



**THE HERMITAGE DEVELOPMENT CENTRE
PROSPECTUS
1-2-1 PERSONALISED MENTORSHIP PROGRAMME**

Dear Seeker After Truth,

Thank you for finding us, or perhaps it would be better for us to give thanks on finding you. To embark on a **1-2-1 Personalised Mentorship Programme** with us is a life changing endeavour, so please take a moment to reflect upon what you might achieve.

Would you like the opportunity to become more aware and awake?
Do you desire the strength that comes from knowing *who you are* and *what you are for*?
Do you want to build a positive lifestyle based on integrity, a kind heart, an open mind and a clear conscience?
Do you want to be part of an authentic community where your principles and values are respected?
Do you seek peace of mind?

The Hermitage teaches you how to understand the threads of cause and effect, both in your life and the lives of those around you, and then coaches you on how to set these matters straight. We guide you toward knowledge of, and proficiency with, the mysteries of life - the invisible, the overlooked, the unusual. We show you how to take a balanced approach to all forms of spirituality, mysticism and magic.

No one can really *tell* you these secrets, but The Hermitage can show you where to look, enable you, support you and encourage you to discover them for yourself.

To see, and then harness, the invisible currents that interweave through life, to recognise *exactly how* all things affect each other - health, happiness, wealth, experience, knowledge - is an achievable goal. Free yourself from the hassle of external circumstances and limitations so you can embrace your true essence.

To study with The Hermitage is to train for life. You will be imbued with the common sense and the tools with which to attain mental clarity, poise and inner strength. Imagine your health improving, your skin glowing and your eyes sparkling. All this, and a great deal more, is possible.

I look forward to hearing from you.



Richard Abbot
Principal

“Since time immemorial, men have sought answers to questions, any questions which they felt strengthened them. Occasionally I had influence but most men’s drives were for more outside of themselves, while most women’s desires were for greater inside of themselves. This has now shifted and all humans now seek a greater Inner World and a wider, richer inner experience.” Hermes.

“Whatever you are interested in, you will be good at.” Arthur Norris.



HOW IT ALL STARTED



Arthur H. Norris
CONSULTANT FOR TAROT, PSYCHIC
HEALING & OTHER MYSTIC ARTS

Arthur H. Norris was born in West Sussex and he has travelled extensively since, gathering knowledge in many strange areas of the world.

He has practised as an Occultist for thirty years, specialising in Tarot, Numerology and Healing, but in recent years his reputation has grown and he has regularly been seen and heard in the media.

Mr. Norris works from a home base in Scunthorpe, serving Yorkshire, Humberside and Lincolnshire, where he has a clinic for the treatment of such painful disorders as sciatica, neuralgia and shingles. He also runs a School of Tarot and Numerology and his one day courses are attended by pupils from all over the U.K.

Above – extract from a flyer from the mid-1990's

Arthur Norris was born in West Sussex in 1933 and travelled extensively during his life, gaining knowledge in many strange areas of the world. He practised as an Occultist for some 55 years and expanded the scope of disciplines such as Numerology, Tarot and Healing into previously unknown areas.

The Hermitage Psychic Development Centre (as it was then known) was founded in 1983 by Arthur Norris and Pat Warrington and over the following 27 years drew tens of thousands of people from across the world to its doors.

After a brief pause following Arthur's death in 2010, the work of The Hermitage continues with the blessing of Pat Warrington, under the direction of Richard Abbot.

The current location is in the East Northamptonshire countryside, close to the site of one of England's oldest Iron Age hillforts and at the location, around 790AD, of the Parliament of the First King of England, Offa. This location is important as the arts and sciences we teach are of a pre-Wiccan, pre-New Age lineage.

THE HERMITAGE CREED by Arthur Norris

It is thought by many (where thought is given) that development of a psychical, spiritual or alternative nature should come pretty easily. Join a church, a religion or a development group, think a few pure thoughts, spend some time contemplating the navel, send love and light to a few people and you are well on your way. Being a little woolly, idealistic and above all unrealistic is also beneficial.

All wrong, wrong, wrong.

