

# **The Sundial House Group & The International Group for Creative Meditation**

**Registered Charity Number: 1158521**

## **Trustees' Annual Report and Financial Statements**

**for the period**

**1 January 2024    -    31 December 2024**

### **Contents:**

Organisational information  
Trustees' Annual Report  
Receipts & Payments account  
Statement of Assets & Liabilities  
Independent Examiner's report

Hastings Voluntary Action  
Jackson Hall  
Portland Place  
Hastings  
East Sussex  
TN34 1QN

## **Organisational information of the Sundial House Group & The International Group for Creative Meditation**

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2024

<b>Name of charity:</b>	The Sundial House Group & The International Group for Creative Meditation
<b>Principal Address:</b>	Poplars Cottage, Churchland Lane, Sedlescombe, Battle, East Sussex, TN33 0PF
<b>Registered charity number:</b>	1158521
<b>Governing document:</b>	CIO - Foundation Registered at Charity Commission on 10 Sep 2014, amended on 06 Jul 2021
<b>Trustees:</b>	Janet Derwent – Secretary & Chair Mayte Gómez Lorraine Flower – Treasurer
<b>Lead Co-Ordinator:</b>	Janet Derwent
<b>Bankers:</b>	HSBC, 100 High Street, Tonbridge, Kent, TN9 1AN
<b>Independent Examiner:</b>	Laura Dawson, Finance Manager HVA, Jackson Hall, Portland Place, Hastings, TN34 1QN

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2024**

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2024

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Constitution**

The Sundial House Group & The International Group for Creative Meditation became a Registered Charity on 10 September 2014. Its Registered Charity Number is 1158521

#### **Objects & Purpose**

The Sundial House Group & The International Group for Creative Meditation sets out to educate and train the general public and humankind in the use and application of creative meditation. The purpose of which is the promotion and protection of the good health of the general public by the provision of this information and training

The Sundial House Group & The International Group for Creative Meditation works to advance spiritual growth and a spiritual orientation in the world through education into the Laws and Principles of Everyday Living and the development of meditation training and associated ideas

#### **Public Benefit**

In writing their trustees report, the trustees have given due regard to the guidance of the charity Commission on public benefit.

#### **Members**

Members of The Sundial House Group are deemed to be those students and co-workers who are working with the creative meditation materials

#### **The Trustees**

The trustees who held office throughout the period are shown on the information page. Trustees are appointed to serve until such time as they choose to resign or retire.

#### **Review of Activities**

Sundial House's main programme – known as the International Group for Creative Meditation (IGCM) – is dedicated to the study of six Spiritual Laws and Principles. Eleven participants – divided into three email groups – practised Creative Meditation and studied the Laws and Principles throughout any given month, then wrote a monthly report read by all members of their own e-groups. Two of these e-groups have been functioning for many years. A team of two international co-workers have been in charge of responding to the reports and creating a group synthesis. This year the three Trustees created a third group, in which they take turns to write the synthesis. The five facilitators meet every two months for an Inter-Vision meeting.

Also every two months, the whole group has met online for a Transition Meditation. In December, there was a Re-dedication meeting.

Sundial House's second programme, the Training in Group Creative Meditation (TGCM) is a preliminary training offered to those wishing to join the group above. In 2024, ten students joined the programme. Each student received the support of a mentor, who is a member of the IGCM. Two trustees focalised this work, offering online meetings for students as well as Inter-Vision sessions for mentors. Further support for new mentors was offered in 2024, with the second year of a "Buddying" programme.

Sundial House has continued to offer monthly Full Moon creative meditation meetings. A psychological astrological approach is being adopted at this time as we review and discuss the journey undertaken by Hercules through the zodiacal pathway.

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2024**

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2024, Continued

Monthly Agni Yoga meetings have also been held. The three members of the Board and four other co-workers meet in order to share the readings from the Agni Yoga books, meditate together and share insights.

The administration of the correspondence training programme and all work undertaken by the Group complies with data protection requirements.

All meetings have been held in ZOOM, which is both economical and efficient. Working this way is cultivating a group consciousness and ensures the quality of the services being provided.

In relation to publications and administrative tasks: we initiated the conversion of old magnetic audio tapes onto USB resource. This took place from April to September 2024. During 2024, Sundial House continued with the production and sale of the Sundial House Publications, and introductory Creative Meditation Papers.

