



A place for all who seek balance & harmony



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Welcome to the Sanctuary of Healing

Located at the heart of the UK, nestled in beautiful woodland, The Sanctuary of Healing is a registered charity and purpose-built healing centre, which has welcomed those seeking personal advancement, spiritual awareness and a holistic lifestyle for nearly two decades.

This beautiful building is situated within the picturesque setting of the Ribble Valley, close to Pendle Hill, where the earth's ley lines converge. It is a hub of peace and the most magical location for a centre which promotes healing of every kind. As a charitable trust, our main aim is to create an environment that is soothing, welcoming and nurturing for everyone.

Every aspect of The Sanctuary has been designed with the ethos of well-being and tranquillity at the forefront. We have 9 treatment rooms, several meditation rooms and studios as well as a well-stocked, cosy library. We offer a wide range of complementary treatments and therapies, which combine ancient healing wisdom with modern science, as well as regular classes, workshops and lectures. It is the ideal setting to bring the body, mind and spirit back into harmony and nurture the soul.

In addition to the therapies and events we offer, we are incredibly proud to be home to The Joseph Communications, providing insight into why we are here on Earth and also The World Meditation Alliance which provides the action that is needed to help heal our world. We are excited to see this grow in vision and strength.

Add the welcoming and relaxed atmosphere of our vegetarian café and you have a dedicated wellness facility offering healing for all aspects of life - a place of tranquillity and joy, helping all who visit us achieve the very best quality of life, potential and spiritual connection.

The three areas of focus for true healing are physical, mental/emotional and spiritual, and here at The Sanctuary we provide all three.



‘Wellness is the complete integration of body, mind and spirit. The realisation that everything we do, think and feel has an effect on our state of well-being.’



Healing Therapies

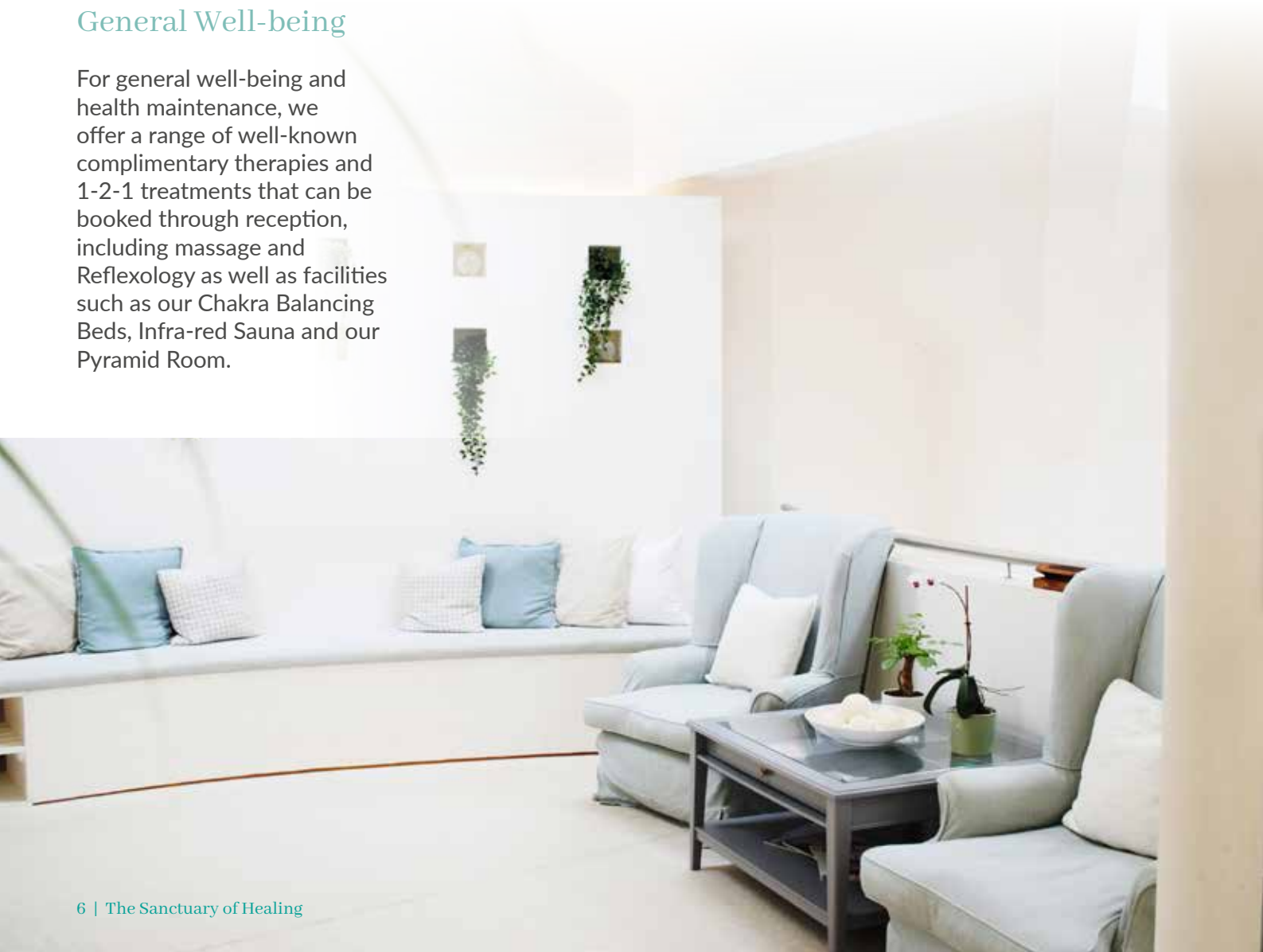
At The Sanctuary, we welcome people seeking help with all kinds of health and wellness needs. We offer a wide choice of holistic therapies which are available to everyone, from treatments that assist with general well-being to therapies and tailor-made programs, which help with the symptoms of pain and specific diseases.

