



News & Views



Autumn 2013

Jewish New Year 5774

Issue No. 63





THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

Registered Charity No. 275081

AFFILIATED TO THE BRITISH ALLIANCE OF HEALING ASSOCIATIONS

Patrons: Joan and Ray Branch and Aubrey Rose CBE

Chairman: Steve Sharpe

Hon. Secretary & Membership Secretary: Francine Benjamin

55 Mount Pleasant, Cockfosters, Herts. EN4 9ES - Telephone 020 8449 8670

Hon. Treasurer: Martin Vangelder

Hon. Auditors: Cane Terry & Co. - 31, Hardwick Court, Marsh Lane, Stanmore HA 7 4HJ

Note our e-mail address is Jashhealing@hotmail.com

Our Web site address is www.jashhealing.com

Committee for 2012

Steve Sharpe - Rita Vangelder - Francine Benjamin

Pat Greenberg - Margot Garcia

Vedant Wood - Harry Luck - Yetta Powell - Maurice Powell

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

45, Old Church Lane, Stanmore, Middlesex HA 7 2RG - Telephone: 020 8954 0787

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EDITORIAL

In producing this Autumn issue of 'News & Views' we will have completed 17 years of being your JASH editors.

Our first news letter was entitled 'Shalom' and remained so for some time and since the first News & Views' were not numbered, we have now edited and produce more than 63 editions.

I, Yetta collect, create and collate the material for the newsletter and Maurice has the far more difficult job of putting it all together on the computer ready for the printer.

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EDITORIAL

It can take more than 4 weeks of work on the computer every day which means that one month out of three is spent this way since it is a quarterly magazine.

Over the years we have tried to keep to our principles of the three **'I's'** — **interest, information** and **inspiration** and are always grateful to receive articles, poems, quotes etc., and for us it is a labour of love.

However eventually someone or two will have to take over.

Is anyone out there?

Finally, we wish everyone a happy, peaceful New Year with the hope that there will be peace and harmony in this precious world of ours.

Maurice & Yetta Powell - Editors News & Views.

Is Spin, PR and Hype adding to the problems of Healthcare? Are we witnessing the end of modern medicine?

Definitely NOT.

Allopathic or conventional Western medicine is certainly going through a time of great stress but fortunately we, the patients who rely on it can help by remembering that medicine is a science and an art and that the problems faced by doctors cannot be solved just by throwing more money into the pot.

Those who practice complementary medicine, traditional Chinese medicine, Ayurvedic medicine, homeopathy and other countless therapies must play their part too. Remember the therapies that we offer are not, repeat not, alternatives to allopathic medicine but complementary to it.

Provided we make this clear to all who seek our help and insist that they keep their medical advisers aware of the help we give the healing movement will be acknowledged and respected as an important part of health and healing in general.

We are not in competition with doctors, we are a complement to the vital work that they do in the interest of patients.





Chairman's Report Autumn 2013

Welcome to the Autumn edition of News and Views, I take this opportunity on behalf of your committee to wish you all a happy, healthy and prosperous New Year and hope 5774 will bring you all the joy you wish for.

We held our Annual General Meeting 16th June 2013, sadly the number of members attending was less than last year, possibly because it was Fathers Day, my apologies, we will try not to clash in 2014. Thank you to all those who managed to be there.

Some of the items discussed included an update with the British Alliance of Healing Associations, I am now a trustee and financial officer, National Federation of Spiritual Healers The Healing Trust, membership down on last year and needing to make cut backs with jobs at their head office. Doctor Healer Network meetings with Sylvia Bennett (Feng Shui) and Margaret Miller (Qui Kong) as speakers, patients health and welfare board, Health watch UK and Local, Accredited Voluntary Register, Professional Standards Authority, thanks to Irene Noah Trust, Harry, Alan, Naomi and the Edna Ashby Foundation for their most generous donations, Thanks to Dora Richardson for her input to our committee, over the last few years, as unfortunately she has decided to step down this year, the Mind, Body and Spirit show at the Watersmeet Theatre in Rickmansworth and the possibility of having a stand at the Expo for Jewish Living at Wembley in November. Our Treasurer, Martin, informed us that we had assets totalling £6524 at 31st December 2012 showing a deficit of £571 from the previous year. Subscriptions are down from last year, I hope we will be able to increase our membership numbers this year. Our membership Secretary, Francine, said we have 85 full healer members, 22 student healers and 3 associate members. The current Committee were re-elected en bloc, that is,

Secretary: Francine Benjamin,

Treasurer: Martin Vangelder,

News and Views editors :Yetta and Maurice Powell,

**Committee Members: Margot Garcia, Rita Vangelder, Pat Greenberg,
Harry Luck and Vedant Wood.**

Chairman: Steve Sharpe.

