

News & Views



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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 Francine Benjamin 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



Well we certainly have had plenty of summer sunshine and now it's Autumn. To me it's the best time of the year.

May we wish everyone a happy and fulfilling New Year ---with the hope that there will soon be peace and love and joy in the hearts of all on this beautiful planet Earth.

Indeed this planet of ours gives so freely of its bounty to all and we as healers must by example help to heal the scars of thoughtless exploitation by mankind, so that future generations may continue to enjoy its beauty and beneficence.

Maurice & Yetta Powell Editors

CHAIRMANS REPORT OCTOBER 2003

Another year has flown by so I wish you all, on behalf of your committee, a very Happy, Healthy and Prosperous New Year. Let us hope 5764 will see PEACE throughout our world!

Ken Baker, Chairman of The British Alliance of Healing Associations, (BAHA) was joined by Ken Wyatt, Chief Executive of The National Federation of Spiritual Healers Charitable Trust Limited (NFSH Charitable Trust Ltd.) and Chris Denton, Secretary to the Healing Committee of The Spiritualists' National Union (SNU), all representing the UK Healers Collaborative, met with HRH Prince of Wales during the reception that followed the launch of the Foundation for Integrated Health programme for the next five years where they took the opportunity to report their progress towards voluntary self regulation, welcoming the interest and acceptance shown by the Prince of Wales. The new five year plan from the Prince of Wales' Foundation for Integrated Health was launched on 22 May 2003 by His Royal Highness. The plan is entitled "Setting the Agenda for the Future". It was launched after wide consultation by the Foundation's President, HRH Prince of Wales at a St James' Palace Reception. 170 leading researchers and educators from conventional and complementary medicine, together with Government representatives and the Chief Executive of the NHS, Mr Nigel Crisp, attended the launch.

In his introduction to Setting the Agenda for the Future, the Prince of Wales writes "It seems to me that the key challenge in the next five years lies in getting the message of an integrated approach to healthcare into the community and in giving everybody - patients and professionals alike - the means to make the kind of informed decisions that would give them access to the best possible choices". The six key principles of the Agenda which will guide the Foundation's programme for integrated healthcare are:-

- Promoting an holistic and integrated health approach which engages with all aspects of a persons being, including their mind, body and spirit;
- Emphasizing the key importance of individuals taking more responsibility for their own health care;
- Acknowledging the intrinsic healing capacity of every person and awareness that different approaches and interventions may need to be employed to restore health and wellbeing;
- Establishing an evidence base for integrated healthcare;
- Accepting that every person should have access to the treatment approach of their choice, safe in the knowledge that it is effective and well regulated;
- Accepting that the Public has a right to expect healthcare practitioners to be appropriately educated, safe, competent and regulated.

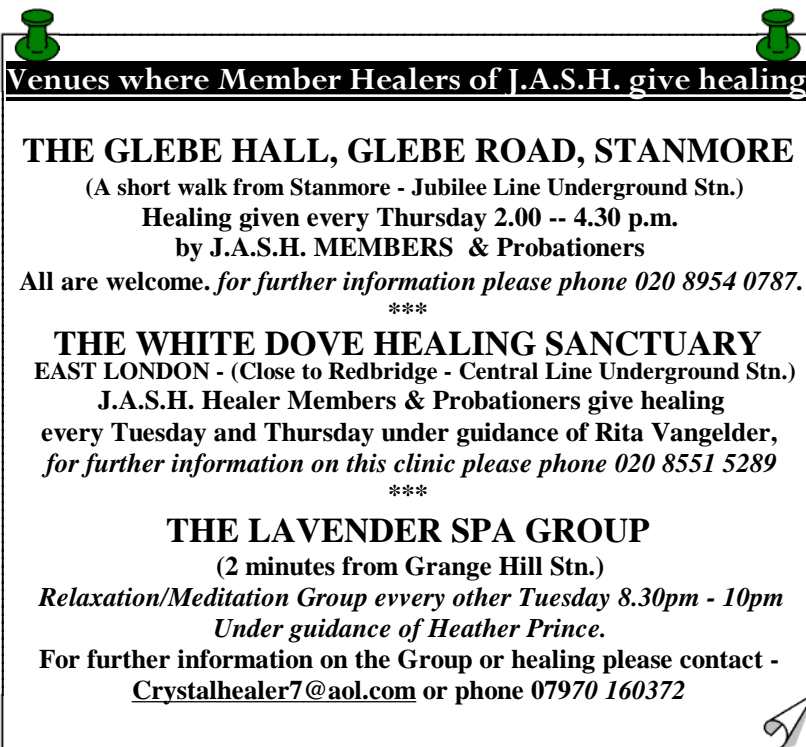
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UK Healers have seen substantial progress with their draft core documents, having revised them and consulted the individual organisations, currently awaiting membership feedback. The Prince of Wales' Foundation for Integrated Health has been sufficiently satisfied with the UK Healers' progress and has suggested to the Health Sector Skills Council that it could be worthwhile working towards National Occupational Standard for Spiritual Healing. We are awaiting approval of funding from the Qualifications and Curriculum Authority. Once again, my thanks to the Team from the various organisations, including our Brenda Peace, for all their efforts in bringing us this far.