Our highly experienced therapists use the best healing technologies and latest advancements from around the world, as well as more well known and established complementary therapies. We are here to guide you towards the most beneficial therapies to achieve the best outcome for you.

Our aim is to heal clients holistically, seeing the whole person, not just the symptoms. There are several main areas to the therapies and services we offer.

General Well-being

For general well-being and health maintenance, we offer a range of well-known complimentary therapies and 1-2-1 treatments that can be booked through reception, including massage and Reflexology as well as facilities such as our Chakra Balancing Beds, Infra-red Sauna and our Pyramid Room.



1-2-1 Therapies



Massage

We offer a range of massages which provide wonderful benefits for your physical and mental health, including stress reduction, deep relaxation, as well as targeting and relieving aches and pains.

Other benefits include, detoxing and enhancing the body's natural healing process, cleansing and stimulating the lymphatic system, rebalancing and strengthening your Chakras and balancing energy. However you look at it, a regular massage is a sure way to boost your self-care and wellness routine.



Reflexology

Reflexology is one of our most popular treatments. It is a type of massage which involves the application of gentle pressure to points on the feet, which relate to specific parts of the body. It works on energy pathways (similar to acupuncture, but without the needles!)

As with any type of massage, it can be effective in promoting deep relaxation and helping to bring the body into a state of balance. As a result, it can help with a wide range of health problems.



Chakra Balancing Bed

Our Chakra Balancing Beds act like a spiritual 'pick-me-up' for the soul. This treatment is available in 30 or 60 minute sessions. It rebalances and cleanses your energy field and restores energy alignment.

In our current society, heavy energies and the daily pressures of life can take its toll, sometimes giving rise to fear, anxiety, depression and overwhelm.

We are all susceptible to picking up these lower energies, especially when working in challenging or crowded environments. Feeling drained after a day's work or unable to shake off a low mood are signs that your energy field may have been compromised.

The Chakra Balancing Beds, housed in our relaxing rooms, can be just enough to lift your mood and boost energy levels. It is one of our most popular therapies. Many staff members at The Sanctuary use the Chakra Balancing Beds weekly and can't imagine life without them.



Far Infra-Red Sauna Detox

Far Infra-red rays from the most healing and beneficial part of the sun's energy can safely and effectively rid the body of many lifelong accumulated toxins and heavy metals. These may otherwise be difficult to extract and can cause imbalances in our system.