Auditors to remain as Cane, Terry & Co. - by unanimous vote.

Thank you, as always, to all our Committee members for their dedication and expertise in keeping the Jewish Association of Spiritual Healers at the forefront of the healing movement. *Steve Sharpe*





THE POWER OF ONE

I'm only one, so what does it matter
The petrol I use or if I eat meat
If I don't vote who would be bothered
Does one piece of litter sully a street?

Remove one grain of sand – the beach is still golden
One less blade of grass – is the garden not lush?
And one fewer elephant from a stampede
They'd still overpower and horrendously crush

A single note gone – would a symphony suffer?
Beethoven might notice his Number 5 changed
Without the dum after the da da da opening
His whole career would have been rearranged!

In a lifetime we live thousands of hours
So who would miss just giving up one
But is it the hour you meet your partner
Or when you conceive your daughter or son

Is it the hour Isaac Newton was resting
And an apple unexpectedly fell on his head
Or the hour Kennedy visited Dallas
A shot rang out; he slumped and was dead

A jigsaw puzzle with thousands of pieces
It's frustrating if there's a single piece lost
And so it is with our luscious green gardens
Remove one blade of grass at a terrible cost

For if all on earth had the same feeling
That it makes no difference what they have done
Our living world would be the poorer
A testimony to the power of one.

©Judy Karbritz





Into The Light

Reaching into the light, we learn to use the higher will and to use the power of the created thought forms in a positive manner. We are able to achieve a focused mind with a capacity to visualise and grasp the inner spiritual ideas and create them into physical form.

Meditation is the basis of all spiritual work. It is a joyful experience of releasing energies held within the physical frame, causing tensions which lead to dis-ease. It is the way to transform the desire of the ordinary human being into spiritual desire. This brings about alignment within the individual and within the group.

One does not need to be physically present in a group in order to belong to the group. The mediator is connected to the group by his her spiritual motives and inner spiritual desires.

In order to become a transforming agent, meditation needs to be practiced daily. Results should not be expected immediately. Be very patient. It is a slow process of change, of life habits and of attitudes that produces the suffering, going from stage to stage. As time and patience work their miracles, the mediator, finding the light, discovers the great beauty and joy in living on this Earth.

The results are the releasing of all tensions, the realisation of the unity of all life and the understanding of the individual responsibility to the Earth. Each of us, through our thought forms, creates the Earth we live upon.

Energy follows thought. It is our thoughts that create the joys and the sufferings, the peace or war, the abundance or starvation. Every vibration becomes energy that may be used to create or destroy. Yes indeed, the ecology of the Earth depends on each one of us applying our thoughts, minds and hearts and our goodwill to create a safe, beautiful Earth.

Learn to give in service to others. As you stand in the centre of light, of peace within yourself, becoming universal, a part of the entire whole, you create peace within and without. You are not merely individual you are a vital part of the whole creation. Therefore, create peaceful, unconditional love thoughts and positive action. As you respond to the peace within, the world responds to you. Release all fear. Let peace and love rule ... **YOU DESERVE IT!!!**

*From 'A ROAD TO JOY & INNER PEACE' a course in meditation
Compiled by MENORAH CHARNEY.*





From JerusalemA healers' point of view

I am fed up with reading about the so-called power of healers - and I'm one of them. Healers don't have more power than anyone else - they just know how to use the abilities granted to every human being. This knowledge is either intuitive or the result of years of study and work. The idea that healers have special powers is a dangerous one, in the same way that it is bad for your health to believe your doctor has special powers.

The important thing to watch for is results. If people feel better after drinking "energized water," having magnets put on them, experiencing foot pummeling (reflexology), skin puncturing (acupuncture) or energy healing (Reiki, etc.), taking minute homeopathic doses or being covered in autumn leaves (yes, there really is such a treatment!), if it works for them — it's enough for me. It's irrelevant whether the effect is "psychological" or otherwise — if the headaches disappear, the cholesterol goes down or the cough goes away -who cares if "energized water" seemed to do the trick!