<b>Sundial House Workshops &amp; Online Events offered during 2024</b>
SDH Agni Yoga Group began meeting on the last Thursday of each month 25.01.2024
Bimonthly online Transition Meditation Meetings began 21.02.2024
New York Expedition - UN, Agni Yoga Museum, The Hill, 2025 Initiative 30.05-08.06.2024
SDH Workshop at Celebration of Roberto Assagioli's Work - Venice 20 - 24.10.2024
Preparation and Planning for an IGCM Online Mission Meeting began 21.10.2024
International Group for Creative Meditation Online Rededication Meeting 21.12.24

The group's main income is generated from the training courses and study events that have a recommended donation fee attached. Some bursaries are available for those needing support to take part in the correspondence courses.

### **International – Inter Group Activities**

Throughout 2024 bimonthly online discussion and meditation meetings of the IACM (International Association for Creative Meditation) continued to take place.

The Sundial House Group continues to work with Meditation Groups Inc., Meditation Mount, CA, USA and The Community of Living Ethics, Italy and other Creative Meditation Group Leaders in New Zealand, Brazil, Portugal, Spain and Germany.

The three members of the board travelled to Venice (Italy) from 24th to 27th October, to participate in the XV Psychosynthesis International Congress where they delivered a workshop on the Laws and Principles of the New Era

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2024**

The trustees of The Sundial House Group present its annual report and financial statements for the year ended 31st December 2024, Continued

### **SDH Strategy**

During 2024 the Trustees undertook significant work on its longer term plan which focused on the following:

- Preparation by the Trustees for the leadership of Sundial House Group in the future.
- Greater involvement of Co-workers to enable expansion and growth of the worldwide Creative Meditation work
- Deepening the collective group field to respond effectively to global changes affecting Humanity and the Planet.

This work included:

- A series of Trustee Retreats as well as a spiritual journey to New York to visit and meditate at the Nicolas Nicolas Roerich Museum and visit international groups affiliated with ours; Lucis Trust, 2025 Initiative, the Hill Centre.
- The planning for and launch of a series of 'Mission meetings' with Co-workers to engage them in the unfolding strategy and build engagement and support.
- Practical clearing and reorganising of the archives, books and storage of Sundial House materials.

### **Sundial House Office & Website**

The Sundial House Website [www.creativegroupmeditation.org](http://www.creativegroupmeditation.org) continues to be refreshed as new materials are uploaded for public sharing. The Ripplenet Web Designer Timothy Read continues to manage these adjustments on behalf of the group.

### **Stock of group materials**

A decision was made to keep 15-20 copies of our books in print, disposing of the remainder, and to start converting all texts to PDF. Four books were converted this year (2024): Jacob's Ladder, The 7 Rays of Energy, Meditation and Rhythm of the Year and the works of Djwhal Khul. This is the strategy being adopted for all remaining books.

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2024**

The trustees of The Sundial House Group present its annual report and financial statements for the year

### **Reserves**

At the Balance Sheet date The Sundial House Group had free reserves (i.e. excluding fixed assets and stock) amounting to £22,146.32. The trustees are satisfied that this is sufficient to meet the needs of The Sundial House Group for the forthcoming financial year.

### **Risk Assessment**

The trustees have identified and reviewed the risks both financial and non-financial to which The Sundial House Group might be exposed. They have taken steps to mitigate the impact of such risks.

### **Trustees' Responsibilities**

Laws applicable to non-profit making organisations in England and Wales requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the Trust's financial activities during the year and of its financial position at the end of the year. In preparing financial statements giving a true and fair view, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently.
- make judgements and estimates that are reasonable and prudent.
- state whether applicable Accounting Standards and Statements of Recommended Practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the Trust will continue in operation.

The trustees are responsible for keeping proper accounting records, which disclose, with reasonable accuracy, the financial position of the Trust, and which enable them to both ascertain the financial position of the Trust and ensure that the financial statements comply with relevant legislation. They are also responsible for safeguarding the assets of the Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees are satisfied that working with advice from the group Accountants they have achieved these requirements in principle.