The sauna energises and cleanses the body while relaxing the mind. It strengthens the immune system and can help with pain relief, stress reduction and slowing down the ageing process.

Our Detox Suite has its own private dressing area and shower so you may go in and out of the sauna at your convenience.



The Pyramid Room

This therapeutic experience is difficult to put into words, but the results can be truly extraordinary. It's not exactly a therapy—rather, it's an experience meant for deep contemplation, while being immersed in higher consciousness vibrations.

This room has been beautifully designed to create a space for those who are seeking spiritual growth and direction but may be unsure where to begin. It is a space where solutions to problems can become clear and clarity of direction can be found. You really have to try it to understand its potential for spiritual growth.

Be our guest—your first session is free, with no obligation. We're confident you'll be impressed.



Advanced Healing Therapies

For more specific needs such as chronic pain and disease, we offer a range of safe, gentle and non-invasive techniques which utilise highly advanced technologies to help kick-start or unlock the body's natural healing capabilities.

For the following treatments, an initial consultation will be necessary to guide you towards the right treatment or tailor a program that will be the most beneficial in meeting your needs.

Clients with injury pain, arthritis, stomach complaints, auto-immune disease, cancers, traumas and emotional issues can all benefit from the advanced healing therapies we offer.



K-Laser Therapy

K-Laser Therapy unlocks the healing capabilities of your own body. The laser energy penetrates deep into muscle tissues and accelerates cell metabolism by increasing blood flow, absorption of nutrients, cell division and excretion of waste products. As a result, skin, tendons, ligaments and muscles are repaired faster with reduced inflammation, scarring and pain. The treatment is suitable for any age and lifestyle from athletes to the infirm and elderly, from acute injuries or burns to chronic conditions.

“I noticed the difference after two sessions of K-laser therapy. Now I don't think about the pain at all. I can shower and it's gone. I can't believe how well it has worked.”



Crystal Light Therapy

Addressing all 3 levels of healing, physical, mental and energetic, this powerful but non-invasive therapy is highly effective for a wide range of health problems,

It combines electromagnetic stimulation with light and the healing power of crystals to rectify incorrect vibrations in the body's cells and organs, encouraging our own natural healing mechanisms to take over.

Used for a wide range of health problems, electronic crystal therapy is a muscle and nerve relaxant (anti-spasmodic), has analgesic and sedative properties, increases circulation and is an anti-coagulant. Clients with cancer, lupus and auto-immune conditions find it incredibly effective.

It is all about bringing the body back into a state of homeostasis/balance and in homeostasis there is no dis-ease.



Electro Magnetic Stimulation & Infra-Red/Red Light Therapy

Treatment on our electro-magnetic beds provides safe, non-invasive relief from the symptoms of many conditions. The generation of variable magnetic fields of extremely low frequencies and low intensity is well trusted to work as an analgesic, anti-inflammatory, anti-spastic, regenerative and relaxant.

This trusted system works with the body's natural frequencies to speed up the healing process. Results include reduced pain, faster healing of broken bones and sports injuries, and the reversal or elimination of many other symptoms, leading to generally improved health.



Disclaimer

Our treatments and therapies are holistic and complementary and are not a substitute for any medical treatments that you may be undergoing. If you have a health problem, please consult your health care provider.

Mental Health, Well-Being and Support

In our busy lives, it is easy to feel emotionally and mentally overwhelmed, leading to anxiety, depression, or a general sense of unrest. Environmental factors and psychological stresses can impact our lives in many ways.

Our professional team of support practitioners can assist you in identifying and releasing old patterns, traumas and limiting beliefs and help you to look at life with a different perspective.

Our support modalities include NLP (Neuro-Linguistic Programming) IEMT, Emotion Code, OldPain2Go, a bereavement support group, menopause support and mindfulness practices. Talking therapies use a range of techniques to empower individuals in gaining control of their thoughts, helping individuals to cultivate a more positive outlook.

Health Kinesiology can assist by balancing your energy system to facilitate self-healing. Using gentle muscle testing and verbal questioning. The therapy communicate with your body's unique energy system to identify and address stress and promote overall well-being. This process, rooted in the principles of Chinese Medicine, helps restore the balanced flow of energy, essential for health.