The first stage should be spent finding your identity, discovering who you are and the purpose of your life. Without the strongest possible knowledge of self, little satisfactory progress will be made. To reach for the stars, a strong and secure launching platform must be built. Knowing yourself provides this. Along the way to your identity a greater knowledge of self, a greater knowledge of the life around you is also essential. This is why Numerology and related subjects are taught, providing the essential, stable foundations.

You must establish a foundation before you reach for the stars.

The Tarot is then introduced, which when practised, allows the students intuition to develop with great speed. Alternative therapies are then examined, providing the necessary steps toward genuine psychic healing - a rare talent indeed. Universal laws and priorities of life are taught, providing the student with a deeper and wider understanding of the Universe and paving the way toward the greatest prize of all - wisdom.

By now the student finds that they can be of great help to all those around them with their new insights and knowledge. From these building blocks little known meditation techniques are gradually introduced, producing a person whose life fills with a beauty and joy never before known.

Self-development of this kind is a cumulative process and cannot be shortcut in any way. All the pieces of the puzzle are needed. This kind of work, sooner or later involves a surrender to God, the Universe, Source, or whatever you want to call it. Put slightly differently, sooner or later the study requires that you accept who you are and what you are here to do, as well as accepting the way that the world is.

Psychic and spiritual development, by itself, always leads to a lack of balance and explorers are mocked and marginalised due to their unrealism. Any kind of development must begin with fundamentals – an understanding of life, of self and of others.

THE CORE PROGRAMME by Richard Abbot

First - Stable Foundations & Knowledge:

Numerology - The Four Cores and The Four Roads, who you are, your personality, your character, your compatibility, your skills, your talents. The purpose of your life.

Tarot - Harnessing the power of today. Future projection and planning. Development of intuition and management of sensitivities. Going with the flow, recognising changing times. First steps at Inner Guidance.

Breath - Transformation of posture, skin and muscle tone, regulation of appetite, connection to Inner Guidance.

Meditation - Visualisation, journeying, deep relaxation. Archetypes. Past lives. The Inner World.

The Elements & Sacred Geometry – Understand and connect with the world of perfect forms.

Connections to other disciplines – I Ching, Chakras, Reiki, Yoga, Crystals and much more.

Second - Inner Journeys, Deep Work & Understanding:

Once foundations are clearly set and mastered then you can proceed to the juicy stuff - working effectively and clearly with Inner Guides (as different to 'Spirit Guides'), mastering breath and meditation work, unfolding deep relaxation techniques, healing, protection, astral travel, and the sacred art of making things happen. Progress at this level cannot be sustained without studying Stable Foundations first.

Healing - Aromatherapy and relaxation. Arpedio. The Norris Touch Method. Drawing Down the Power.

Pendulum - Vibration and flow in action. Dowsing and directional influence. Taking control of the Pendulum.

All the while - ongoing questions and answers:

Life lessons will always be present. As you journey about the daily business of your life you are welcome to keep in contact. Emails/texts back and forth are part of the study. You will be set tasks, things to experience and try out. This will be ongoing at a pace that suits your life, depending upon what life serves you up and what is necessary for you to learn.

Those who are able to conduct their sessions here in East Northamptonshire (as opposed to on Skype) also get the benefit of access to a library of well over 800 books on all mystical topics, including rare, specialist and out of print works, as well as old audio recordings and other incredible resources. Some of these can be borrowed, others simply perused as they are too valuable to leave the premises.

“Development - making the impossible possible, through increased knowledge and awareness.”

QUESTIONS & ANSWERS

How can I be certain this is right for me?

You must balance two contradictory factors. First - interest always reveals ability. If this subject intrigues you, stimulates you or enlivens in any way at all then you can be sure that you *will* be able to do it. Second - sensitivity walks hand in hand with apprehension. The more sensitive the student - physically, emotionally and mentally - then the more reassurance they will seek before making a decision. The student should also realise that this sensitivity, which in daily life can be hard to manage, actually comes into its own in this field of endeavour. The more nagging reasons there are *not* to pursue this then the more valuable it will be for you.

Are the courses conducted in English?

Currently yes. You should be fluent in English.

Where will this take me?

Your ultimate aim is to form a sustainable, collaborative partnership with The Universe, and your primary tool for this is to *be present*. This is harder than it seems, so to achieve union with the Cosmos you will be taught a discipline, a practice, a body of effective and reliable techniques that develop and maintain your presence. Remarkable things may then occur.