This report was approved by the Board of Trustees on 5th September 2025



Janet A. Derwent  
**Secretary & Chairperson**

## The Sundial House Group & The international Group for Creative Meditation

### Receipts & Payment accounts

for the period

**01 January 2024** to **31 December 2024**

	Current Year			Previous Year
	Unrestricted	Restiricted	Total funds	Total
<b><u>Receipts</u></b>				
General Donations	-	430.00	430.00	587.00
Donations towards Running Cos	-	-	-	25.00
Misc Income	-	95.00	95.00	150.60
Interest	-	393.01	393.01	319.74
Courses	-	1,141.50	1,141.50	1,692.78
Books, Compilations,MP3 Reco	-	663.65	663.65	148.83
Sales & Sales Postage	-	331.34	331.34	137.94
<b>TOTAL RECEIPTS</b>	-	<b>3,054.50</b>	<b>3,054.50</b>	<b>3,061.89</b>
<b><u>Expenditure</u></b>				
Computer Costs	-	1,807.05	1,807.05	2,353.09
Retreat Provisions	-	-	-	71.10
Printing, Postage & Stationary	-	446.14	446.14	257.24
Publications	-	40.18	40.18	718.35
Accountancy	-	150.00	150.00	697.00
Other Professional Services	-	60.00	60.00	-
Repairs & Refurbishment	-	260.00	260.00	-
Equipment Hire	-	648.00	648.00	-
Workshop Expenses	-	-	-	516.30
Donation	-	341.00	341.00	259.78
Sundry Expenses	-	46.91	46.91	83.08
PayPal Expenses	-	58.36	58.36	60.76
Bank Charges	-	64.51	64.51	61.60
<b>TOTAL PAYMENTS</b>	-	<b>3,922.15</b>	<b>3,922.15</b>	<b>5,078.30</b>
<b>Net surplus/-deficit</b>	<b>0.00</b>	<b>-867.65</b>	<b>-867.65</b>	<b>-2,016.41</b>
<b>Movement in funds</b>	-	-	-	
<b>Fund balances b/f 1/1/24</b>		<b>23,013.97</b>	<b>23,013.97</b>	<b>25,030.38</b>
<b>Fund balances c/f 31/12/24</b>	-	<b>22,146.32</b>	<b>22,146.32</b>	<b>23,013.97</b>

## The Sundial House Group & The international Group for Creative Meditation

### Statement of Assets & Liabilities as at 31 December 2024

			2024	2023
<b><u>Investment Assets</u></b>				
Deposit Account			19,705.27	20,220.46
<b><u>Current assets</u></b>				
Current Account	@	31/12/24	1,193.35	2,091.73
PayPal Account	@	31/12/24	1,157.62	548.68
WISE Ltd	@	31/12/24	90.08	-
Accounts Receivable				173.50
Less uncashed cheques			<u>22,146.32</u>	<u>23,034.37</u>
<b><u>less Current liabilities</u></b>				
Accounts Payable			<u>22,146.32</u>	<u>20.40</u>
			<u><u>22,146.32</u></u>	<u><u>23,013.97</u></u>
<b><u>Represented by:</u></b>				
Accumulated Fund b/f			23,013.97	25,030.38
Surplus/deficit of receipts over payments			-867.65	-2,016.41
			<u><u>22,146.32</u></u>	<u><u>23,013.97</u></u>

Charity Law requires the Trustees to prepare financial statements for each financial year which comply with the regulations set out in the Charities Act 1993. The trustees have elected to take advantage of the provisions that apply to small charities and have prepared a Receipts and Payments account and Statement of Assets and Liabilities.

These financial statements are accepted on behalf of the charity by:

Signed Janet Derwent Dated 5th September 2025  
Janet Derwent, Secretary & chairperson

Signed Lorraine Flower Dated 5th September 2025  
Lorraine Flower, Treasurer



## **NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31ST DECEMBER 2024**

### **1. Receipts and Payments accounts**

Receipts and payments accounts are statements that summarise the movement of cash into and out of the organisation during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

### **2. Trustees' remuneration and benefits**

Trustees received no remuneration or benefits in this period

### **Trustees' expenses**

During the year there were no expenses paid to Trustees.

### **3. Previous period comparison**

The financial year end of the charity is 31st December 2024. The previous period's figures have been included for comparison.

### **4. Restricted fund**

These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

### **5. Utilities/Office Accommodation Costs**

The operational office costs (heating, lighting, telephone, broadband) are all covered by the Chair as a donation. This year that donation is estimated at £800 and represents expenses that would have to be covered by the Charity if it was located elsewhere than in the grounds of the Chair's residence.

**Independent Examiner's Report to the Committee of The Sundial House Group & The  
international Group for Creative Meditation**

I report on the accounts of The Sundial House Group & The international Group for Creative  
Meditation  
for the twelve month period ended 31st December 2024

**Respective responsibilities of committee & examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act), and that an independent examination is needed.

It is my responsibility:

- to examine the accounts under section 145 of the Charities Act
- to follow the procedures laid down in the General Directions given by the Charity
- to state whether particular matters have come to my attention

**Basis of independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the supporting documentation presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act
  - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



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Laura Dawson  
Finance Manager  
Hastings Voluntary Action  
Jackson Hall, Portland Place, Hastings, TN34 1QN

Dated: 9th September 2025