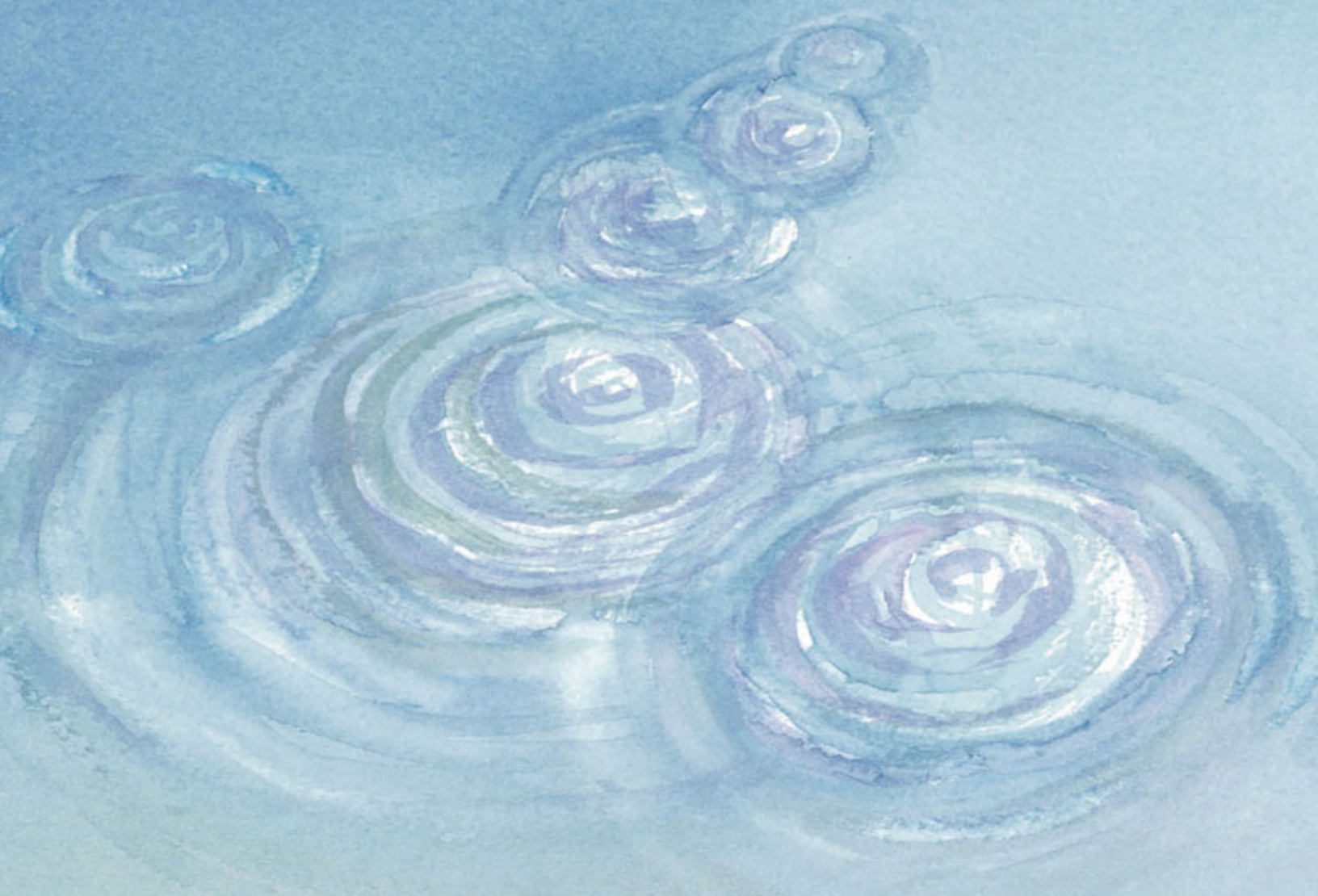


# Ripples on the Water

-Bob Moore's Spiritual Impulse

Edited by Annette Ikast



*This book is dedicated to Anni Moore with deep respect.*



*Bob Moore (Photo Chr.Helmle 1991)*



### ***Bob's prayer***

*"May the light that is within me  
be before me  
May I see that light in all  
May the sound that I utter  
Reveal the light within me  
May I listen to it while others speak"*

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Thank you!

