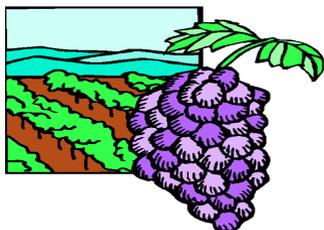


News & Views



***Registered Charity
No. 275081***



Autumn 2002

Issue No:- 24 £1.50p

THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

AFFILIATED TO THE BRITISH ALLIANCE OF HEALING ASSOCIATIONS

Registered Charity No. 275081

Patrons: Joan and Ray Branch
Life President: Ivan Kayes
Chairman: Steve Sharpe

Hon. Secretary &

Membership Secretary: Audrey Cane

*31, Hardwick Court, Hardwick Close, Marsh Lane, Stanmore HA7 4HJ
Telephone 020 8420 6446*

Hon. Treasurer:

Gerald Cane F.A.I.A

Hon. Auditors: Ross & Co. Chartered Accountants
17, Cecil Road, Southgate, London, N 14.

Committee for 2002/2003

Audrey Cane Gerald Cane Brian Copeland Margot Garcia

Brenda Peace Yetta Powell Maurice Powell

Steve Sharpe Sara Leslie Rita Vangelder

Honorary Committee Member for JASH North America Florence M. Horn

Editors of J.A.S.H. Newsletter - Yetta and Maurice Powell

45, Old Church Lane, Stanmore, Middlesex HA7 2RG

Telephone: 020 8954 0787

ROSH HASHANAH
רֵאשִׁית הַשָּׁנָה

Time once again seems to have rushed past us, for here we are welcoming in another New Year and Yetta and I take this opportunity to wish all our readers a happy new year.

In these trying times may tranquility, peace and health be accorded to all and may the work of healing go from strength to strength. May all who seek healing, always find help.

Maurice & Yetta Powell Editors

Chairmans Report August 2002

Welcome to the New Year edition of News and Views, your committee and I wish you all a Happy, Healthy and Prosperous 5763. This last year has seen many catastrophes and far too much warfare throughout the world, let us hope for a more peaceful future. I am sure all healers will do what they can to achieve this Utopia.

The UK Healers, currently representing approximately 18,000 healers, has been established by the major healing organisations to conform with the House of Lords Select Committee Report on Complementary and Alternative Medicine, advising the Healing Movement to follow a course of self regulation towards a minimum standard of good practice.

It is not an umbrella body, as all healing organisations remain autonomous but agree to abide by the UK Healers standards of good practice. So far, it has produced a good draft format covering **CONDUCT, TRAINING, HEALER MEMBER STATUS, ASSESSMENT, COMPLAINTS AND DISCIPLINARY PROCEDURE**, which are currently being reviewed by all the Organisations involved. The Prince of Wales's Foundation for Integrated Health (formally the Foundation for Integrated Medicine) is supporting UK Healers financially and by helping to find an independent Chair Person for the group, so that the public can have confidence that the standards are set to benefit them and not only be in the healers' interests. UK Healers aims to have all of the standards in place by the end of 2002. the latest information can be found on their website: www.ukhealers.info

I have been given to understand that the National Federation of Spiritual Healers has finally resolved its problems, favourably, with the Charity Commission. The Department of Health is soon to commence a research project into the fallibility of using some C.A.M. within the N.H.S. in the fight against Cancer, further details can be found on their website: <http://www.doh.gov.uk/research/what>

My request for YOUR views about a change of name has had limited response, YOUR OPINIONS DO COUNT, so please write to either Audrey or myself so that your Committee can be presented with some facts about how our membership feels about this issue.

Steve Sharpe.

OUR EVERLASTING ILLUSION

Your life is a mess, everything is going wrong for you, you are sick, you are absolutely depressed and very close to giving up. Someone has told you that you can't even help another person because you've not given yourself enough love. You are an empty sack and you feel that way because so many people have told you what the process is

You can help no - one until you've filled up your own tanks and reserve with oceans of energy and goodness. Loving yourself first is the answer. This is the greatest illusion.

The illusion always starts with the concept that your human mind is the real you, on the surface you say you believe many eternal truths but you live as if you only believe in your own physical body and what your conscious mind is doing in that body. That is the eternal illusion.

The reality began a long time ago, we are creations of God

whether we like the idea or not. Anyone who truly believes that they are empty shells and that their tanks are not full to overflowing have got it wrong, anyone with a part of God's mind in themselves, is so full of riches to give away, that the volume of those riches can't be quantified.

We are all that full.

Our problem is to get at what is in us, to get our conscious logical self to be in harmony with the real us. We are filled with wonderful knowledge, and filled with wonderful emotions we need to use every day to become the wonderful examples of the most beautiful illusion, ourselves.