By addressing and supporting the mental and emotional needs of an individual, healing can occur on a much deeper level and help you to become the best version of yourself. Talking therapies are often used alongside other therapies where needed.



‘Talking therapy is not about giving advice, it empowers you to become a more balanced version of yourself!’

For further information and details about all our therapies, please ask at reception, visit our website or call the Sanctuary on 01254 246940

Healing at the Sanctuary

Healing sessions at The Sanctuary address the four aspects of self: physical, mental, emotional and spiritual. The body and soul face many challenges as we navigate life which too often results in energy blockages or disharmony within. We have two different approaches to spiritual healing:



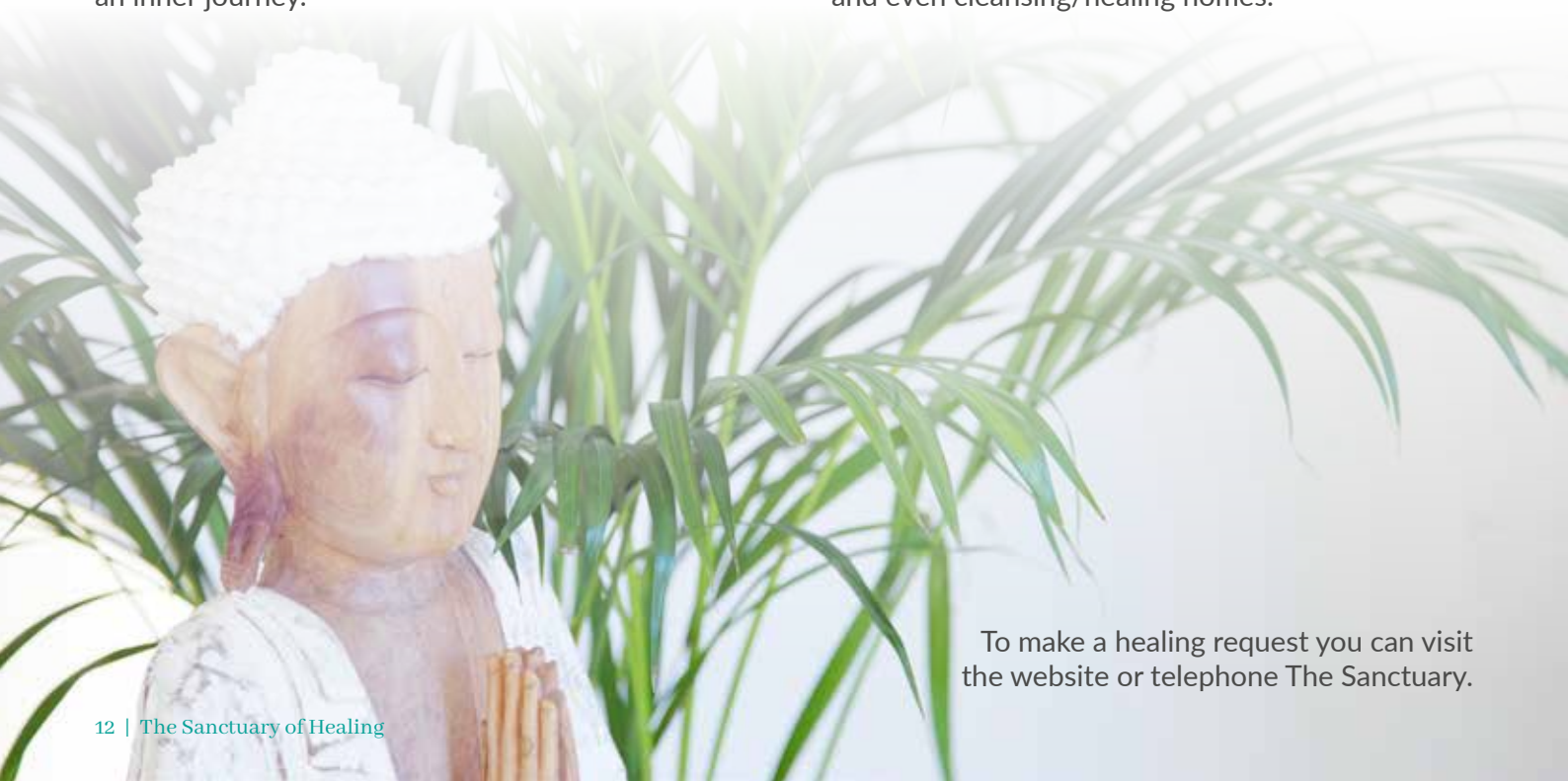
1-1 Sessions

An energy healing technique that aims to promote relaxation, reduce stress and enhance well-being. The client lies on a therapy bed (or sitting in a chair if preferred) and a healer uses gentle touch and the channelling of universal life energy or above the energy centres to clear, harmonise and balance. Clients have reported some changes or an inner journey.



Distance Healing

Distance Healing involves a group of dedicated healers meeting weekly to direct healing energies and high vibrational light to the individuals who have requested the healing. This request can be for anyone, for minor ailments, life-threatening conditions and injuries and for those coping with bereavement and loss, resolving life's challenges and even cleansing/healing homes.



To make a healing request you can visit the website or telephone The Sanctuary.



'Abundance is an incoming and an outpouring of energy. Health is an incoming and an outpouring of energy. Love is an incoming and an outpouring of energy... And you have to re-connect to that flow.'

Quote from: Illumination — The Joseph Communications



Café

'The perfect place to pause'

Our friendly and relaxed café is the hub of The Sanctuary. Whether you visit after a treatment or class or just decide to pop in for a coffee, you're always assured of a warm welcome and cosy ambiance in our Persian-themed setting.

You'll find an excellent choice of vegetarian dishes, freshly cooked breakfasts, lunches, coffees, teas and cakes, as well as daily specials and seasonal choices. We also offer a range of gluten-free and vegan options.

Open Tuesday to Friday 9.30a.m until 3.30pm

"Enjoyed a lovely lunch at the café. A huge thanks for the food, comfortable surroundings and service. We met up as one of us had a problem, so we chatted and all in all feel a lot better. What a great place!"



Gift Shop