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# **Preface**

## **A Tribute to the Memory of Bob Moore**

Healer, Teacher, Humanist, Philosopher some may even call him Guru but at the heart of whatever title, you would give him he was still a man a husband a grandfather, but not least my father.

From my childhood I remember a father, a man like so many caught in their daily monotonous routine of work and daily chores and yet a man that could maintain his passion and drive in helping others during his spare time.

Growing up in Belfast in the seventies was a very difficult and dangerous period with political and religious sectarianism and violence, polarizing even the most liberal and moderate of people. Despite the situation, father continued along with his spiritual endeavors and universal principles.

In 1974, his ambitions to stop his professional career and focus solely on his healing and spiritual work helping others came finally when immigrating to Denmark, which became the catalyser, which seriously kick started fathers spiritual journey and life beyond religion.

I am so proud and happy to see time and time again the appreciation of so many people that have crossed my father's path during his and their journey through life. I sincerely hope that with this book once again my father will

be able to help others on their journey and quest through life.

Finally, I am so grateful to be able to make this small contribution to this tribute to the man, who was my father.

Bon Voyage father, we miss you but you will always be with us each day.

Your loving son  
Colin

At Psykisk Center in Forsythiavej in Ringkøbing, the following text hung in the course room:

“If there be richness in the heart,  
There will be beauty in the character.  
If there is beauty in the character  
There will be harmony in the home.  
If there is harmony in the home,  
There will be order in the nation  
When there is order in the nation,  
There will be peace in the world. “

*Unknown origin.*

# **Introduction**

## **Memoir and tribute to Bob Moore 1928-2008**

This book was inspired by a deep sense of gratitude – gratitude for having been recognized and for meeting the love that lives within us all. An immense thankfulness for having met a human being who was a living example of what we all carry in our potential. Everyone who contributed to this book expresses gratitude, a gift we receive every time we think of Bob Moore. Such gratitude seeks to be expressed, given back, and passed on. This collection of tributes attempts to put words to the impulse that came through Bob Moore that touched us all so deeply. It is, of course, impossible to capture this in words but we hope that perhaps it may be felt through the resonance from some of the ripples it created in the water, that continue to resonate and create more ripples.

The idea of letting students talk about their experience of Bob Moore came whilst waking one morning in 2014. I had received repeated requests to give a lecture about him to a small anthroposophically oriented association, Freedom Forum in Copenhagen. I was hesitant because how could I describe Bob? It couldn't just become a subjective account. Those of us who had known him and had experienced him would remember different things, and emphasize different aspects of his being, of his teaching, of what he said and did. We would each have our own understanding and experience of Bob and of what he meant to us.

Then I had the idea that collecting interviews from a number of people who had attended his courses might lead to a more nuanced impression of Bob, and of the importance he had for individuals.

I began to conduct the interviews. The lecture took place in November 2014, and after that I continued with the interviews. I interviewed a total of 15 people. Each time I sat with a student, and we started talking about Bob, a feeling of gratitude seemed to open up between us. It became apparent that there was a large reservoir of gratitude expressed towards Bob who had helped so many of us open up to our essence or recognise the contact to our qualities. Many people expressed joy in having the opportunity to talk about their experiences with Bob.

Then some years went by. The transcription of the interviews was, for an inexperienced person like myself, a slow business and so I decided not to do any more interviews. I wanted to give more people the opportunity to contribute, and also to include some more specific experiences so I invited different people to write a chapter based on their particular profession or relationship with Bob. Everyone wanted to contribute their tribute and I received each contribution with gratitude.

