



*The Erasmus Foundation*  
*Catalogue*

*Mind Body & Spirit*



The Erasmus Foundation was established by Lady Paddina and Gordon Cole in 1972, when spirit first started using Paddina as a channel to talk through and give lectures. In those early days Paddina's main spiritual tutorial guide was Ruscora, who during his life on Earth, was better known to us as the Dutch philosopher and humanist, Desiderius Erasmus. The lectures and discussions were given

to answer many questions about "life after death, where we come from, why we are here and the purpose of life". Many of these talks, given by Erasmus and other spiritual tutors over the years, gave a great deal of knowledge about the structure of man, his history, his true inheritance and answered many of the questions of life.

All of our books are transcriptions from recordings of lectures and seminars made since the late 1970s, which continue today.

## Ruscora Publishing

The Erasmus Foundation

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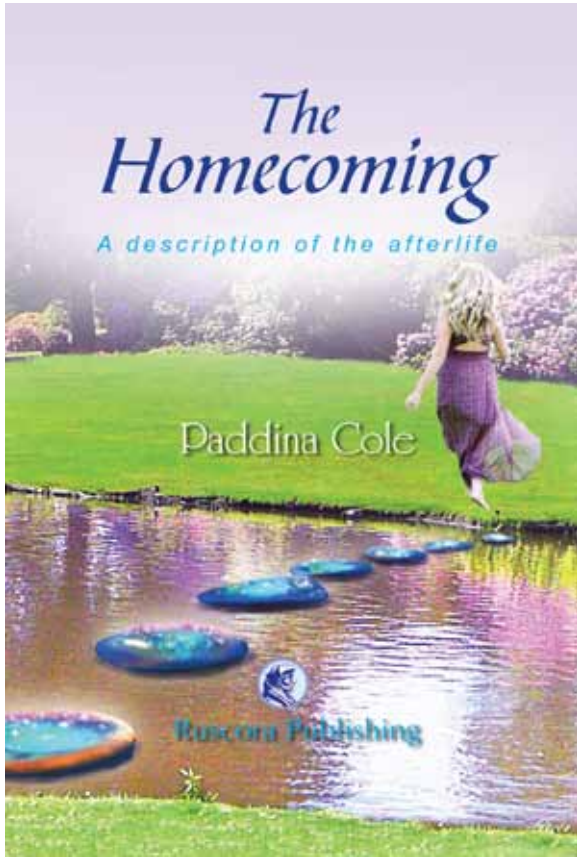
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The process of dying is frightening to many and not always understood. *The Homecoming* endeavours to explain a little to help us all understand why we are here and what happens after death.

The chapters in this book are taken from lectures given by Spirit to explain a little about where we come from, where we return to after death of the Earth and the process of returning

Home. There is also further information about the planes of Home and what happens when we choose to come into life here on the Earth.

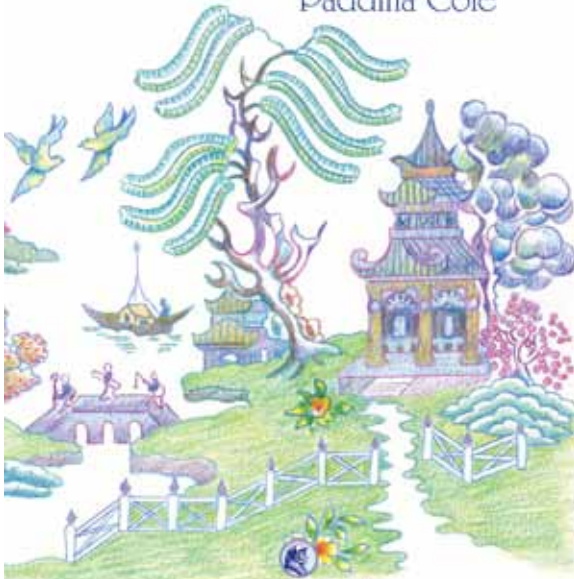
# “The Homecoming”

Hardback 256pp 234x156mm £21.00

ISBN 9780954906757

## *The Erasmus Foundation Guide to Meditation*

Paddina Cole



Ruscora Publishing

The book offers the beginner, as well as the experienced practitioner, advice on methods and examples to follow in a person's daily routine of meditation. The many chapters of different visualisations can be used to read out in a group meditation class or simply memorised to help the individual transcend into a deep state of meditation. The book also includes an explanation about the difference between

the brain and the mind to help clarify our understanding of thought processes.

# “The Erasmus Foundation Guide to Meditation”

Hardback 256pp 234x156mm £21.00

ISBN 9780954906764

*The Erasmus Foundation  
Exponent of Mental Disorders*

Paddina Cole



Ruscora Publishing

The Erasmus Foundation Exponent of Mental Disorders identifies many mental illnesses and offers to explain their condition as determined from a spiritual viewpoint. The book explains the importance of recognising the difference between the mind and brain and by this understanding helps to explain some of these disorders.