Our condolences to Rita Van Gelder whose mother recently passed on, and also to the family of Ivan Kayes, life president and former chairman of JASH.

Finally my thanks to your hardworking Committee as always.

Steve Sharpe.



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.*

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

THE LAVENDER SPA GROUP
(2 minutes from Grange Hill Stn.)
Relaxation/Meditation Group evvery other Tuesday 8.30pm - 10pm
Under guidance of Heather Prince.
For further information on the Group or healing please contact -
Crystalhealer7@aol.com or phone 07970 160372

HAPPINESS IS A JOURNEY

We convince ourselves that life will be better after we get married, have a baby, then another! Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, when we are able to go on a nice vacation, or when we retire. The truth is there's no better time to be happy than right now. If not now, when? Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway. Happiness is the way. So, treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time with... and remember that time waits for no one.

So, stop waiting...

Until your car or home is paid off

Until you get a new car or home

Until your kids leave the house

Until you go back to school

Until you finish school

Until you lose 10 Ibs.

Until you gain 10 Ibs.

Until you get married

Until you get a divorce

Until you have kids

Until you retire

Until summer

Until spring

Until winter

Until fall

Until you die

There is no better time than right now to be happy. Happiness is a journey, not a destination. So work like you don't need money, Love like you've never been hurt, And, dance like no one's watching. If you want to brighten someone's day, pass this on to someone special. I have to you all.

Author Unknown

What Does Religion Mean?

Religion today has been rendered meaningless and valueless by all kinds of misinterpretations given by sectarian and perverse exponents. The basic meaning and purpose of religion is to lead man to his source. The word 'religion' consists of two parts: 're' meaning 'again' and 'ligio' meaning 'to come together'. That is to say, 'reuniting with God is religion'. People consider religion as a bundle of doctrines and do's and don'ts to be followed strictly. This is totally wrong. The sacred aim of religion is to remind man of his divine origin and

help him to reunite with God

- Baba

Wisdom in Maturity

In my maturity, I will find Wisdom and knowledge in my wisdom and knowledge, I will find inner strength and positivity to be! To be what I ask myself. To be what I am, what I am, and what ever I want to be.

Inspiration by ... SueCo ... disabled Yoga Therapist.



“No great man lives in vain, the history of the world is but the biography of a great man.”

Thomas Carlyle.

It is always such a pleasure to receive a poem or an article or a quotation from a reader of 'News & Views'. Here is an idea you might like to write about

Who are the 8 (or more) people who have inspired you and who you would like to have met? (and perhaps say why).

Here is my choice Mozart, Elizabeth Barratt Browning, Dr. Albert Schwizer, Shakespeare, Francis of Assisi's, Helen Keller, Socrates.

Now how's about your choice?

Yetta Powell - Co-Editor.

Healing power of animals



Do animals have healing powers? I've no idea, but you might like to read this little tail....

I was sitting in the garden, deep in conversation with a friend, and at the same time, surreptitiously scratching a persistently itchy midge bite on my calf. It was one of those bites that had been bothering me for days, refusing to heal, and regularly flaring up into a maddening, hot, itching welt. We chatted on, (and on), when I suddenly noticed that I'd scratched the bite into a rather nasty painful "weeping" state, and that now it hurt, quite a bit in fact.

All the while Glory, my Spitz-type dog, had been curled up under the garden table, but now she sniffed the air and quickly homed in on the messy bite. Sitting by my chair, she started to slowly lick the bite, giving it all her attention. The licks from her rough doggy tongue were slow and regular, and very persistent. On and on she licked, never stopping for a moment. After our initial interest, my friend and I soon began to ignore her and resumed our conversation.

When she finally stopped licking, and she must have been at it for about ten minutes, the bite had ceased to itch, and I was surprised to see that it looked quite "calm" for the first time in days.

By the following morning there was only a faint mark to show where the bite had been, and this quickly faded too.

Since then Glory has dealt with a couple of other similar bites, and given a very painful cracked heel her tongue treatment.