In this way a bouquet of flowers, of personal testimonies from various authors was created. I feel enriched and grateful to have been instrumental in bringing these contributions to the outside world. They bear witness to the enormous impact that Bob Moore has had on many people not only through his teaching but also through his way of being. Many more chapters could have been included. The group of people who contributed to the book crystallized from the people I knew or those I felt encouraged to contact and who then responded to my invitation. The majority of

Danish contributors to the book is due to my limited contact with students from other countries. I acknowledge that many more people could have added significant experiences about Bob Moore but I also had to put a limit to the number of pages in the book. I wish to point out that the texts express each individual author's own experience.

Bob Moore never published anything, so we don't have that kind of a source material. However some interviews with Bob exist and over the years, tape recordings from courses have been printed.

Several of Bob Moore's students have written books in which they have used and described what they learned from him, and in some cases he has supervised the authors. The books that I know Bob Moore has approved of or recommended are mentioned in the bibliography at the back of the book.

Bob Moore was extraordinarily important for the people who studied with him, and even for people who met him just once. There was nothing superficial about Bob, and a meeting with him went straight to the depths of your soul. I have known some people who after just one meeting with Bob Moore, refer to it as something very special and significant; for some people it even affected the direction their lives subsequently took. People felt seen and recognized in the core of their being.

As will become clear from the narratives included in this book, many people experienced an encounter with Bob as being full of warmth and love. Many will also recognize it when I say that he often had a twinkle in his eye and a warm humour, especially in teaching situations, where there could often be an atmosphere of deep seriousness and self-reflection on the part of his students who wanted to become

“better people”. At certain moments Bob would tell a joke that made everyone laugh heartily or he could give a person a feedback to a question that transformed heaviness into warm and redeeming laughter.

One of Bob Moore’s great qualities was his ability to break through the form aspect to the essence. He did not allow form to stand in the way of understanding; on the contrary, any restriction became an opportunity for expansion. That’s why he managed to reach so many people despite differences in faith, gender, cultural background, conviction and appearance, and he managed to show how to heal deep conflict within individuals and thus also between people.

Not only the development and well being of humanity was important to Bob Moore but also the well being of the Earth. Looking at the changes humanity and the planet face today, we all need hope, we need faith, and we need love. This book provides a perspective that points out that we each have the opportunity to find a common human ground, which comes from the understanding and experience that we are not separate from the whole. We’re all in it together, each with our own qualities and responsibility.

This book is made up of 28 chapters written by a selection of Bob Moore’s students and a preface written by his son Colin Moore. All the students had a long-term connection to the Psykisk Center, which was created as a setting for the work that Bob and his wife Anni did together, first in Resenbro and later in Ringkøbing. The questions that were used in the original interviews can be found in the final pages of the book. All chapters begin with a quotation from Bob Moore chosen or approved of by the author. I have chosen to use the Prayer of Light at the beginning of the book. It is made up of excerpts of a light invocation from A.



Bailey that Bob Moore often recommended and used on his courses.

Bob Moore's biography follows the introduction and is based on information from Bob's wife, Anni, his son, Colin, as well as students, kindly reviewed and approved of by both Anni and Colin Moore. There is also a chapter which is a transcript from a tape-recording of the course "Sound, Silence and Stillness", held in 1996, during which Bob talks about himself and his philosophy.

In the appendix is a description of a grounding exercise as well as a practice, that have both been used throughout Bob Moore's teaching and practice. Diagrams of the exercises as well as of the aura and chakra system are included.

The cover was painted by artist Luna Panduro.

May the book, in addition to being a tribute and an expression of the gratitude we all feel for Bob Moore, also help to demystify him and make him a human being – perhaps not an ordinary human being – but a human being.