How should I prepare for study at The Hermitage?

The only true requirement is openness. Prior learning and experiences will always colour our approach to new things, but despite this you should be as open as you possibly can in order to attain maximum benefit. Alternative study during your time with us will be counterproductive. Save it for afterwards.

Reliability is the golden key to progress. There is no room for flakiness on this path, and even if well-hidden these teachings will soon expose it. This work is strictly for those want to move forward in life, improve their game, their work, their attention, their skills and their health. You have to really want these things. This is no place for those in recovery, although it can at the same time be a place of sustenance. Be guided on which side of the line you inhabit. Time, commitment and determination are required.

How much time?

Initially you must be able to devote at least 20-30 minutes every day to meditation. Dedicated students should aim to increase this to 1 hour daily after 4-6 months. Additionally, there will be a requirement for 2-3 hours per week actual study - watching videos, listening to audio, completing assignments, joining in the Skype calls. This is the minimum requirement, but if you are available for more intensive and concentrated work then all the better. Your progress will be in direct proportion to your commitment.

What's the catch?

None, although all should know that The Hermitage has a zero-tolerance policy for whiners, complainers, anyone who is negative or toxic, know it alls, fantasists or anyone who blames the economy, their family, The Illuminati or any external circumstances for their lack of progress. The first step to leading a magical life is to transcend all these barriers.

What's my commitment?

For mentorship - 3 months commitment, payable by direct debit or bank transfer monthly. After this you are free to continue the programme on a month by month basis, payable in advance. We consider that three months is the perfect length of time to really immerse and digest the work. If this is too much, then we suggest you consider a day workshop, a weekend intensive or a retreat as an option.

HOUSE RULES

Studying with The Hermitage is demanding. Good physical and mental health is necessary, and the use of illegal drugs, alcohol and/or prescribed medication is an iron bar to a student's progress. That said, it is not possible to 'fail' here and there are no mistakes except one - the failure to learn from a mistake.

Freedom from the demons of *like/dislike* and *agree/disagree* are our first major goals. Throughout life you will meet some people who you will like, and others who you will not. Some will even irritate you. There is no blame, for you will also be irritating them. We must act toward others with goodwill and courtesy. If this is not possible we must simply be polite.

Some of the knowledge you will gain will not sit perfectly at first. Again, there is no blame. If you knew the answers you wouldn't be a student, so we encourage you to engage with contrary, difficult and challenging views, and then to take ownership of them when the time is right. You will never be asked to passively accept any idea presented to you. Rather you are encouraged to test ideas that you find surprising, to establish their truth and value for yourself. Healthy scepticism + goodwill and curiosity is a powerful brew. The rule is to try, do and then move forward. The closed mind and fearful heart must be overcome. Your course of study with us takes as long as it takes; it may be continuous over years or intermittent between months. It certainly cannot all be digested in a weekend.

If we consider that any person's continual participation as detrimental then they may be asked to leave. Tantrums and tiaras will fit poorly here.

"The more you learn the better life gets. No exceptions."

THE INVESTMENT IN YOUR FUTURE

The teachings of The Hermitage represent an uncommon level of excellence in the field. Put differently, there really is nothing else quite like it available, anywhere. References to this effect are available on request. We offer two levels of 1-2-1 mentorship, depending on your resources.

Excelsior - Daily practise. Weekly assignments, fortnightly classes by Skype or face to face. Unlimited email/text/phone support. Materials to be purchased include The Works of Arthur Norris Volume One and Finding Your Guide CD or download. £175.00/month (minimum 3 month sign up).

Lite - Weekly assignments, monthly classes by Skype or face to face. 1 email query a week. Materials to be purchased include The Works of Arthur Norris Volume One and Finding Your Guide CD or download. £90.00/month (minimum 3 month sign up).

There will also be a schedule of day workshops, weekend intensives and retreats available for those who cannot make ongoing commitments. These will run outside of the mentorship programme as stand-alone activities.

Interested? I hope so. Please get in touch without commitment.

Call on 01933 652445 or 07796 307170. Email answers@yourwayforward.co.uk
Skype as richard_abbot.

*"Our current situation has been created by our previous decisions and choices.
Who is really to blame? Who can change it?"*