Reprinted from 'Healing Hands'
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The Home Counties
Association of Spiritual Healers

In Memoriam

MICHAEL BRAHAM

It is with deep regret that we announce the passing of Michael Braham who has been a member of our Association for many years. He bravely coped with his disabilities and was always there to serve others as a healer. The Committee and members offer their condolences to his wife and family and wish them Long Life.

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Condolences

MAURICE GOLDSMITH

We would like to offer our sincere sympathy to Sheila Goldsmith on the loss of her dear husband Maurice and wish her and her family Long Life.

**“If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life the aching,**

**Or cool the pain
Or help one fainting robin
Into his nest again
I shall not live in vain.”**

EMILY DICKENSON.

The Healing Power of Gemstones & Crystals

Gemstones and Crystals are treasured for their beauty, rarity and durability and are considered to have healing properties.

The stone may be held, worn, carried or placed in ones environment.

Here are some of them.

AQUAMARINE (from aqua marina --- Latin for 'sea water'. Coloured bluey green , or green or blue).

It was the eighth foundation stone in the wall of the New Jerusalem. It was used to guard against injury during battle.

Known as the 'Serene One' and said to calm nerves and reduce fluid retention. It enhances clarity of mind and creative self expression and tolerance. Useful in the treatment of eyesight problems, swollen glands, liver trouble and toothache.

LAPIS LAZULI from the Arabic 'lazaward' = azure.

Revered as a royal stone in ancient Egypt. In Jewish History, it was probably the 'sapphire on the high priests' breast plate.

It is said to promote friendship and goodwill and enhance wisdom, inner vision and mental clarity. Known as the stone of truth and integrity it can help to overcome depression and enhance feelings of sincerity and self acceptance and success in friendships.

It is used in disorders of the throat, bone marrow, thymus and the immune system and can help to relieve insomnia and dizziness.

SAPPHIRE rich, deep blue. It is said to be the 'stone of kings' worn to protect them against harm and used in the breast plate of the ancient high priest.

Sapphire is said to help free one of unwanted thoughts, bringing joy and peace of mind making one more receptive to beauty and intuition. It has been used in the treatment of blood disorders, combating excessive bleeding and strengthening the walls of veins, the relief of insomnia and nervousness.

TURQUOISE pale blue, greenish blue or pale green opaque.

North American Indians valued it as a protective stone and a bestower of goodness and bringer of rain. It is considered by many to be a master healer, helping in the absorption of nutrients, strengthening the entire anatomy and stimulating tissue regeneration. It is particularly good for the throat and lungs and because of its high copper content is a conductor of healing and good for rheumatism and arthritis. It is believed to enhance creative expression, peace of mind, communication, friendship and loyalty.

More about Crystals and Gemstones in our next issue --- Y. Powell. Co - Editor.

Let's hear from you

We would like to hear from probationers who are in the process of training to become full healer members of JASH Here are two of them.

*For many years of trouble
With my back and then my bladder
You couldn't find a person that was feeling any
Sadder.*

*From doctors and to osteopaths
I would regularly travel
Then off to the urologist
For my problem to unravel*

*Health shops to herbalist I was looking for a cure,
Homeopaths and acupuncture
would cure me I was sure.*

*Then I saw an advert And my spirits hit the ceiling
I would go to Glebe Rd Hall
And get some hands on healing.*

*Some times I went to heal my bladder
And some times for my back.
The healers there were oh so kind
So I kept on going back.
One day while given healing
And feeling most relaxed
And as Jo's hands scanned over me
My mind sent God a fax*

*I said, "Give Jo more energy
To flow from her to me ".
When I told Jo what I'd done
She said "YOU!! Could a healer be!!"
Why she said it I don't know??
But training I am given
God must have had a plan for me
To b e a healer now I'm driven.*

Shirley Stockman JASH Probationer.

Probationer Experiences Continued next page.

Before Now Afterwards.

I've lived as a carer for 23 years to the same person who suffered from severe depression. Before this I was a canine beautician.

While caring for Joanna two years ago I fell and broke a bone in my foot and twisted my ankle very badly and had to walk with a stick. Then, while I was walking in Stanmore High Street I saw a notice '**Spiritual Healing --- Glebe Hall**'. I thought why not, I will try it. That was the day that changed my life.

In Glebe hall I received such unconditional love and when the healing took place it made my foot feel so much better that I was able to throw away my stick and walk naturally.

As I was about to leave Glebe Hall a man said, "Had I ever thought of becoming a Spiritual Healer".

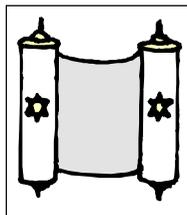
I replied, "No", as I thought you could not learn something of this nature. As it is gift from God.

A lady, who I had never met before, gave me spiritual healing and the man, who was also a healer, gave me a number to phone and this is how it all happened. I am now in my 10th session of learning to be a spiritual healer and I love it. I find it is me! I already care for a number of people and animals and I would love to be a healer of animals as I have a special gift in this direction. But also I do get on with people.

