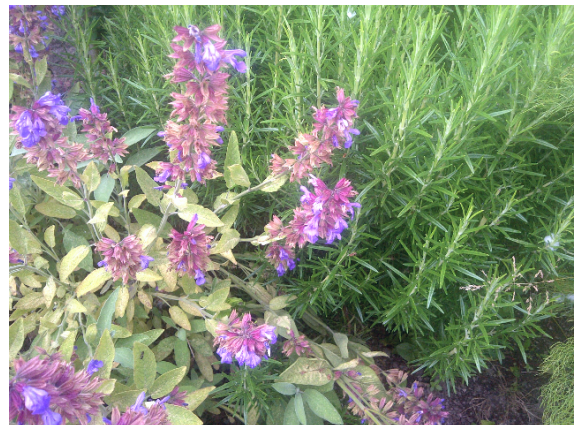
<http://www.devonheartcentre.com/>

<https://www.facebook.com/DevonHeartCentre?fref=ts>

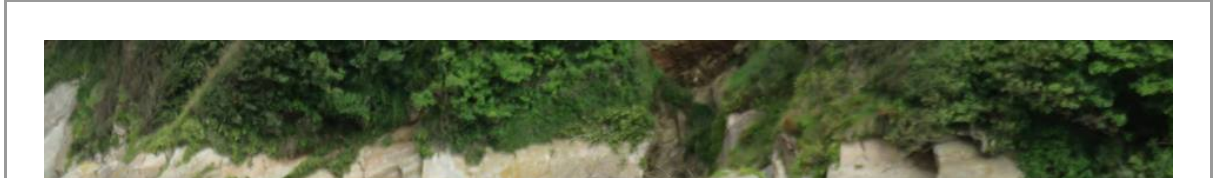
29/30 High Street, Combe Martin, North Devon, EX34 0DY

Call us on: 01271 883541 or 0781 2246334

Email : devonheartcentre@gmail.com



Cranleigh House Garden home of ['Mother Earth's Minerals'](#) that has grown from our interest in good health & soil quality aiming to: **'Remineralise you and your soil'**.





We are very excited to let you know about this weekend:

**LOVE YOUR LANGUAGE: THE ART OF CREATING REALITY
with Kali Tammick**

**19th September- 20th September 2015
Newberry Valley Caravan Park & Campsite
Woodlands, EX34 0AT Combe Martin**

About Kali:

Kali was born a psychic sensitive with healing amongst other abilities present at an early age.

Her mother was a platform medium and she spent most of her early childhood attending spiritualist churches with her, after which everyone in the congregation would participate in healing circle, Kali included.

Kali's journey spiritual journey started at the age of 5, when she began meditation and colour healing, and her first past life memory and remote viewing capabilities activated at this time.

By the age of 8 she was practicing psychic surgery, removing and clearing obstructions both energetic and physical.

In early 2000 she became a Reiki Master and her journey continued, since then she has studied many forms of energy re-patterning techniques, all of which have served as reminders of her innate abilities and added a wealth of understanding.

As a result of this Kali is known to her friends, affectionately, as the Oracle, as she has so many answers to life's deepest questions from her own experience. She is a wonderful person to study with as she can perceive what to most people has been inaccessible.

Spending time with Kali helps to make the metaphysical realms more understandable and unseen energies more tangible. So, she is well qualified to be leading this in depth seminar.

She has access to a tremendous wealth of universal knowledge and wisdom.

This exciting seminar is structured from memory, and not channeled information.

The Weekend:

There is a lot of NEW information that will be imparted to those attending - information that has not been released onto the planet before. So

~ if you are seeking your truth....

~ if you are on the path to finding balance and harmony, individuality and unity...

~ if you are a change-maker....

then this might be just what you are looking for to assist you to stand in your

own sovereignty.

The weekend will be intensive, based on:-

- 1) The Origins of Language : The Earth Speaks
- 2) Seeding Gaia: Flowers of Life
- 3) Native Languages : Resonating the soul
- 4) Light Frequency & Sound Harmonics : Light, Language & Conscious Geometry
- 5) The Fall & The Tower of Babel : Misinterpretation and language insertion
- 6) Vibration and the Physical Plane : Creation of Reality
- 7) Soul Song : The Songs of Life , Death and Birth.
- 8) Mind your Language : Syntax , Coding and Intention
- 9) The Body as God : DNA Imprinting
- 10) Spitting out the Demons : Purging the Body of Negative Language
- 11) A Curse is a Curse: Spells and Curses & the Impacts on your Being
- 12) Negative Language : Causes of Disruption within your Being
- 13) Common Word Creations: The Power of Words, Names and Integrity
- 14) Positive Language Affirmations: Belief is Everywhere
- 15) Neutral perspective : Enabling you to See your Creations
- 16) Step Back and Choose: How to Discreate unwanted Realities
- 17) Unconditional Love : Creating from a Neutral stand point
- 18) Go Create : Freedom and the use of Freewill

It will be a full and inspiring weekend, with plenty of laughter and held in the beautiful location of Newberry Valley, on the coast in North Devon.