All with the same effect; the pain/itching ceases immediately, and the healing process dramatically speeds up.

I've heard of dogs alerting their owners to the fact they've got cancer by persistently sniffing at a particular part of their body, but I've never actually heard of a dog getting involved and speeding up the healing process, albeit for something very minor like an insect bite.

All I know is this - I've got a bathroom cabinet full of bite medication but nothing worked as fast as Glory's treatment. And no, she's definitely not for sale!

Vivien Schrager-Powell 28th August 2003

bringing spirit back into medicine

Honouring our children

Bernard Brom *MB Chb (UCT), CEDH (France) Dip Acup*

He was only 11 years old and yet I was speaking to him as if to an adult. His father was going through his second divorce and his mother was now living in a small apartment and could not have both him and his sister there at the same time. We spoke of sadness and insecurity, of his anger and how he wanted to protect his younger sister aged 6 years from further pain. I felt humbled and awed at this little boy speaking to me like an adult. He recognised his pain and the need to control his emotions.

My sister, who works with children having difficulty coping at school, wrote to me recently about another child who described his problem in this way: 'when people get angry at me or shout at me then my emotional centre opens up a sort of crack and stuff comes out and enters the concentration area and fogs it up and then I need a lot of energy to clear it up'.

I think we are really seeing something new happening here. I have become aware of the enormous sensitivity and intelligence of the children coming to see me. They appear to be much older and more experienced than their age would suggest. I think they have been sent to help us out of the mess we have created before we destroy this world, and are saddened by the confusion and pain they see all around them.

The Bushmen have a saying that man does not have a spirit but man is spirit, that animals are spirit, that birds and fish are spirit. Children are spirit too These children who have come to teach us are sometimes referred to as 'Indigo' children; the qualities of these children are slowly being identified by those who are sensitives. I think we are all becoming aware of these extraordinary children who seem so wise and different from our expectations. We need to take care in our relationships with them, but just as important perhaps is how we deal with each other and the animals, plants and earth we stand on. Do we ever ask about the kind of world we are creating for our children? What legacy will we leave behind? Will they say of us that we were kind and joyful, that we created beauty and peace wherever we went, that we honoured our fellow beings despite differences in points of view, that we honoured the children and the elders and stopped fighting battles of supremacy but looked rather at how we could share what we have?

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As these children grow up they will surely change the way things are and restore the integrity and decency that should be the way of human life on this earth. It concerns me that children and even babies are being drugged so heavily, injected with foreign materials, abused physically, emotionally and mentally and often treated in hospitals and other places of healing in ways that violate their rights and territory. This approach surely comes from a blindness to who they are ... not just bodies or even children, but 'Spirit'. What would the world look like if we recognised this truth?

So little one
your heart is sad
and confused
when you see and feel so much pain everywhere

but your time is close at hand
and with sword of pure love
the hundreds and thousands of you
pouring into this time

will surely find a way
to join heaven and earth
in a celebration of joy
and wonder.

*Reprinted with kind permission from
The South African Journal of Natural Medicine.*



Healers by natureCATS!

The people at the Fauna Institute in the U.S.A. have discovered that cats purr on the same frequency that heals bones. I think that this may partly explain why so many people instinctively love cats.

The Fauna Institute people can measure the vibrations in bones but I also believe that the purring helps the whole body.

JOHN WALSH. Edgar Cayce newsletter.

HARMONIC CONCORDANCE

Reprinted from the September 2003 issue of 'Messages Of Light' Israel

During the fall moon of November 8-9, 2003, there will be a total lunar eclipse. At the precise moment of this eclipse, there will appear in the heavens a configuration of 6 planets creating a Star of David. This fall moon eclipse will provide a focal point for potential alchemical transformation of physical reality as we know it. It offers us an exceptionally propitious moment, and one shared through every time zone on Earth simultaneously, for the farther graduation of humanity as whole. This jolt of solar and lunar energy will greatly energize me astrological beneficent configuration known as the Grand Sextile (Star of David)

The time of the lunar eclipse is GMT - 01:31 and in Israel - 02:31

The date depends on which side of the dateline you are on at the moment of the eclipse.

The following information comes from the website of the Harmonic Concordance by professional astrologer John Mirehiel.

“The Grand Sextile pattern in astrology signifies the mutual and unobstructed flow of energy between six planets through a sequence of sextile (60°) aspects. Add to that, the flow of energy that each of the six main planets in the configuration receives from two other trining planets, and one may see that the path of that flow between and among those six planets is wide open. In essence, this energy flow creates a very powerful vortex, the exact likes of which has not occurred in the 4,000 year span between 1000 BC and 3000 CE.