Whether you are looking for ways to enhance your living space, or searching for a meaningful gift, our well stocked shop has an array of ethically sourced products from around the world. From candles and crystals to jewellery and colourful accessories to brighten your space, we have something for everyone.

We also sell vouchers, which are exchangeable for treatments and can be used in the café and gift shop. And of course, this is where you can purchase a copy of the insightful and life-changing books The Joseph Communications.



The Persian Room

The Persian Room is a new space at The Sanctuary, and it serves as a centre for all things related to The Joseph Communications and World Meditation Alliance. It provides a place for talks, lectures, meditations as well as a place for the community to connect and reflect. The atmosphere in this room is extraordinary. It was inspired by our guide The Persian Gentleman (PG) and features Persian-themed décor.



Meditation Room

Featuring an impressive floor to ceiling arch window overlooking beautiful woodland and valley views, our meditation room draws inspiration from nature to provide the perfect space for individuals and smaller groups to find stillness and reflect.



Earth Room and Sun Room

The Earth room is our largest purpose-built studio, where regular pilates, yoga and evening classes take place alongside a range of holistic practices and spiritual events for relaxation of mind, body and soul. We host mindfulness classes, sound journeys and gong baths as well as personal and career development training courses. It is also where The World Meditation Alliance meet weekly.

Our adjoining Sun room is a beautiful glass roofed conservatory which is the perfect break out room for those using the Earth room. Another great facility to relax and enjoy.

We have several rooms which can be hired by external facilitators and agencies for a variety of classes, workshops, training and conferences relating to health and healing. Both the Earth Room and Meditation Rooms are available for room hire. Treatment rooms can also be hired.

For information on classes, events, or room hire, please visit our website or visit us in person at The Sanctuary.



Library

‘This is a little sanctuary in itself’

Purposely situated in a quiet corner of the Sanctuary, our cosy library has been re-designed with calm and comfort mind. We stock a wide range of lending books and a growing range of up-to-date reference materials.

The library also houses a media centre which features a wealth of support materials in video format from The Joseph Communications, The Higher Consciousness Living Course, The World Meditation Alliance and more. This is available to all our visitors.