Course Fee: £180 per person including lunch & refreshments Saturday and Sunday - Payment is required with booking.

Prices are from £16 per night camping and from £25 per night B & B at Cranleigh House

You can find more information here:

<http://www.dawnfletcher.co.uk/#!karleen-tammik/c1b2m>

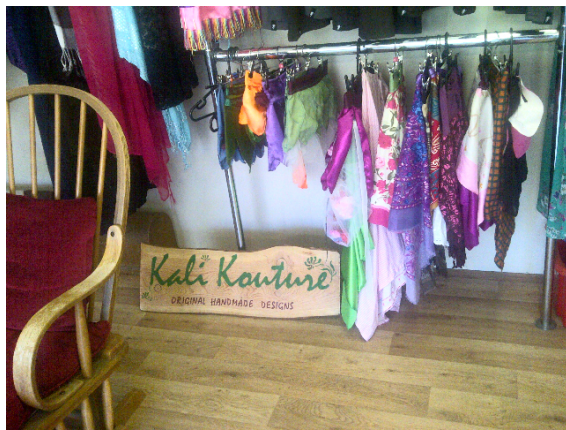
To book please e-mail me at dawn@newberryvalleypark.co.uk.

Please see Kali's 'Kouture' and her partner Rob Wood's vibrant healing paintings below, all available from them in Combe Martin

Tel: 07519952040

karleentammik@hotmail.co.uk





'And did Those Feet in Ancient Time walk upon England's Mountains green'?

There is plenty of evidence available to say that the Mystic Poet William Blake was correct. Shown below is Rough Tor, which, according to Master of Yoga George King, is the site of the first Christian Church built by Jesus aged fourteen. There is certainly an outline of ancient walls pictured here. Between Rough Tor & Brown Willy runs the St Michael and St Mary Dragon Energy line that links St Michael's Mount, Glastonbury and Bury St Edmund's.

This is a land of mystery and mysticism associated with Merlin and Arthur and also a modern day power centre. Brown Willy is also a place of Pilgrimage to send out energy for world Peace and Healing, next official date weather permitting is Monday 23rd November. Please see www.aetherius.org . We live in potent times where, being the Divine Magicians that we are, our thought and action can make a big difference to our world.

Check out Dennis Price's book '[The Missing Year's of Jesus](#)' and Dianne Pegler's '[The Sacred Order of the Magi](#)'



Homeopathy & Plant Foraging Walk 9.45-12midday with Katherine Armitage MLCHom Thursday 24th September (weather permitting)

Meet at Heart Centre Cost: £10 with £5 donation going to The Heart Centre Katherine loves plants, healing & wild food and enjoys introducing people to all the wonderful medicinal and edible plants that we have growing around Combe

Martin. She was a tutor at The Lakeland College of Homeopathy for 10 years. Please wear walking boots & bring all weather gear. This walk is only suitable for fit people as there is rather a steep & slippery climb up towards Little Hangman. Pictured below are 'Bellis Perennis' the daisy, a homeopathic remedy I use for physical and emotional trauma/ bruising & 'Marsh Samphire' a beach plant that tastes delicious in a stir fry. Thank you little friends!



What our guests say:

This holiday was unique and I'm pretty sure I'll never be able to experience anything quite like it elsewhere. My family and I have benefited so much from this. Cranleigh House provided us with excellent care in a beautiful house with an amazing community. Thank you so much!

-Sophie P, Fulham London August 15

An amazing transformational time again! Thank you from my heart.

-Satu, Finland August 15

Thank you very much for a wonderful healing and nourishing stay. lovely to meditate here, where the energy from the heart is palpable. Very comfortable, in so many ways.

- Mal, London June 15

Wonderful being here again with you. Just love the energies in Cranleigh House. Thank you for the access to all your books I always learn something new whilst here. Thank you for your kindness and generosity.

-Gwyneth, Wales July 15

<http://www.cranleighthousehealing.co.uk/bandb.php>



Refresh yourself in the peaceful Devon countryside.

Our comfortable vegetarian B&B is five minutes from the sea & Exmoor, an area of outstanding natural beauty. We give you a warm welcome!

Cranleigh House B&B has been very busy over the summer. We are now a destination of choice for surfers who are into Yoga and Vegi food & we've had some lovely families from all over Europe staying with us for the holidays.

Pictured above are [John Lockley's](#) (Traditional African Sangoma) talk in Combe Martin library and Pilgrims from Ghana and London.