Sharon Sanders - JASH Probationer.



Every blade of grass has its
Angel that bends over it
And whispers "Grow grow."



???? Have You something to relate ????

We would like to hear from healers on how they came into healing and of their experiences.

Here to begin this series is --the account of Ruth Green, a well known healer member of JASH.

First, what is healing? An excellent healer I know once told me that if somebody pours out their troubles on your shoulder and then feels better, you are healing. According to that, I was healing all *my* life; there were always sick people near me.

The first time I consciously wished to heal was in 1960 when my mother had a horrendous accident. It was the only time I saw a foot swell until you literally could not see the toes. A year later she was still in (a heavy) plaster and I, holding her hand, knew she was in bad pain; she lost the pain and I got it. It was the first time and I found I could do it at will, and not only with her. Usually the pain was so bad it would have been better to divide it between us. But hey! in the first week two people told me, in a sort of jokey anecdote, how to shake the pain away. Thinking this could not happen by chance I tried it - and it worked. Now, of course, I do not need it but those were early days.

Wondering if it only worked with people I was close to, I made an experiment. At work there was a man, another scriptwriter - I was working as a television scriptwriter at the time - who did not really like me, nor I him. He had what I think was a bruised bone in his arm, which hurt if he even swung it as he walked. One morning I went over to him, saying "How is your arm today?", putting *my* hand on it. That afternoon he demanded to know what I had done to him! "What do you mean" "Well, at lunch time I found myself walking, swinging my *arm and it did not hurt*. The only unusual thing today that I can think of is that you touched me." I forget what I answered. The experiment had worked.

Yet this was merely an analgesic gift, not healing, only removing pain. Stand again on your sprained ankle and it would hurt. And I knew it was not me who did it. I could watch television with my hand on your pain and it would go. This went on for about sixteen years. I was in a quandary. I knew I should do something about it, but where to look for advice and/or help? The only people I knew of who knew about this were the Spiritualists and the Church. Neither any use to a good Jewish girl like me.

My friends knew of my problem. At last one came across a reference to the Jewish Association of Spiritual Healers and told me. I contacted the Secretary.

This was dear Ivan Kayes who was then running JASH and, with his wife Sylvia, had a weekly evening clinic in his Wembley house. I was invited to attend and observe and come back if I wished, which I did.

There we worked in pairs, not always the same but depending on the order you arrived. I would make a third and gradually tuned in. Grew attuned? I do not know what you would call it but I began to heal properly. I found myself not the third but part of the healing pair. If we were short of healers one night I might even work alone. I was told I must join the formal organisations and the patients demanded to be my witnesses, saying "We know what help we get from you." Flattering even though true. And so since the mid -1970s I have been a full healer.

When I had been healing a long time I was told my Great-grandmother used to wipe headaches away so she must have been a healer. But in the mid-nineteenth century people did not think in those terms and she never developed it. Plainly it is in the family. *Ruth M. Green JASH Healer Member.*

Here is the account of David Hadda - who is also a poet, and a healer member of JASH

Over fifty years ago my GP.'s very old secretary entrusted me with 2 tickets to a Healing Demonstration I could neither refuse nor not attend, though the metalworker I was had no interest in that sort of thing.

So I took a fellow-student to the meeting and we seated ourselves at the exit so we could get away if it became too ludicrous.

And it became just that with the healer using such odd movements. Reeling with laughter, we sneaked out, laughing our way to a nearby green patch with a bench, there I seated my friend and for a joke imitated those weird movements around her: only to have her lose ordinary consciousness: she started talking with a very different voice, telling me things I certainly did not want to know.

Not having stayed long enough at the demonstration to see how that healer got his clients out of it, I in desperation reversed those movements and she came out of that state ---remembering not a thing! But she felt especially well!-

Some time later I took my little daughter across a road, only to have her tell me my hand was "fizzy".

A few weeks after that she fell over, hurt her knee and asked me to put my hand onto it. I obeyed --- and a minute later she told me to take my hands off again: her pain was gone!

Since then I just place my hands on persons in trouble to help them out of it back into well-being.

David Hadda JASH Healer Member.

Up and Down Stairs ...

I heard such a lovely idea while listening to the radio. I only caught the tail end of an interview with Pamela Stephenson, wife of Billy Connolly.

I'm sure she won't mind us copying her wonderful idea.

She said that every time she goes up the stairs, she stops on every stair and says a little 'thank you', a prayer of gratitude.

For example she, stops on the first stair and might say 'thank you for a lovely day', on the second stair 'thank you for my breath (food, life etc.) and so on.

Coming down the stairs, she lets go of any problems all the way down.

It's certainly worth copying.

Yetta Powell Co - Editor .



Arthritis ...

It is said that eight million people in the U.K have arthritis. Some people consider that it is part of the aging process, but some kinds of this disease affect people of all ages and children also. It is the single biggest cause of physical disability in the U.K and cause much discomfort, pain, stiffness and fatigue.