The astrological chart of that moment has a distinctive pattern, or "signature," which is visible even to the untrained eye. The astrological hologram that the moment projects is fundamentally *spiritual* in nature, and can be understood in terms of Quantum Meta-Physics as well as by 'astro-spiritual' metaphor. It speaks of the descent of God-Consciousness upon this plane and offers a moment in time when humankind can make a concerted effort to rise up to meet it. We have called this moment of attunement *The Harmonic Concordance*. We believe that it opens an energetic "stargate" to the Ascension of Mother Earth, and to each of her inhabitants. Many have called the attainment of this paradigm the Shift of Ages.

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Within the Grand Sextile pattern there is the pattern known as the "Star of David" -formed by the two inverted Grand Trines. This pattern is also universally recognized as the three dimensional representation of the Merkabah, the Light Body Vehicle of Consciousness (a very important symbol for those

working with Light energies). Another name for this planetary pattern is the "Seal of Solomon," which contains the promise of the advent of Divine Wisdom attendant upon this moment.

Like its spiritual ancestor, the Harmonic Convergence of 1987, *The Harmonic Concordance of 2003* also is a call to the Spirit of Humankind to awaken to the idea that we are, in fact. Spiritual beings sharing a physical experience. Consequently, ceremonies and celebrations in honor of this idea are now being scheduled at multiple sacred sites and pilgrimage places throughout the world. (see: *Concordance News*)... "

We light-workers of "The MPH Creative Living Group" (Meditators for Peace and Harmony) in Israel, have been in existence since 1977. Our method of work is to sit in meditation and build thoughtforms of peace, unconditional love, goodwill, compassion, tolerance, brotherhood and unity - using the power of the unconditional love energies pouring down onto our planet at this time. On August 17th we gathered to honour the event of the Harmonic Convergence. We believe that it is essential to continue building these thoughtforms using the powerful energies from August 17th until the full moon of Scorpio, culminating in the Harmonic Concordance.

The historical mission of the Jewish people, as written in the Bible, is to be ... "a light unto the nations" (i.e. light-workers). We were the first believers of One Divine Intelligence and it may not be a coincidence that these ancient people adopted the Star of David as their symbol.

Our channeled messages continually remind us that it is in our hands. We ask that every light-worker joins us in taking the responsibility to make the choice to utilize this powerful time to help raise the consciousness of humanity.

We light-workers in Israel invite you to connect with us in initiating this wake-up call to humanity. We wish to open a free flow of communication, giving and receiving feedback and sharing knowledge in order to prepare for this numinous moment.

MPH - CREATIVE LIVING ... Savyon, Israel.

“I’ll Wait For You” (a Hassidic Story)

Sent from Jerusalem by Sadie Leigh.



A highly-esteemed Rabbi, living in Tsarist Russia in the early 19th century, invited a young Yeshiva student to spend Shabbat (Sabbath) with him. This was a great honour, and the young man set off happily on horseback, early on the Friday, to travel the considerable distance. He was unaware that a group of brutal men were following him. They were acting for the Tsar’s army, press ganging young men who would then serve 25 years in

the army under dreadful conditions.

The youngster arrived early at the Rabbi’s home. All the lights were ablaze, and the great man, dressed all in white, was seated at the head of a table which was set for the Sabbath. He greeted his guest: “Ah, there you are my son! Have you fed and watered your horse? No? Then do so my son. There is plenty of time: I will wait for you.”

The young man went outside, and was immediately grabbed, gagged and bound and dragged off to serve in the army. For a time he tried to remember his prayers as a Jew, but as the years he became indifferent and brutalised like all the others, pressed, in this manner, into army service

.... 25 years have passed and the old man of 40, battle scarred and ragged has been discharged.

He trudges aimlessly, through a dense forest, wondering where to go, what to do? Suddenly a ferocious storm erupts, with thunder and lightning and great torrents of rain. He runs, frozen and drenched, trying to find shelter, and crashes into a clearing with a house nearby. The windows are ablaze with light, the door is open. With nowhere else to go, he stumbles through the door. A Rabbi dressed all in white, is seated at the head of a table, which is set for the Sabbath. The Rabbi speaks: “Ah, there you are, my son. Have you fed and watered your horse? Why do you look so surprised, my son? Did I not tell you I would wait for you?”



I AM MUSIC

I am the most ancient of the arts. I am more than ancient; I am eternal. Even before life began upon this earth, I was here - in the winds and the waves. When the first trees and flowers and grasses appeared, I was among them. And when humanity came, I at once became the most delicate, most subtle and most powerful medium for the expression of emotions.