<http://www.cranleighthousehealing.co.uk/bandb.php>





Holistic Gong Bath with Karen Vogel & Vegi Bring & Share

6-9.30pm Friday 25th September at Cranleigh House

Hi everyone! I hope you have all had a great summer. I've had an amazing time with lots of work but also plenty of rest and camping fun :) (This is a pic of me at The Combe Martin 'Good Vibes Summer Solstice Festival'). I'm pleased to be inviting you once again to our holistic gathering and gong bath at Cranleigh house B&B. You can arrive from 6pm, the gong bath will start at 6:30-7:30 followed by a shared veggie meal :) please bring a cosy blanket & pillow for your comfort during the gong bath and your favourite veggie dish to share to accompany baked potatoes and good conversation :) The evening finishes around 9:30pm.

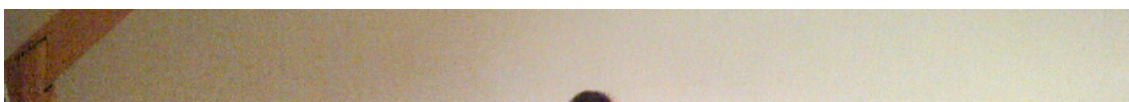
The cost of the gong bath is £10 in advance, please contact Katherine on 07985 928 461 or 01271889325 to pre pay and book your space OR £15 on the day.

<https://www.facebook.com/Littlebirds.Massage?fref=ts>

Short notice....Barnstaple Mill Lane Studio's, Sunday 20th September starting at 6pm.

Monday 28th September. The Full moon gong bath meditation at The Yoga Barn in Lee. Starting at 7pm we will link in with the energy of the full moon and then relax into the sounds of the gongs. Almost fully booked for this one.

I will also be holding gong baths during October and November at Littlebirds Therapy Centre, dates to be arranged.....





Sound Bath with Zara Triconnet

at Cranleigh House on Friday 9th October arrivals from 6pm to settle in, followed by a snack vegi bring & share from 7.30pm

A unique experience, relaxation and meditation. You will be bathed in sound from the use of Himalayan bowls, crystal bowls and voice. You may experience something wonderful or just have one hour of re balancing on every level. You take away what you need from the session.

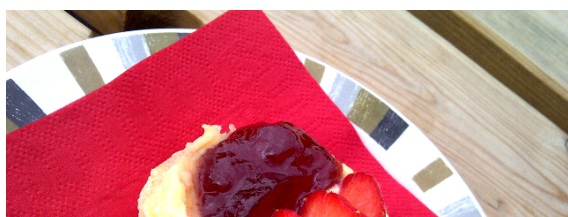
I will be taking you on a journey using all the instruments mentioned and you will hear and feel through your body some dynamic sounds. These may give you joy, enlightenment, Chakra alignment, release, physical sensations, relief, mood enhancement and much more
all you have to do is lay down and enjoy.

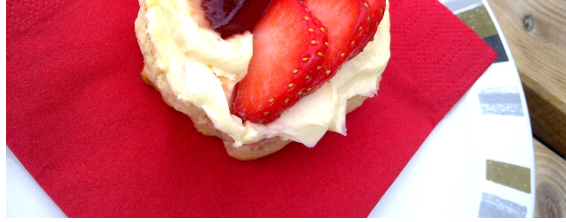
There will be time at the end to ask questions and I will be giving some information on how sound works and what benefits it can have on an individual whether it be in a group sound bath or in a one to one individual treatment.

This will be followed by tea and snacks, please bring healthy snacks to share'

The price for this is £10 paid in advance, call 07985928461 or 01271889325, to pay by card or £15 on the night.

<https://www.facebook.com/zara.triconnet?fref=ts>





Short update:

Katherine & Stewart have been enjoying Devon Cream Tea, (we haven't been able to go vegan yet!) Lunch at Mother Meldrum's , in The Valley of The Rocks, Lynton, watching the sunrise and sunset over Combe Martin beach (which happens all summer!!) and wondering at the view from Steve Chugg's farm with Holdstone Down, in the distance, after Molly Robertson's sensational 'Good Vibes Solstice Festival'

<https://www.facebook.com/events/433617210139833/>



Come & join Stewart's Kundalini YOGA class on Tuesday evenings 7-8.30pm

Yogi Bhajan 'The physical body is the basic temple in which you can deposit the treasure of happiness in life.'

If all of this hasn't given you enough good reasons to pay us a visit sometime soon then I don't know what will! Perhaps all you need is gentle reminder of the tranquillity, fresh air, good food, and incomparable coast and countryside which is on offer here.

We hope it won't be too long until we can welcome you here

With love and best wishes from

Katherine & Stewart

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



[unsubscribe from this list](#) [update subscription preferences](#)



This email was sent to << Test Email Address >>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Cranleigh House Bed & Breakfast · Cranleigh House, High Street · Combe Martin · Ilfracombe, Devon EX34 0EP · United Kingdom

MailChimp

©2001–2016 MailChimp® All rights reserved. [Privacy](#) and [Terms](#)