There are differing opinions on causes including climate, diet, damage to a joint leading to inflammation, etc., and as yet no known cure.

However some help is available. Apart from prescribed drugs and also a natural plant ---Devils Claw, and now Glucosamine with Chondroitin, I would like to mention a book which has been very helpful to many sufferers; "Curing Arthritis the Drug Free Way" by Margaret Hills - published by Sheldon Press.

The author advocates a way of eliminating the pain and suffering of arthritis mainly by correcting one's diet.

Margaret Hills was a nurse and suffered from both rheumatoid arthritis at first and later developed osteo -arthritis. She deteriorated to the extent of having to wear a surgical collar and was told by her doctors that she would eventually be confined to a wheelchair.

Continued on page 25.

In the interest of that Smile That Heals

While enjoying an Early morning breakfast in a northern Arizona cafe, four elderly ranchers were discussing everything from cattle, horses, and weather to how things used to be in the "good old days." Eventually the conversation moved on to their spouses.

One gentleman turned to the fellow on his right and asked, "Roy, aren't you and your bride celebrating your 50th wedding anniversary soon?" "Yup, we sure are," Roy replied.

"Well, are you gonna do anything special to celebrate?" another man asked.

The old gentleman pondered this for a moment, then replied, "For our 25th anniversary, I took Bea to Tucson. Maybe for our 50th, I'll go down there and get her."

The Mood Ring ...

My husband bought me a mood ring the other day. When I'm in a good mood it turns green. When I'm in a bad mood, it leaves a red mark on his forehead.

The Water Pistol ...

When my three-year-old son opened the birthday gift from his grandmother, he discovered a water pistol. He squealed with delight and headed for the nearest sink. I was not so pleased. I turned to Mum and said, "I'm surprised at you. Don't you remember how we used to drive you crazy with water guns?"

Mum smiled and then replied. ... "I remember."

Half Price ...

US Air recently introduced a special half fare for wives who accompanied their husbands on business trips. Expecting valuable testimonials, the PR department sent out letters to all the wives of businessmen who had used the special rates, asking how they enjoyed their trip. Letters are still pouring in asking, "What trip?"

Life After Death ...

"Do you believe in life after death?" the boss asked one of his employees. "Yes, Sir," the new employee replied. "Well, then, that makes everything just fine," the boss went on. "After you left early yesterday to go to your grandmother's funeral, she stopped in to see you."

FRIENDS !!!

“If you live to be a hundred, I want to live to be a hundred minus one day, so I never have to live without you.” -- *Winnie the Pooh*

“True friendship is like sound health; the value of it is seldom known until it is lost.”

Charles Caleb Colton

“A real friend is one who walks in when the rest of the world walks out.”

“Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Walk beside me and be my friend.” *Albert Camus*

Strangers are just friends waiting to happen. Friends are the Bacon Bits in the Salad Bowl of Life. *Anon.*

“Friendship is one mind in two bodies.” *Mencius*

“Friends are God's way of taking care of us. I'll lean on you and you lean on me and we'll be okay.” *Dave Matthews*

“If all my friends were to jump off a bridge, I wouldn't jump with them, I'd be at the bottom to catch them.”

“Everyone hears what you say. Friends listen to what you say. Best friends listen to what you don't say.”

“We all take different paths in life, but no matter where we go, we take a little of each other everywhere...” *Tim McGraw*

“My father always used to say that when you die, if you've got five real friends, then you've had a great life.” *Lee Iacocca*

“Hold a true friend with both your hands.” *Nigerian Proverb*

“A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words.” *Unknown*

Pass this page on to all of your FRIENDS. And if you receive it back many times from many different people, it only means that you have many FRIENDS. And if you only get it but once, do not be discouraged for you will know that you have AT LEAST ONE GOOD FRIEND.

These thoughts were sent in by Jean Beith Healer Member of JASH.

* NATIVE AMERICAN PRAYER

O GREAT SPIRIT, whose voice I hear in the winds,
And whose breath gives life to all the world, hear me.

I am small - I am weak - I need your strength and wisdom.
Let me walk in beauty and make my eye see the red and purple
sunset.

Make my hands respect the things you have and my
ears sharp, to hear your Voice.

Make me wise so that I may understand the things you
have taught my people.

Let me learn the lessons you have hidden in every
leaf and rock.

I seek strength - not to be greater than my
brother, but to fight my greatest enemy -
myself.

Make me always ready to come to you with clean hands and
straight eyes.

So when life fades as the fading sunset, my spirit may come to
you without shame.



“**E**verything you think creates, through energy.

You have within you the most remarkable machines, the
entireness of consciousness.

You have the power that creates life, and when that power is
drawn up intentionally, it will create reality.

All you have to do is give it the pattern you want.”

RAMATHA.