Feel free to pop in for a browse along the shelves or stay a bit longer and make yourself at home reading the latest news and information from the World Meditation Alliance and Joseph Communications.



The Joseph Communications

“The books provide a constant source of wonder, hope, inspiration, comfort and learning – giving me the energy to tackle this exhausting feeling of walking through treacle.”



“Joseph is the only one giving people the answers to change the world – and themselves in the process of course!”

For more information about The Joseph Communications, visit the website at www.thejosephcommunications.com or visit the Gift Shop and pick up a leaflet.



We are extremely proud and honoured to be home to The Joseph Communications – an angelic message expressed through a series of eight books which have brought insight, clarity and deeper understanding into the lives of those who have read or listened to them. These books were not written in the traditional manner but were psychically channelled by trance medium Michael G. Reccia.

Joseph is a highly evolved spirit guide who communicates via Michael, giving the world an amazing insight into the workings of the Spiritual World and the true nature and vast potential of this one. The Sanctuary is very much aligned with the teachings of Joseph and it is a privilege to have Michael G. Reccia on board as a trustee.

The books can be purchased as paperback, audiobook or ebook on The Joseph Communications website at:
www.thejosephcommunications.co.uk

Books can also be purchased at The Sanctuary gift shop and The Sanctuary website.

- REVELATION
- ILLUMINATION
- YOUR LIFE AFTER DEATH
- THE FALL
- TRANCE MISSION
- FROM HERE TO INFINITY
- MANY VOICES, ONE MISSION
- THE SPACES BETWEEN





'Just a few words to say... A sincere thank you for the most 'Powerful You' day. It was very informative with enlightening meditations and a chance for us to share our thoughts and discussions together in a serene environment with sunshine and delicious food... Does it get any better? If I'm honest, I personally always feel a little sad when we leave The Sanctuary of Healing, yet I know we are always connected.'

Karin & Rob



The World Meditation Alliance

'Be the change you want to see in the world'

The World Meditation Alliance is a global network of caring, like-minded individuals dedicated to positively influencing the direction of the world and humanity.

By meditating together with a unified intention, the WMA aims to raise the world's vibration. Our intentions, Angelic in origin, are delivered through Michael G. Reccia, known for the Joseph Communications. They are perfect for everyone and everything.

The meditations are fully guided by our team of trained meditators and last for a maximum of 45 minutes. We have a group based in the UK, the USA and Australia and we connect across the globe at specific times throughout the week-via zoom or in a circle at The Sanctuary.



We believe that the future lies in our hands and that we must act NOW. By meditating together, we seek to re-introduce states of harmony and higher consciousness and by doing so we aim to raise the vibration of Earth and all humanity.

We also have a weekly drop-in session where you can meet like-minded people, ask questions or find out more about the work of the WMA and the Joseph Communications.

Please join us in our weekly meditations by contacting reception or sign up at www.worldmeditationalliance.org



• MEDITATING AS ONE, FOR EVERYONE •



'I absolutely Love coming to The Sanctuary of Healing... It's my spiritual home... so full of Love and warmth. The 'Powerful You' day with Michael was truly magical and uplifting and really put the challenges of Life into perspective. It filled me with Love and joy and strength. I'm so happy I joined the World Meditation Alliance. This is what Lead me to this absolutely beautiful day... So grateful. '

Louise Papamichael



Opening Times

The Sanctuary of Healing
Tuesday to Friday: 09:00 – 17:00

The Sanctuary Café
Tuesday to Friday: 09:30 – 15:30



Directions

If approaching from the M6, leave at junction 31 and head towards A59 Clitheroe. If approaching via M65, leave at junction 6 and head towards Clitheroe and A59.

The Sanctuary of Healing is situated just off the A59 at Langho. Whilst travelling on the A59 in the direction from Preston towards Clitheroe on Longsight Road, you turn right at Longsight Nurseries (left if approaching from Clitheroe heading towards Preston) onto The Ryddings and take first right onto The Dales and right again at The Sanctuary sign leading to the large car park on the left.

Disabled Parking is right around the front of the building giving easier access to the building.



Scan the QR
Code on your
phone to visit
our website

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Blackburn BB6 8AF

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