Annette Ikast, July 2018/ revised June 2019

*Note from Marie Perret, proof reader of the translations into English:*

*It has been both a pleasure and a challenge to correct these texts. Some of the Danish contributors wrote almost perfect English; others wrote their own 'Danish English' that I have got used to hearing and enjoying over the many years that I visited Denmark to take part in Bob's workshops. In correcting these texts I have aimed to make the English correct and fluent and at the same time preserve the*

*author's individual and often charming way of expressing in English. That is the reason there is a distinctly 'Danish flavour' in some of the texts.*

# **Bob Moore's biography**

## **Annette Ikast**

Bob Moore was born on 19th August 1928 in Hillsborough, south of Belfast, in Northern Ireland. He was the eldest of nine children; one sibling died in infancy, another died aged 1½, so throughout Bob's childhood they were seven siblings. Next in line after Bob was his brother Stanley who became an engineer and moved to England when he grew up. Stanley died in an accident when he was 33, which hit his father very hard. Sisters Margaret and Alice moved to the United States and England respectively. There was another sister, Lene, and two brothers, one of whom Ramsey, became a police officer, and the youngest, George, called Billy, worked for Air Lingus, the Irish national airline in London.

Bob was named after his father, Robert Samuel, who was named after his father, who was named after his father before him – a tradition Bob broke when he called his son Colin.

Bob's upbringing in the Presbyterian family was strictly religious, with very restrictive rules of behaviour. You had to be seen to go to church, so Bob went both to church and to Sunday school. When he was preparing for confirmation he attended church four times a week. The family was originally from the working class and had done well.

Bob was a very shy and introverted child who was uncomfortable being with others, and instead immersed

himself in books and in his studies. Between the age of 5 and 16 he went to a private school in Lisburn, which ended with a graduation exam: "The School Certificate" a crucial exam that corresponds to the former Danish "Realeksamen", a lower secondary education. When he left school he was accepted for an apprenticeship with an electrician in Lisburn.

As teenagers Bob and his brother Stanley played table tennis in the Boy's Brigade and became champions in a Northern Irish Table Tennis tournament. Both were keen sportsmen, and when Bob was in his early 20's, they played both cricket in Lisburn and football in a local Belfast team (Linfield FC), where Bob won a trophy as the team's goalkeeper. Bob won more matches and more trophies. His son Colin remembers that during his childhood his father always had to watch the football on television on Sundays.

From the apprenticeship with the electrician, Bob worked his way up and went to college. He graduated with a degree in electrical engineering and at the age of 20 went to work for Bell and Hull, an electricity company in Belfast. He worked there for about four years after which at the age of 24 or 25, he got a management position in a company called Lennard's; after several years he was promoted to General Manager.

In the late 1960's the company - with Bob as General Manager - submitted a tender for several specific electronic tasks on the cruise ship Queen Elisabeth 2. Bob and his team won the bid, and as a result also a week's vacation in Spain. This was a very big deal!

According to his family, Bob had always been interested in helping others and had a vision that he would become a missionary and go out into the world. In order to become a

missionary, he had first to become a minister, and so he studied in the evenings for the ministry within the Presbyterian Church while he was a student and later on whilst he was working. During that time, as a 20-year-old, he found his mentor, who came to mean a lot to him.

Bob was also very interested in medical subjects like Homeopathy and Cell (Tissue) Salts. He was very thorough in everything he did, even during his childhood and youth. When he was interested in something, he investigated it thoroughly, and left nothing to chance.

Although Bob did not lack for anything in his childhood, the great poverty and the conflicts in Northern Ireland at that time made a big impression on him, and may have contributed to his need to help others.

Bob's father worked as an accountant. His paternal Grandmother Maggie owned a grocery store and she was the one who ruled the roost; this was common in Northern Ireland at that time. She convinced Bob's father to give up his job as an accountant and come into the family business. They also owned the neighbouring house on Hill Street.

Maggie was the family's Matriarch until she died aged 80 in 1939, the day before the Second World War broke out. Bob's parents had to take over the business, which as a result of the war, rationing, and the pervasive uncertainty, began to go downhill. People had no money, and it ended with the family having to sell some properties, and then finally sell the business and move to Belfast, where all of the children had already moved.

Bob's son Colin remembers his grandparents as being religious and dedicated Presbyterian loyalists. He believes that their dogmatism influenced Bob to seek a completely

different direction. Colin often stayed with his grandparents because Bob was busy with work and with the Spiritualist church in Belfast. His mother travelled extensively in England and Scotland as a clairvoyant, visiting Spiritualist churches there. He saw that his grandparents' religiosity was simply a backdrop for them, but their Protestant, patriotic and loyalist attitudes became prominent when the conflict in Northern Ireland began to intensify and approach civil war. Protestants were loyal to the Crown, and the Catholics to the Republic – and the polarization between the two faiths expressed itself violently in the working class.