In my experience, most people are intelligent enough to move on if a treatment is not helping them. Personally, I prefer to treat the sceptical patient, who is open minded enough to try, but watches closely for results.

The sceptic is never disappointed - if the treatment doesn't help he feels gratified ("I knew it wouldn't work"), and if it does help he enjoys the improvement.

Vera Resnick - Kfar Saba - Israel.

Another view on healing ... by Dr. Albert Schweitzer

When I asked Dr. (Albert) Schweitzer how he accounted for the fact that anyone could possibly expect to become well after having been treated by a witch doctor, he said I was asking him to divulge a secret that doctors had carried around inside them ever since Hippocrates.

"But I'll tell you anyway," he said, his face still illuminated by that half smile. "The witch doctor succeeds for the same reason that all of us succeed. Each patient carries his own doctor inside him. They come to us not knowing that truth. We are at our best when we give the doctor who resides within each patient a chance to go to work." The placebo is the doctor who resides within.

NORMAN COLLINS..

Or Professor Edzard Ernest, Professor of Complementary Medicine at Exeter University. 'If healing does have an effect more than the placebo, we are face with something tremendous,' he says.

However, we who are involved in healing witness its tremendous power to help patients. Its simple, gentle non-invasive and IT WORKS.





Everything Changes In The Moment You Do !

Discover the Power Of NOW

Your chance to start life with a clean slate.

1. Stop Looking Outside Of Yourself
2. Life is only as complete as you are.
3. Take Responsibility For Your Life Experiences.
4. You are every event you meet.
5. Have Your own Life.
6. What others think is none of your business.
7. Do The Right Thing Regardless of Consequences.
8. Your future is only as true as you are.
9. Face Up To Your Fears.
10. Any fear faced is a fear removed.
11. Jump Into The Battle.
12. Action is the seed of wisdom.
13. Laugh In The Face Of Defeat.
14. Defeat is nothing but a bad memory.
15. Discover The Difference Between Your Head and Your Heart.
16. Real Emotions don't start with thought.
17. Follow What You Love.
18. Contentment follows love as Dawn does the night.
19. Put Your Life In Order.
20. When all else fails, try letting go.

Source Not Known.

Each new issue of News & Views takes many weeks to prepare and edit.

Keeping the newsletter interesting, informative, and inspirational requires lots of material so please be sure to let us have your input for our next newsletter as soon as possible. It would be much appreciated.

Articles submitted for publication should be in their original format. If sourced from other Societies Newsletters, magazines, newspapers or other published sources, the origin must be noted, so that it may be acknowledged by us. All other material submitted should be clearly typed.

Maurice & Yetta Powell.





20 QUESTIONS....

Can you guess which of the following are true and which are false?

- 1 . Apples, not caffeine, are more efficient at waking you up in the morning.
2. Alfred Hitchcock didn't have a belly button.
3. People do not get sick from cold weather; it's from being indoors a lot more.
4. When you sneeze, all bodily functions stop, even your heart!
5. Only 7 per cent of the population are left-handed.
6. Forty people are sent to the hospital for dog bites every minute.
7. Babies are born without kneecaps. They don't appear until they are 2-6 years old.
8. The average person over 50 will have spent 5 years waiting in lines.
9. The toothbrush was invented in 1498.
11. The average housefly lives for one month.
12. The average computer user blinks 7 times a minute.
13. Your feet are bigger in the afternoon than any other time of day.
14. Most of us have eaten a spider in our sleep.
15. The REAL reason ostriches stick their head in the sand is to search for water.
16. The only two animals that can see behind themselves without turning their heads are the rabbit and the parrot.
17. In most television commercials advertising milk, a mixture of white paint and a little thinner is used in place of the milk.
18. Hospitals make money by selling the umbilical cords cut from women who give birth. They are used in vein transplant surgery.
19. Humphrey Bogart was related to Princess Diana. They were 7th cousins.
20. If colouring weren't added to Coca-Cola, it would be green.

Answers are on page 18





Our Responsibilities as Healers

“I can’t see the wood for trees “

I’m sure most of us know and understand this old expression. Let us apply it to ourselves as healers. As children we are taught many things about surviving in this physical world and we are given ideas about how to live our lives, what to believe, what to be, how to act, where to go and often with whom we should associate. As adults we are given responsibilities about work, family, friends, the environment, society and how we can successfully survive in it. All these things take a considerable effort to achieve and maintain. There are ever increasing demands on our time and our minds. Our thoughts and feelings constantly have to focus on what others want from us and what we are expected to do to be accepted.