“**L**ord, here I am. Use me in the way, in the manner thou seest
fit; that I may ever be that thou hast purposed for me to be - a
light shining as in darkness to those who have lost hope, from
one cause or another”

EDGAR CAYCE.

To my loving friend Chocky---the dog, who taught me so much

Who would have thought that we would spend so much time together at the end of your days.

I only wish I had made the effort to be with you more when you were well and for that I am truly sorry. You were not my dog, but my niece in a fur coat, my brother's dog.

Over the years, through all the heartache that I have suffered, you came into my room and comforted me. You showed me such devotion and unconditional love and I cried endlessly into your fur as you tried with your eyes to tell me not to feel so alone - you were an angel on all fours.

You never yelled at me, or expected too much, you never got mad or mean, and you were always so pleased to see me. You only ever showed me kindness and love and you did so without limit or condition. I only wish I could be more like you.

I nursed you around the clock until there was nothing left for me to do but to let you go. I was scared but you were so dignified and brave. Even in your final moments, once again I cried into your fur. Your passing has given me insight into life and death, by helping you pass peacefully into spirit world I have faced the unknown, my deepest fears have been confronted and I have embraced death, you have shown me how.

It is a relief for me that you were able to choose your time to die, instead of being put down because it gave me the time to prepare you for your passing.

I am so blessed that I had the opportunity to give some of the love back to you in the last few days of your life. I wanted so much to help you recover but all I could do was to make you comfortable and help assist your passing into the spirit world to be as peaceful as possible. I know that you heard all I told you about God's garden and the beautiful world waiting for you. You listened as I explained

how you would be young again and free of pain. And, as you lay in my arms gazing up into my eyes, I saw the beauty of Chocky, your sensitivity shone in your eyes as we connected soul to soul. In a way that no one else would understand because that is the bond that we shared.

Thank you for the gift of your love and showing me how to communicate in an animal-human relationship. I know now that I want to become an animal healer and you have been my partner on this journey of discovery. *Continued.*

Continued from page 15.

To my loving friend Chocky ...

You are now at peace, free of pain, but I miss you so much. I am grieving for a friend, a confidant and a companion. The weekends that you came to stay were fun and I was at my happiest when us `girls' curled up in front of the television after a long walk. At the crematorium, watching you take your final journey reminded me of how precious life is and I made you a promise, which I will endeavour to keep: that is I shall never again take another moment of life for granted and I will try and love unconditionally, as you my furry friend were so able to do.

In spirit we shall always be together, so until we meet again Chocks, I truly love you. Be at peace in God's garden.

Jill Moss.



I am thankful ...

For the wife who says it's hot dogs tonight - because she is home with me, not with someone else.

For the teenager who is complaining about doing dishes - because it means she is at home, not on the streets.

For the taxes that I pay - because it means I am employed.

For the mess to clean after a party - because it means I have been surrounded by friends.

For the clothes that fit a little too snug - because it means I have enough to eat.

For my shadow that watches me work - because it means I am out in the sunshine.

For a balcony that needs sweeping, windows that need cleaning, and tiles that need fixing - because it means I have a home.

For all the complaining I hear about the government - because it means that we have freedom of speech.

For the parking spot I find at the far end of the parking lot - because it means I am capable of walking and that I have been blessed with transportation.

For my huge heating bill - because it means I am warm.

For the person behind me in synagogue who sings off key - because it means that I can hear.

For the pile of laundry and ironing - because it means I have clothes to wear.

For weariness and aching muscles at the end of the day - because it means I have been capable of working hard.

For the alarm that goes off in the early morning hours - because it means that I am alive.

Published in The Jerusalem Post submitted by Mrs. S. Leigh - Jerusalem

Each day you live

Each day you live be grateful
You are alive another day.
Take time to gather flowers,
In abundance, to give away.
Give the flowers to the living
We were taught long ago...
Speak while they can hear you,
If you love them tell them, so.
Seek no man out to slander
Or to ridicule his name...
We all belong to God and
He loves each one the same,
Do what you can for others,
Hear their distressful cry...
God sees how we treat others,
He knows when we pass them by.
Never leave kind words unspoken,
Greet each one with a smile...
Each day will grow brighter
Each day more worthwhile.

Ranza Devereaux.



Venues where Member Healers of J.A.S.H. give healing

THE GLEBE HALL, GLEBE ROAD, STANMORE

(A short walk from Stanmore - Jubilee Line Underground Stn.)

Healing given every Thursday 2.00 -- 4.30 p.m.

by J.A.S.H. MEMBERS & Probationers

All are welcome. *for further information please phone 020 8954 0787.*

and at

THE WHITE DOVE HEALING SANCTUARY

EAST LONDON - (Close to Redbridge - Central Line Underground Stn.)