## **The ways of energy**

Bob and his sister Margaret always talked, very positively, about their maternal Grandmother Selina as a person they could not have done without in their childhood. She was an important link and security for the children in a family where the parents worked a lot. Selina was a committed member of the Spiritualist Church.

When his beloved grandmother died in 1953 he sat next to an aunt with whom he was also very close at the funeral. She was a Spiritualist like his Grandmother Selina, and wanted to take Bob to séances. This was something that the church, which at the time was a very large part of his life, did not condone, but he eventually decided to take part.

At one of these séances a man told Bob something that became crucial to the direction his interests and studies subsequently took. The man told Bob that his recently departed grandmother had put a one-pound note in the Bible she had once given him. Bob was incredulous – how could someone else know this? Bob hadn't told anyone else about this secret; it was between him and his grandmother.

The man also told Bob several additional things about his family that no one had ever told him before. Bob then went to his parents to confirm the information; but as even they did not know about it, they investigated it. It was confirmed that what the man had told Bob was true. Bob was shaken and decided that he had to understand how this could happen.

It was the beginning of Bob's exploration of energy and spirituality.

Bob went to several séances with his aunt and began to feel that he himself had special abilities. At the meetings, participants sat in a circle, and anyone who had something to say would stand up and share it. Bob tried to intuit who would be the next person to stand and share, and it worked! He began to study this phenomenon more closely, comparing his observations with what he read in books about clairvoyance, clairsentience, and aura reading.

Bob said that as part of his investigation of energy he experimented with leaving his body whilst meditating and, for example, went into another room; but if, while doing that he would, for example, try to open a door, he would immediately return to his body.

As Bob's private study of energy continued to develop, he began to consider his relationship with the church. He was close to his ordination, and shared his reflections with his mentor, who gave him permission to take some extra months to get clear about what he wanted. Bob realized that he had to be true to his own experience, and therefore could no longer see himself as a minister within the boundaries of the Presbyterian Church – which could not accept the value of his experiences and observations.



Bob's mentor was very sorry that Bob wanted to leave the church, but he respected Bob's choice and wanted to give him his blessing. He asked Bob to follow him outside the church, where he gave him a personal blessing instead of the one he would have received had he been ordained in the church. Bob also received the minister's permission to pass the blessing on to others, which he did.

After leaving the Presbyterian Church, Bob felt completely naked. In the past, he had always been able to refer to the authority of the Bible and now there was no longer an authority. In his quest for his own point of view, he found inspiration in a book by Leslie D. Weatherhead, a controversial minister in the Methodist Church, who incorporated into Christianity elements from other religions and from Spiritualism. In 1957 Weatherhead gave a lecture on "The case for Reincarnation", a theme he also covered in books like "A Christian Agnostic" and "Life Begins at Death".

Whilst Bob was working as an electrical engineer, he had an electrical accident. He became blind, and was told that he would most likely never see again. But Bob began to do special exercises to strengthen the eyes and although part of the optic nerve was damaged he did regain his sight. He continued to do those exercises throughout his life. According to Anette Nielsen, who was his doctor until he died, he must have compensated for the lack of vision by using night vision, giving him an excellent tool for seeing auras.

Bob continued to develop his interest in the human energy system and how one can work with oneself. He attended lectures, and also had the opportunity to attend meetings in a Masonic lodge to study the Freemasonry's work with esoteric laws.

Bob told a story that, as a young engineer, he once met an unfamiliar man in a black suit. This man gave Bob a letter and disappeared. Bob opened the letter and found the address of a man in London. Following his intuition Bob wrote him a letter.

The man turned out to be the spiritual teacher, Horace Leaf, with whom Bob corresponded regarding spirituality and energy over the course of three years. Bob was given various meditation exercises that he was told to do in order to reach a deeper understanding of himself and of the connection between the body and energy.