In all ages I have inspired people with hope, kindled their love, given a voice to their joys, cheered them on to valorous deeds, and soothed them in times of despair. I have played a great part in the drama of life, whose end and purpose is the complete perfection of human nature. Through my influence, humanity has been uplifted, sweetened and refined. With the aid of humanity, I have become a Fine Art. I have a myriad of voices and instruments.

I am in the hearts of all and on their tongues, in all lands among all peoples, the ignorant and unlettered know me, not less than the rich and the learned. For I speak to All, in a language that all can feel. Even the deaf hear me, if they but listen to the voices of their own souls. I am the food of love. I have taught people gentleness and peace; and I have led them onward to heroic deeds. I am comfort for the lonely, and I harmonise the discord of crowds. I am a necessary luxury to all,

I am MUSIC

Anonymous

Reprinted from The South African Journal of Natural Medicine.



“We are members of a vast cosmic orchestra in which each living instrument is essential to the complementary and harmonious playing of the whole”

I. ALLEN BOONE.

Spiritual Response Therapy by **HEATHER PRINCE, J.A.S.H. HEALER**

This extremely fascinating and astonishing therapy is for those who wish to explore *deeper*. For those who ask questions such as -"What is life all about then?"; "Why am I prone to certain illnesses?"; "Why do I always find myself in dysfunctional relationships even though I know better?"; "Why do I have such a special relationship with..... ?"; "Why do I always find myself in particular situations?"

Spiritual Response Therapy (SRT) is a system of researching the subconscious mind and soul records to quickly find and release the discordant, limiting ideas and replace them with loving, supportive ideas and beliefs. SRT provides an exacting, powerful, virtually painless and accurate way of changing the landscape of our inner and outer lives, enabling us to live our lives more freely. This "research" which is accomplished with the help of higher guidance (your "Higher Self) includes:-finding past life energies, subconscious blocks, and negative soul programming. Once identified, these blocks and negative energies can be cleared from the subconscious, soul (Akashic) records, allowing you to heal yourself on all levels.

While working with one's High-self (inner guidance, super-conscious), SRT explores:

- What the root and nature of specific issues are.
- When the issue was first established (yesterday/childhood? Birth? Past lives etc)
- What negative emotions have been invested in this issue- (It is the negative emotions/energy that causes the blocks which keep us held back) And finally still working with ones High-self the negative emotions are cleared or released from the subconscious. You remain conscious during the process.

So what method is used to achieve all this?

With SRT, the consultant uses muscle response to connect with inner guidance (High-self). A pendulum is used as a movement amplifier and pointer as communication takes place with their Higher Self using a special set of charts. The consultant can assist in replacing old programs with positive energy and inner peace. The result of this work has assisted thousands of people to live clearer, more joyful lives. All the information necessary to achieve your goals for the session are achieved by working in this way. The result is a clearer pathway for you to make the appropriate changes and continue with your development on all levels of your being, (Body, Mind and Spirit). It may not be possible to achieve everything in just one session of one-and-a-half hours, so a course of three or four sessions may be advisable.

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The originator of Spiritual Response Therapy (SRT) Robert E Detzler, is a successful counsellor, teacher, author and ordained minister. He devised the programme in 1988 to help people clear their lives and use SRT to gain greater health, prosperity and happiness. He found out how to bring about your own mental, emotional, physical and spiritual healing by working with your High Self access negative Subconscious Programming, clearing it and replacing it with good. The method uses universal energies to heal past life traumas and subconscious blocks. The instantaneous healing brought about by the methods described provide compelling evidence of our divine ability to heal ourselves. Robert has written several books, including **Soui-Re-Creation** and **The Freedom Path**. The books cover whys and wherefores of dowsing, looking deeply into fears to uncover the real truths that can prevent us from living our truest potential and finding our life purpose. Robert's passion and understanding of the human condition comes through with compassion and clarity.

Spiritual response therapy will help to know your soul family; clear past life energies, harmonise relationships, empower self and understand your life's purpose; understand soul programmes, break cycles of disharmony or illness; release subconscious blocks and much, more at a deep and permanent level. It can help you overcome relationships conflicts, blocked personal/spiritual growth, poor health or chronic pain, business/financial problems, allergies, loneliness, stress, house/environmental problems, house/space clearing, tears, phobias, blocks to learning, behavioural problems etc.