J.A.S.H. Healer Members & Probationers give healing

every Tuesday and Thursday under guidance of Rita Vangelder,

for further information on this clinic please phone 020 8551 5289

On peace of mind

*'On my head pour only the sweet waters of serenity.
Give me the gift of the Untroubled Mind.'*

Once, as a young man full of exuberant fancy, I undertook to draw up a catalogue of the acknowledged "goods" of life. As other men sometimes tabulate lists of properties they own or would like to own, I set down my inventory of earthly desirables. health, love, beauty, talent, powers, riches and fame.

When my inventory was completed I proudly showed it to a wise elder who had been the mentor and spiritual model of my youth. Perhaps I was trying to impress him with my precocious wisdom. Anyway, I handed him the list. "This," I told him confidently, "is the sum of mortal goods. Could a man possess them all he would be as a god"

At the corners of my friend's old eyes, I saw wrinkles of amusement gathering in a patient net. "An excellent list," he said, pondering it thoughtfully. "Well digested in content and set down in not-unreasonable order. But it appears, my young friend, that you have omitted the most important element of all. You have forgotten the one ingredient, lacking which each possession becomes a hideous torment."

"And what," I asked, peppering my voice with truculence, "is that missing ingredient?"

With a pencil stub he crossed out my entire schedule. Then, having demolished my adolescent dream structure at a single stroke, he wrote down three syllables: peace of mind. "This is the gift that God reserves for His special protégés," he said.

Talent and beauty He gives to many. Wealth is commonplace, fame not rare. But peace of mind - that is His final guerdon of approval, the fondest insignia of His love. He bestows it charily. Most men are never blessed with it; others wait all their lives --- yes, far into advanced age --- for this gift to descend upon them."

He scanned the doubt on my young forehead. "This is no private opinion of mine," he explained. "I am merely paraphrasing from the Psalmists, Marcus Aurelius, and Lao-tse. 'God', says each of these wise ones, heap worldly gifts at the feet of foolish men. But on my head pour only sweet waters of serenity. Give me the gift of the Untroubled Mind."

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Five great lessons ... An enlightened perspective

THE NAME OF THE GAME

During my second month of Ethics and Morality, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions, until I read the last one: "What is the first name of the woman who cleans the school?" Surely, this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50s, but how would I know her name?

I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello."

I've never forgotten that lesson. I also learned her name was Dorothy.

THE KINDNESS OF STRANGERS

One night, at 11:30 p.m., an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rainstorm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car. A young white man stopped to help her, generally unheard of in those conflict-filled 1960s. The man took her to safety, helped her get assistance, and put her into a taxicab. She seemed to be in a big hurry, but wrote down his address and thanked him.

Seven days went by and a knock came on the man's door. To his surprise, a giant console colour TV was delivered to his home. A special note was attached. It read: "Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along.

Because of you, I was able to make it to my husband's bedside before he passed away. God bless you for helping me and unselfishly serving others."

Sincerely, *Mrs. Nat King Cole*

REMEMBER THOSE WHO SERVE

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

"How much is an ice cream sundae?" he asked.

"Fifty cents," replied the waitress.

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The little boy pulled his hand out of his pocket and studied the coins in it.

"Well, how much is a plain dish of ice cream?" he enquired.

By now, more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied.

The little boy again counted his coins. "I'll have the plain ice cream," he said.

The waitress brought the ice cream, put the bill on the table, and walked away. The boy finished the ice cream, paid the cashier and left.

When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies.

You see, he couldn't have the sundae because he had to have enough left to leave her a tip.

THE OBSTACLE IN OUR PATH

In ancient times, a king had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and training, he finally succeeded.

After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway.

The peasant learned what many of us never understand: Every obstacle presents an opportunity to improve our condition.

A SELFLESS ACT

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her five-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness.

The doctor explained the situation to her little brother and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate

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Continuation from page 20 ... Five great lessons

for only a moment before taking a deep breath and saying, "Yes, I'll do it if it will save her."

As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the colour returning to her cheeks. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?"

Being young, the little boy had misunderstood the doctor - he thought he was going to have to give his sister all of his blood in order to save her.

You see, after all, understanding and attitude are everything.

This article which was sent in by one of our readers has been circulating via e-mail.

WISDOM OF THE AGES

- Eventually you will reach a point when you stop lying about your age and start bragging about it.
- The older we get, the fewer things seem worth waiting in line for.
- Some people try to turn back their odometers. Not me. I want people to know "why" I look this way. I've travelled a long way, and some of the roads weren't paved.
- Maturity means being emotionally & mentally healthy. It is that time when you know when to say yes and when to say no, & when to say WHOOPEE!"
- How old would you be if you didn't know how old you are?
- When you are dissatisfied and would like to go back to youth, think of algebra.
- You know you're getting old when everything either dries up or leaks.
- I don't know how I got over the hill without getting to the top.
- The golden years are really metallic years, - gold in the teeth, silver in the hair, and most of all lead in the pants.
- Age seldom arrives smoothly or quickly. It is more often a succession of jerks.
- Yeah, being young is beautiful, but being old is comfortable.
- Old age is when former classmates are so grey and wrinkled and bald, they don't recognise you.
- If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.