After three years, the time came for the two to meet and so Bob went off to meet his teacher for the first time at his address in London. When he arrived, he was told that Horace Leaf had just died – that same day.

Horace Leaf was recognized for his ability to see energy and he helped people with healing and personal development. Horace Leaf was certainly one of the sources of Bob Moore's meditative exercises.

In a similar vein, Bob met a man from India, who for three months taught him about energy and Taoist philosophy. This teacher also knew Krishnamurti, whom Bob later often referred to as a major source of inspiration. When Krishnamurti died in 1986, Bob was very moved.



*Cecily, Colin and Bob (Colin Collection)*

## **Family**

In the mid 1950s Bob met his future wife, Cecily, at an event, perhaps in the Spiritualist movement. Cecily came from a mixed Protestant and Catholic family, which initially presented some challenges for the two families.

Bob was 10 years older than Cecily, who was born in October 1938. The couple married in 1957. After the wedding, they lived in a small apartment in Hollywood, a provincial town west of Belfast near the estuary and while they lived there, their son Colin was born on May 19, 1958.

While Colin was a baby, his mother became ill and was operated on for gallstones, so Bob had the task of caring for both his child and working. Bob's sister Margaret stepped in to help. She had just had twins so she felt that one baby more or less did not make a difference. Colin lived with Margaret for 3-4 weeks until Cecily came home. Throughout this period, Bob came to visit him every day after work.

After a few years, in 1961, Bob and Cecily rented a townhouse in a residential complex until they bought a house on Gallwally Avenue in Belfast in the spring of 1964. Colin was 6 years old when they moved and to him it was a wonderful place to grow up: there was view of a bird sanctuary from the house, and at the end of the road there was access to a large forested area.

## **Stanstead Hall and leaving Northern Ireland**

Bob continued to be connected to the Spiritualist movement, which was fairly widespread in Great Britain. At some point, he was invited to give a lecture on the Etheric Body by the people who led the highly regarded Stanstead Hall, "College for the Advancement of Psychic Science," located between London and Cambridge. This was a large old country house, originally owned by Lord Arthur Findlay and donated by him for the education and qualification of mediums. After the lecture, Bob was highly praised for his unusual insight into the subject, by one of the most eminent experts on the etheric body within the Theosophical movement.

Every summer from 1969, until and including the first few years after they moved to Denmark in 1974, Bob and Cecily travelled to Stanstead Hall to hold courses for one to two weeks. There were also Danish course participants, and the

message spread, so that a large group of Danes gradually formed around Bob and Cecily. They eventually persuaded Bob and Cecily to come to Denmark and hold courses there.

At the same time, the situation in Belfast in the 1970's deteriorated very much. In 1972, the 14-year-old Colin was snatched by terrorists on the street, and was only saved from being killed because the military police happened to come driving down the main street. The police drove him home and Bob and Cecily were deeply shocked by the incident. They became increasingly afraid of what might happen to their son if they stayed in Northern Ireland and decided they had to leave the country.

Colin says that he was a bit extreme in his youth; he had dyed his hair, and wore an earring. Although Bob thought that the earring was a bit over the top, Colin always felt he was allowed to develop in his own way. Cecily was a little more tolerant of his ways of expressing himself than Bob was; throughout Colin's childhood he was the natural authority figure.

One month after the violent encounter with the terrorists, the whole family went to Stanstead, where Bob and Cecily were to teach. A Danish couple, Ole and Kirsten Borch, who often came to Stanstead and had become good friends of Bob and Cecily, invited Colin to come to Denmark with them for a holiday. Colin arrived in 1972, and started school in August. But as the situation continued to worsen in Northern Ireland, Colin remained in Denmark until April 1973, when the troubles had subsided. He returned to Belfast to finish his schooling and take "O-levels," for which he needed to study for another 1½ years.