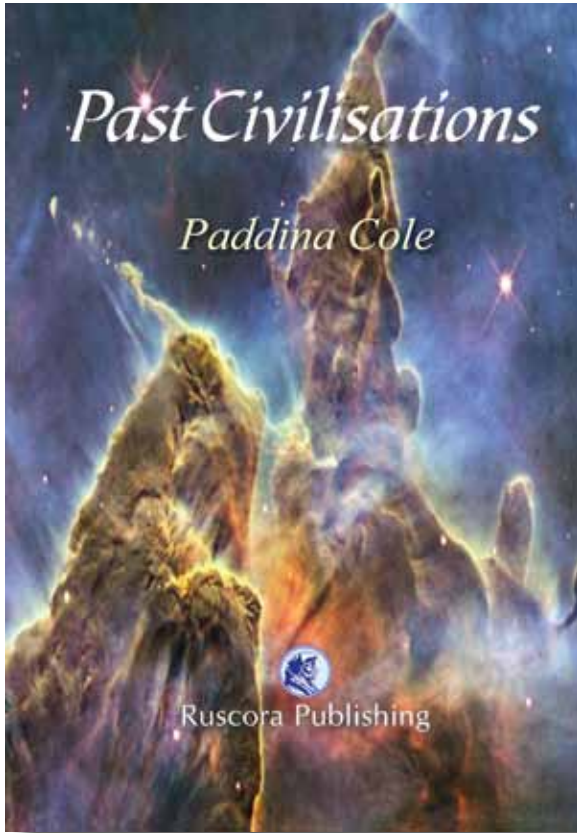
**Available December 2019**

# “The Erasmus Foundation Exponent of Mental Disorders”

Hardback 256pp 234x156mm £21.00

ISBN 9780954906771





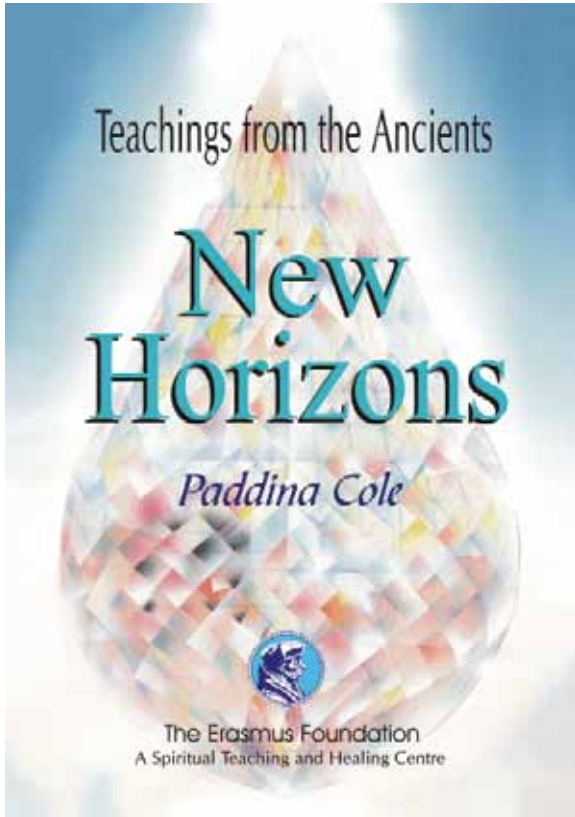
The history of our world started with the First Civilisation about 90 million years ago, far beyond the accepted age of Man, but historians are moving the development of Man increasingly as new archeological discoveries are being made all the time. Eventually, as truth is the daughter of time, Mankind will become to know more about his true inheritance.

**Available August 2020**

# “Past Civilisations”

Hardback 256pp 234x156mm £21.00

ISBN 9780954906740



The first of a 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.

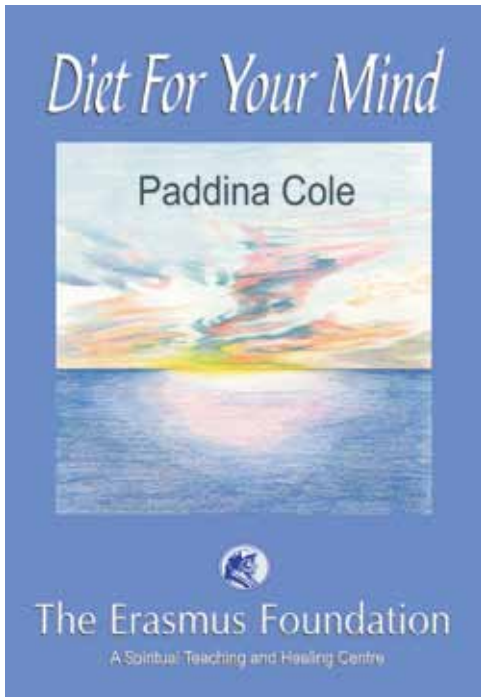
*“It was in the early 1970s that Spirit first used Paddina as a deep-trance medium. Since then, her main spiritual guide, the one who in life was the Dutch humanist, Desiderius*

*Erasmus, has given hundreds of deeply profound lectures, describing life at Home within Spirit, and the difficulties mankind confronts on Earth today, as well as predictions for the future. This collection of lectures, addressed by Erasmus and others, provides an enormous wealth of knowledge, giving us the opportunity to come to a better understanding of ourselves and the world we live in.”*

## “New Horizons”

Hardback 248pp 223x148mm £13.99

ISBN 9780954906702



A booklet containing many words of wisdom and extracts from the Books of the Law related to us from Spirit. This book is full of sound advice, knowledge and enlightenment.

A comprehensive read for anyone searching for a good mind, body and soul book.

*“Whilst Man cannot see falsehood, it is because he is afraid of truth;  
Where Man cannot accept truth, it is because he is*

*afraid of falsehood;*

*Wherein we get the balance; and Man must learn to stand and take and give to bring the two to meaning and reason;  
In all Men there is falsehood and in all Men there is truth and in all Men is there courage;*

*So they must have the courage to take and accept truth and they must then give away falsehood so bringing everything into order because it is The Law.”*

## “Diet for your Mind”

Paperback 76pp 216x138mm £4.99

ISBN 9780954906719



# *The Eyes of Karras and other stories*

A collection of children's moral stories



Paddina Cole

This collection of illustrated 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.

“The Eyes of Karras” was made into an animated film and won best children’s film at the Nashville Film Festival in 2000

## “The Eyes of Karras and other stories”

Paperback 80pp 216x138mm £8.00

ISBN 9780954906733