Please let us have articles and information for the magazine. Your input is really appreciated, so be sure to send in material for the next issue. Make sure we have it by December 10th 2002.

The Danger of “Aspartame”

As reported on at the recent WORLD ENVIRONMENTAL CONFERENCE USA.

What is it? Aspartame is a sweetener mainly used instead of sugar in tea or coffee but is now present in over 500 products. (It is often marketed as Nutrasweet , Equal, Spoonful etc.,) and is found to a great extent in Diet Coke and Diet Pepsi.

Why is it Dangerous? Because, when the temperature of this sweetener exceeds 86° degrees F, the wood alcohol in aspartame converts to Eformaldehyde and then to formic acid which in turn causes metabolic acidosis. The methanol toxicity mimics among other conditions multiple sclerosis.

What conditions may it cause? Systemic lupus, fibromyalgia symptoms, spasms, shooting pains, numbness in legs, cramps, vertigo, dizziness, headaches, tinitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision or memory loss and birth defects.

It is especially dangerous for diabetics.

It deteriorates the neurons of the brain.

Children are especially at risk and should not be given such sweeteners or soda drinks containing aspartame ---such as diet coke and similarly sweetened drinks.

An American senator Howard Hetzenbaum wrote a bill that would have warned all of the dangers of aspartame but it was killed by the powerful drug and chemical lobbies, ‘letting loose the hounds of disease and death on an unsuspecting public’.

Can the symptoms be reversed? Yes simply by not taking aspartame at all.

Further information on this subject may be found on the internet.

Two doctors will be posting a position paper with some case histories on the deadly effects of Aspartame on the Internet. The doctors are: Dr. Russell Blayblock and Dr H. J. Roberts -a diabetic specialist.

“The longest journey is the journey inwards.”

Dag Hammarskjold.

A New Year ---

a letter from : Leslie Williams J.A.S.H. Healer.

I got to thinking, as I wrote to you, how like the year ahead this clean piece of paper was.

Untouched and smooth.
Clean and ready to accept whatever came along.
What matters a few errors,
Blot them out and carry on
A little mistake, not to worry
Simply erase them.
At the end, a flourish of a name
And all is well.
But the year past was like that,
And all those before
Each one fresh and new,
And ended up stained and torn.
Forgetting our errors is human,
Believing each year is new is hopeful,
But we do know that year in and year out
We gather our stains and mistakes,
Until we can hardly recognise
the old from the bright shiny child inside.
But deep down I am assured
By my God within,
I am whole and new.
Recognise the truth then,
It is not possible to remain so
Squeaky clean.
Be human.
Learn from mistakes and errors,
Don't expect to blot them out.
When the next year dawns I will be
At my window.
Ready to take on the New Year
Be myself and learn, for that is why
I am here.
May Your God be with you.

Leslie Williams.

Heaven What is Heaven to you?

To me, Heaven would be trees, many, many trees, flowers of all kinds, colourful and fragrant especially roses, lilac and honeysuckle.

Birds would be singing and flying about, singing with joy, hearts throbbing with joy, animals of all kinds, happy and natural and free --- lots of cats and dogs and little children full of grace and joy of life.

Hills covered with trees, lakes, rivers and streams, fields of corn and sunflowers --- many, many sunflowers, their bright faces turned towards the sun and gently swaying in the breeze.

And music! Mozart of course --- everywhere --- and books and poetry and painting. People walking about freely, gracefully and happily hugging each other with loving faces, all doing the things they enjoy in their own time --- writing, painting, playing musical instruments, listening to music, looking after the animals, feeding the birds and just sitting and 'being'.

Healing going on with great gentleness and kindness, no judgement, no criticism, no aggression.

An atmosphere of joy, contentment, peace and love everywhere. Beautiful skies and clouds and sunrises and sunsets, no rushing no stress.

Villages, homes, beautiful food and clothes --- warmth and sunlight --- freedom, openness, beauty, truth, LOVE and the presence of angels.

But this is Earth as it can be and will be!

Y. Powell.

Magic is something that has a meaning.
You can affect somebody with it
You open them up for a moment and you make them question.
A baby doesn't need magic
Because a baby is living in the world of astonishment
A little baby is amazed at everything
And that's what magic does
For a moment it strips away all your layers
And leaves you wide open.

David Blaine.

With a family of eight children, she refused to accept this grim prospect and determined to find a way to help herself out of her suffering.

In the book she writes how she eliminated all the nightshade family from her diet (potatoes, aubergine, tomatoes, peppers etc.) as well as all citrus fruits except for lemons.

Furthermore she drank cider vinegar in water three times a day to eliminate the uric acid from her body (1 tablespoon in a glass of water with honey added if required).

She recommends Epsom salt baths and suggests not sitting still for more than half - an hour at a time, but getting up and moving around and then sitting down again.