## **The move to Denmark**

Encouraged by the group of Danes who came to their courses and lectures at Stanstead Hall, the family moved to Denmark in 1974. An employee of a business in Lunderskov knew the couple and wanted to help them. There was plenty of empty space at the factory, so Bob and Cecily were allowed to store their furniture in a room there. The owner of the company also arranged to find a house for them and they settled in Bramdrupdam near Kolding. They also established a practice on Søndergade in Kolding, where Cecily was able to work with clairvoyance and Bob, at the start, with healing and lectures.

Since neither of them spoke Danish, they needed help to get settled and deal with the various formalities. The owner of the business asked his daughter-in-law, Anni, who worked in his office, to help Bob and Cecily with all of the practical matters associated with getting settled in a new country, starting up a business, contacting the authorities etc. Anni's first impression was that there was something strange about these people, and she wasn't too keen on her assignment – but she was persuaded to do it for a limited period of 3 months.

At the beginning, there was a problem getting a work permit, as Bob and Cecily's work was considered "quackery". For that reason, Bob was employed for a while in Anni's father-in-law's business, while a good friend, Ole Nielsen, dealt with getting him a work permit. Ole had read in the *Ugeskrift for Læger* (weekly magazine for doctors) that Denmark's membership in the EU meant a change in the rules for work permits for citizens from other EU countries. This change became effective in 1976 and Bob was then able to get a work permit.

Colin Moore told me that in 1976 the family went on holiday to Mallorca at a time when, after a few difficult years, his

parent's marriage was not going well. During the holiday Bob and Cecily took time to find out whether or not their relationship could continue.

It was then that Colin met Tony, an older Englishman, and spent time exploring Mallorca with him. Colin introduced Tony to his parents and he soon became a friend of the family. In 1977 Bob and Cecily got divorced; after the divorce Cecily and Colin moved into a house at the other end of Bramdrupdam.

Gradually a relationship developed between Cecily and Tony and in 1978 she moved to live with him in the South of England. Even after her move to England Cecily continued to visit Denmark and give sessions in Kolding.

Although Colin felt that the divorce ended up being the best thing for both his parents it was also difficult for him and for the next 3 to 4 years, he did not have much contact with his father. However as Colin grew older, things improved and he also became close to Anni. In the following years, the father-son relationship continued to get better and Colin experienced his father as a very good companion who eventually became a grandfather to his three children. Bob always showed great interest in Colin's activities and family, and even when Colin was stationed in Singapore in 2006, they talked together on the phone every Sunday.

## **Anni and Bob**

In the meantime, Anni, as Bob's secretary, had on-going, close contact with him, and began to notice him more. She says that Bob had a very special way of relating to people that she found very admirable. People came to him with all sorts of questions and problems, and he was always friendly



and welcoming to them, no matter how strange they may have seemed. Anni slowly began to open up to Bob about her own problems, and was awed by how accurately and deeply he could see and understand her.

After the agreed initial three months, Anni chose to continue working for Bob, and she accompanied him when he went out to give people healing. This deepened their connection, and, over time, Anni became increasingly interested in what Bob was doing and who he was.

Anni tells of a day when they were in the office, working, and suddenly they both started laughing. They laughed and laughed! For several days they could not look at each other without laughing! Even when they needed to answer the phone, the laughter bubbled up. People around them wondered what was going on. "Some of them were even offended!" said Anni. But Bob and Anni could not stop laughing. Perhaps the laughter was an expression of an opening between them, as soon afterwards, Bob and Anni found that the connection they had was much deeper than just their working relationship. Anni separated from her husband and in 1976 she and Bob moved to a small house in Silkeborg and continued their work from there. An increasing number of people from all over the world began to flock to them.

For several years, Bob and Anni held summer courses at Søtoftegård in Zealand, a folk high school led by Johannes Dragsdahl and later by his wife Tove Bech. Bob had started teaching courses there in 1975. According to Karen, the former housemother at Søtoftegård, he had come with Cecily for the first year or two. Tove Bech, who met Bob Moore for the first time when he held a healing and meditation course at Søtoftegård in 1978 or 1979, says: "There was always a full house for his courses. Bob Moore