In a personal consulting session, a certified consultant will research and clear discordant energy from your past, present and future lives. If there are any problem areas in your life caused by subconscious programs, they can be researched, cleared, and replaced with positive programs. Examples of areas that can be cleared through SRT consultation include, present life crises (major negative issues and people or places involved); health problems (any phobias, allergies or past, present, persistent, or recurring physical difficulties); finances, career and creativity(challenges current and repeated cycles blocking your prosperity); relationships (persistent or long standing difficult relations with parents, siblings, mate/s, children, boss or others) and esteem (confidence and self image status, recurring emotional difficulties and addictions).

Clients can have one to one counselling by appointment or can write or call so that the consultant can do the research and clearing without the client being present.

For more information or advice, contact:-

HEATHER PRINCE - crystalhealer7@aol.com

The Value of a Smile

*A smile costs nothing, but creates much.
It enriches those who receive without
impoverishing those who give.
It happens in a flash and the memory of it lasts
forever.*

*None are so rich that they can get along without it,
and none are so poor, but are richer for a smile.
Yet it cannot be bought, begged, borrowed or
stolen, for it is something that is no earthly good to
anybody, 'til it is given away.*

*And if it ever happens that some people should be
too tired to give you a smile, why not leave one of
yours?*

*For nobody needs a smile so much as those who
have none left to give.*

Anon.

A SPIRITUAL PATH

Turn the key open the door
To a new way of life
To learn what's in store

Open your eyes, revealing the light
A rainbow of colours
the harmony, changing the view
So vibrant and bright

Find Feel the energy surging through
Surrounding the aura with shades of
blue

Encircle this energy deep within
Releasing the healing about to begin

Stand tall and straight, like the sturdy
trees
Reach for the sky, feel the energy
rise

Let it surround you, forever protect
you

It's golden rays glowing, natural and
flowing

Whispered words of love and
kindness

Gentle hands to ease the pain
Cleansing the soul, freeing the spirit
Ready to start all over again

Paving the way with love and light
To a garden of sunshine
So warm and so bright

Surrounded by colours of every hue
Friendly faces, familiar places
The strangest feeling of deja vu.

Leta Harris.

Never let yesterday's disappointments overshadow tomorrow's dreams.

A well-known speaker started off his seminar by holding up a £50 note. He asked his audience of 200, "Who would like this £50 note?"

Hands started going up all over the room.

He continued, "I am going to give this note to one of you but first let me do this.".... And proceeded to crumple the note up. He then asked, "Who still wants it?" Still the hands were up in the air.

"Well," he responded, "What if I do this?" With that he dropped it on the ground and started to grind it into the floor with his shoe. Then picking it up, now all crumpled and very, very dirty, and asked, "Who still wants it?"

Still the hands shot into the air.

"Well my friends," he continued, "you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth £50-.

Like this note, many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we or others make, and the circumstances that come our way. We feel as though we are worthless. But remember, no matter what has happened or what will happen, you will never lose your value. *You are special - Don't ever forget it! ...*

**VALUE HAS A VALUE ONLY IF ITS VALUE IS VALUED BY YOU ...
people don't plan to fail but they fail to plan!"**

Seen on the Internet and submitted by one of our readers.

The Maker of the Cosmos ...

The cosmos is a magnificent wonder, a source of continuous amazement. It cannot but impress one as a supreme marvel. When an object has to be made, we need one who has the skill, the intelligence and the power to make it. Without a maker, nothing can be made. How can the objects like the sun, the moon, the stars and the constellations function as they do without a designer, a maker, a master? Can they yield to any ordinary power? No. Intelligent people can easily infer by observing these objects that they are endowed with mighty capabilities. Then how much powerful must be the Maker Himself?

-Baba

Maimonides's Relish

The Rambam, a famous doctor as well as a rabbi, wrote ten books on medical subjects and in several he included recipes, for he thought right eating important. He was a man of great common sense. In his book *On Asthma*, which is really a guide to healthy living as valid today as ever it was, I found this one.

It is a relish to eat with cooked meat, simple to make and delicious. I know because I use it myself. Of course, I use modern conveniences. And because twelfth century recipes do not give precise amounts of the kind we are used to, it is necessary to use common sense. Not so difficult.

Take a handful of stoned dates or seedless raisins. Soak them in vinegar for at least two hours. Originally this would have been wine vinegar.

Mix the soaked dates or raisins with one quarter that amount of ground almonds. He actually said "take unshelled almonds and beat them", but ground almonds work perfectly and are much easier, not to mention quicker.

Put the mixture through a food processor ___ and you have a paste which tastes something like mustard but is uniquely itself and excellent with meat. He suggests pouring it over meat.

Another use he suggests is to mix it in chicken soup.

Maimonides says this relish is particularly healthy as it is good for the liver and also it helps prevent heartburn and to clear the lungs. In addition it is delicious.