My dear friend Carol Cobb is a living proof that this advice by Margaret Hills works. Ten years ago, Carol developed a severe form of arthritis. She was in agony, unable to turn over in bed, to walk or go up and down stairs without agonising pain.

I found this book as if 'out of the blue' --- serendipity? --- and gave it to her. Carol followed the dietary advice religiously, and within a year all her pain had gone.

Since then she has walked and exercised every day and feels fine.

She now is able to occasionally have potatoes and tomatoes, but stops eating them if she gets any warning 'twinges'. She intends to write about her experiences in our next issue.

So I would say that there is a wealth of good information within Margaret Hills book and is well worth reading if you or any one you know has arthritis.

Yetta Powell. Co - Editor

The little boy who had his tonsils out told this mother:

"It was God who operated on me!"

And here is the boy's evidence ---as reported in the staff news---letter of Poole General Hospital, Dorset:

"When I went into the big room there were two lady angels all dressed in white. Then two men angels came in. One of the men angels looked down my throat and said: "God, look at that child's tonsils!"

"And God looked and said: `I'll take them out at once!"

What does it cost ? ... It costs Nothing!!!

It seems that everything in this world is money orientated. So much depends on money. If you have it you can do so many things, if you haven't seemingly you can't.

But there are so many wonderful things that are free and can make you happy.

Have you ever thought of making your own list?

Here are some of mine:-

- A baby's smile.
- Birds singing - dawn chorus.
- The smell of lavender, lilac, honeysuckle, roses.
- Looking at trees, sitting under them.
- A letter from a friend.
- Someone you love saying "I love you".
- Kind words and smiles.
- Your grandchild calling you grandma / grandpa.
- Reading - escapism, humor, inspiration.
- Beautiful music - Mozart, Bach, Beethoven, etc.
- The sound of water - a river, the sea, a waterfall.
- Fresh Air in a wood, a forest.
- Stroking a cat or dog and their response.
- Meditation / Prayer.
- Forests, mountains, sunsets, sunrises, stars.
- Walking by the sea.
- The smell of newly baked bread.

The list is endless!

Here are some 'down to earth' things you can do for free (or nearly free).

- Most museums or art galleries.
- A walk in the park, country, etc.
- Writing a letter.
- Go to the library and browse.
- Window shopping.
- Conversations with friends.
- Talking to people in shops or at bust stops etc.
- Bird watching, etc., etc.

Dealing with stress

95 % of the things you worry about never happen- so deal with stress this way ...

- 1) Just say **NO!**
- 2) Take a break
- 3) **Simplify your life.**
- 4) Don't make judgments of others or yourself.
- 5) Remove yourself from the situation.

Y.Powell. - Co - Editor.

LIFE

**Life is a journey: you go where it takes you.
Everything happens for a reason, so never give up hope.
However you were born to be compassionate to others.
And never be afraid of what you are.**

**Fat, thin, black or white the true beauty is inside.
And no one else can open your heart except for you.
Make your journey of life a happy one and be proud of who
you are.**

**If anyone hurts you don't fight back,
Just pray to GOD and he will help you have a happy life.**

By Bonnie Granby Age 10 (Feb 02)



The Word.

Spiritual should be used to describe our Fellowship --. Reasons ---. When I was in Hungary and in France and in other countries and people saw me "laying on hands" or at least trying to help with healing a friend's 'pains' they asked if I was a Spiritual or Faith Healer?

The answer being Spiritual, they seemed pleased as they felt it took healing into higher realms and did not make people feel they had to have faith. Also without the word spiritual before healer or healing one could be anything, such as a quack osteopath etc., known in past times as a Bone Setter. Also there is Herbal healing and Water healing and Crystal healing etc.. The people who spoke to me were from Japan, France, Hungary, Germany and practice all different religions.

Anon.

Quotes to inspire...

“The real act of discovery consists not in finding new lands but in seeing with new eyes.” MARCEL PROUST.

“Love alone is capable of uniting living beings in such a way as to complete and fulfil them for it alone takes them and joins them by what is deepest in themselves.” TEILHARD DE CHARDIN.

“We who lived in concentration camps remember the men who walked through the huts comforting others, giving away their last piece of bread.

They may have been few in number, but they offer sufficient proof that everything can be taken away from a man but one thing; the last of the human freedoms --- to choose one’s attitude in any given set of circumstances, to choose one’s own way.” VICTOR

FRANKL.

“In each and every moment, we have the freedom to choose, and every choice determines the direction of our lives.” OLIVIA HOBLITZELLES.

“To share often and much --- to know even one life has breathed easier because you have lived - This is to have succeeded.”

Ralph Waldo Emerson.

“It isn’t what you have in your pocket that’s important, but what you have in your heart.” CARDINAL BERNADIN.

“He alone is great who turns the voice of the wind Into a song made sweeter by his own loving.”

KAHIL GIBRAN.