Another of Maimonides's suggestions as to drink almond milk, which he says assists the digestion and gets rid of phlegm.

Among his other advice is never to sleep on an empty stomach.

My cat Echo ...



How my cat Echo came back to me was a miracle. He was missing for 12 days and every day and every night I prayed to God to send him back to me.

I missed him very much and I was worried about his safety. I had the feeling that he was not coming back. Somebody might have stolen him.

On the 12th day I woke up at 2.30 am in the morning. I felt I was walking in a dream. I heard a cat mewing.

At first I thought it might be the next door neighbor's cat. My heart started beating faster, for suddenly, I told myself it might be Echo! But Echo didn't have a voice like that.

When my daughter got him for me, he was almost dumb and deaf. After a few years he had a little voice and he could hear me.

I know now this happened after 9 years by my touching and stroking him.

I went to the window and looked out and listened. It was like waking up from a dream.

I told myself it might be Echo mewing but I was still not sure after he was missing all that time! Had he come back?

I unlocked the door and there he was. He had come back to me. I thought I was dreaming again. I called him. I called him. He hesitated and stepped back. I called him again and again. I didn't want to scare him by grabbing him. I showed him some biscuits by shaking the box and putting them in his plate.

He came in and started eating hungrily and I was standing there and crying for the miracle. At 3 'o' clock in the morning I was crying and praying and thanking God for his kindness and care. I didn't know what to say to him. I couldn't believe that after 12 days Echo came back,

Where had he been how did he survive? It was a mystery.

He ate and I kissed and stroked him for a while, I could not go back to sleep. He didn't stop mewing for a while. He wanted to say something but I couldn't understand what he was saying I couldn't believe my eyes that Echo had come back to me and was with me again.

I believe in God and miracles. Miracles always happen.

Fery Archin June 2003.

Our World! 'In the 24 hours since this time yesterday over 200,000 acres of rainforest have been destroyed in our world. Fully 13 million tons of toxic chemicals have been released into the environment. Over 45,00 people have died of starvation, 38,000 of them children. And more than 130 plant or animal species have been driven to extinction by the actions of humans. And all this since yesterday.'

(Thom Hartman. The Last Hours of Ancient Sunlight. Three Rivers Press, 1998).

Dear God

My dear God
You are my dear friend
My soul, my longing
You are wise, generous and kind.

Wherever I am, You are there
You are my answer
You heal my pains
You are my medicine.

You answer my questions
You are the answer to my prayers
You are so kind and perfect
You are my best friend.

You are my teacher
And are the best reference
You solve my problems
You keep my secrets.

You are my security
You are visible and invisible
You give me help
You are all I have.

Here - there anywhere I am
You are my miracle
You are light, You shine
You are my candle in the dark.

You are flowers, grass and
You are my nature
You are sun, sea, moon and sky
You are my star.

I am in love with you
You are my lover
I am your slave
You are my Master.

Dear Children

My dear children
After I die
If you see a robin singing for you
It's me.

If you see a flower that attracts you
I send it to you
It's me.

If a miracle happens in your life
I prayed for it
It's me

If your dream about me
Wanting to see you
It's me

If your hear the music that makes
you calm
I am playing for you
It's me

If a crystal shines in your eyes
I am healing you
It's me

If you are ill and anxious close
your eyes
A pair of loving hands will come
to you
They are my hands caring and
healing you

It's me

I am always here and there for you
Even if I am gone
Because I love you and always will
Even if I am not here.

Poems by: Fary Archin.

Your Comments Please!

1. Do you think that healers should give healing freely or should they ask for a donation or a set fee?
2. Do you think that a spiritual healer can be one without a belief in the Creator / God / Supreme Being --- etc.

Answers received

1. There is no right. There is no wrong. There just is.
Healers who "heal" as a part-time or full-time profession need to pay their bills just like everyone else. Their time is a valuable commodity and if they choose to have a set fee or a donation box, that is their personal choice. Value yourself and others will value you greatly.

Healers who choose to do healing on a voluntary basis for **free** to "give back" to the community are also worthy and greatly appreciated.

Money is an energy. There is plenty for all. It ebbs and flows like the sea. Bless incoming funds and outgoing money that pays the bills. Trust in abundance.

2. I believe that a spiritual healer "feels/channels", "energy" from a higher source, (the higher energy vibration of spirit). What they wish to call this source is up to them. They don't have to be religious. We each have a "divine spark" within us and all are connected to this "energy" or "light". If a spiritual healer does not have a belief in this high vibrational energy, I don't believe that they can channel it during healing. As they give so they receive. If they use their own energy, they will deplete themselves.

Heather Prince JASH Healer Member.

1. I would prefer to ask for a donation and not a set fee, because all those people who need healing the most, may not be able to afford it.
2. If a non - believer wants to become a healer and takes the trouble to gain knowledge and understanding of healing, they may become a believer, surely that is a form of healing in itself.

Sheila Goldsmith JASH Healer Member.

Two years have flown by, and I've passed my test -
I studied hard, and did my best -
I now can give healing to one and all **when you see**
My certificate, hung on the wall!

From an ex probationer --- Shirley Stockman.

PERSONAL

Sincere Condolences to healer member
Patricia Robbins on the loss of her dear husband Sol.

Sincere Condolences to healer member
Rita Vangelder on the loss of her dear mother
Evelyn Horker who was also a JASH healer.

Sincere Condolences to the family of Ivan Kayes, on the passing of
Ivan. Ivan was the Life President, past Chairman and one of the
founders of JASH.



CONGRATULATIONS

Congratulations to Audrey and Gerald Cane on the occasion
of the marriage of their son Trevor to Lynda.



Congratulations to:
Shirley Stockman, Francine Benjamin and Ferry Archin, on
becoming full healer members of JASH after completing the
2 year BAHA training.

DON'T ARGUE WITH CHILDREN! It's a no win situation.

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small. The little girl stated that 'Jonah was swallowed by a whale.' Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, "When I get to heaven I will ask Jonah". The teacher asked, "What if Jonah went to hell?" The little girl replied, "Then you ask him".

A Kindergarten teacher was observing her classroom of children while they drew. She would occasionally walk around to see each child's artwork. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God." The teacher paused and said, "But no one knows what God looks like." Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute."

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "honour thy Father and thy mother," she asked, "is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat one little boy (the oldest of a family) answered, "Thou shall not kill."

A little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother has several strands of white hair sticking out in contrast on her brunette head. She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mum?" Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white." The little girl thought about this for while and then said, "Mummy, how come ALL of grandma's hairs are white?"

The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture. "Just think how nice it will be to look at it when you are all grown up and say, 'There's Jennifer; she's a lawyer, or 'That's Michael. He's a doctor.'" A small voice at the back of the class rang out, "And there's the teacher. She's dead."

A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, "Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face." "Yes," the class said. "Then why is it that while I am standing upright in the ordinary position, the blood doesn't run into my feet?" A little voice shouted, "Cause yer feet ain't empty miss!"

Healing Hands Network registered Charity no: 1062172

An organisation set up to send volunteer care professionals to work with people suffering from the traumas and terrible consequences of war and disaster. Since February 1997 teams of four members have worked in Sarajevo, Bosnia. They have helped in the healing of thousands of people, and even a newly-born calf.

Teams of HHN volunteers are currently working overseas to bring hands-on relief. Therapies range from Acupuncture to Osteopathy, Aromatherapy to Reiki and also Nursing. Other members help both at home and abroad with fund raising, publicity and support. Membership is steadily growing both nationally and internationally.

Professionally qualified and experienced therapists work to produce positive encouraging results, enabling people to rebuild their lives. One of the principal aims is to teach and empower as well as heal. People are best helped if allowed and encouraged to help themselves. Especially children respond to HHN work in a very special way. Hands-on therapies work, to heal, restore and regenerate the spirit as well as the body.

HEALING HANDS NETWORK, Tel:01885-410620 -- fax: 01885-410331.

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Quotes to Inspire

“Look at a tree, a flower, a plant.
Let your awareness rest upon it.
How still they are, deeply rooted in Being.
Allow Nature to teach you stillness.”

ECKHART TOLLE.

“In wise love each devines the high sacred self of the other, and refusing to believe in mere daily self, creates a mirror when love or the beloved sees an image to copy in daily life.”

W. B. YATES.

“Joy is what happens to us when we allow ourselves to recognise how good things really are.”

MARIANNE WILLIAMSON.

*“T’is easy enough to be pleasant when life flows by with a whistle,
But the man worthwhile is the man with a smile, when he sits down
on a thistle.”*

AUTHOR UNKNOWN.

“Whoever is happy will make others happy too.”

ANNE FRANK.

“Happiness is an inside job.”

AUTHOR UNKNOWN.

“The snow goose need not bathe to make itself white. Neither need you do anything but be yourself.”

LAO TSE.

*“There is a logical reason for everything that is happening in the world and beyond --- and it all makes sense.
One day you will understand the divine purpose of God’s plan.”.*

LOIS PEARL.

“We are members of a vast cosmic orchestra in which each living instrument is essential to the complementary and harmonious playing of the whole.”

I. ALLEN BOONE.