These are the *trees!*

But we know that there is more to us than this coarse display of our physical, mental and emotional facets. Although these are facets of ourselves, they are only part of the greater whole of who we are: our true self, our total self, our spirit self.

This is the *wood* that we cannot see; that we have no time to wander in and enjoy and to give it the chance to grow, blossom and mature. We often lose touch with our complete self and only use and develop those parts that give us the ability to survive, that give us pleasure and acceptance and satisfy our ego.

Very little is taught to us about our true selves in the world and yet that is who we are in our completeness. Very few of us know or are aware of who we really are and what our purpose in this life may be.

Self awareness is the key to understanding and knowing who we are. Is it not our responsibility and indeed our intent to be able to express and ultimately develop our self awareness so that when we act as a channel for those divine energies the channel is as pure and direct as possible? To achieve this we have to try and balance all our needs but at the same time not to allow our “worldly” side take over from our spiritual side which is striving to grow and make progress. Of course, there are times when the physical will have to take precedence over the spiritual and a lack of physical fulfilment can harm or block the growth of the spiritual. If of course we misuse or abuse the physical the spiritual will once again be harmed. That does not mean that we have to ignore our need for physical expression. We sometimes simply need to detach from it with awareness or put it on hold for a while until we feel the time is right to continue.

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OUR RESPONSIBILITIES as HEALERS

This is when we find time to be “our selves”, to relax, to meditate, *to be* and not *to do*. We can, for moments, be in the world but not of it.

Being healers means we have chosen the pathway of growth by giving love and service to our fellow man. Once again, this must be kept in balance. To devote time exclusively to serving others is a wonderful path of growth, but if we ignore our physical needs it can be counter productive. If by developing our self awareness we get in touch with what we see as our destiny: if we understand the effects of negative thoughts, words or deeds on our spiritual progress: if we search for knowledge and truth with an open mind; if we be true to ourselves then perhaps we will begin to see a little more of the *wood*.

As healers, we also need to be aware of the needs of those who come for healing, who will also be on their own pathway of growth. We need to adapt our approach at times to meet the needs of the patient and try to accept them unconditionally. The awareness that we are all spiritual beings and that we all have responsibilities towards ourselves and others, should not be forgotten in the rush of daily living. This awareness, however, must always be balanced if we are to move forward *out of the trees and see the wood in all its splendour*.

To your own true self – be true!

Vedant Wood Healer Member JASH.

Autumn

The sad raucous cry of the crows

Herald Autumn.

A soft, chill mistiness

At early morning.

Dry , brown, wrinkled leaves

Fall to the ground.

Geese flying far away

Honking hauntingly.

Clouds scudding , fleetingly.

Sunshine desultory, shadowy.

Evenings closing in,

Flowers fading.

A musty perfume in the air.

A smell of burning wood.

A maturing, a mellowing,

Serenity, surrender, resignation.

Autumn.

© *Yetta Powell. JASH*





A Problem With Salt

Three new studies just published in the journal *Nature* may throw back the curtain once and for all on the role of salt in triggering painful and life-changing autoimmune diseases. The three studies, conducted by US researchers at Harvard, Yale, and the Broad Institute, all pointed their fingers at salt as the possible cause of a host of autoimmune diseases, including multiple sclerosis (MS), psoriasis, rheumatoid arthritis, and arthritis of the spine.

Researchers became curious when they began to notice that people who regularly ate at fast food restaurants weren't just super-sizing their waistlines — they were also producing frighteningly high levels of the inflammatory cells associated with autoimmune diseases.

In one study, Yale's Dr. David Hafler and his team fed mice a steady, salt-heavy diet, and what they found confirmed their suspicions — salt was triggering a dangerous and painful immune response. In fact, the mice on salt-laden diets soon developed a severe form of multiple sclerosis.

It turns out that too much salt may over-stimulate your immune system, forcing it to release the inflammatory cells that attack your healthy tissue. Keep that up for a while, and you can develop chronic, painful conditions that can literally alter the course of your life.

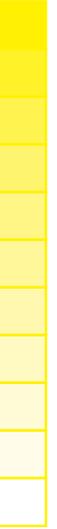
Since out of sight is out of mind, try stowing away your salt-shaker. Then monitor your salt intake and make an effort to eat less of it. See how much better you feel in just a few weeks.

As published on the .

web

Please be advised Patients should ask their doctor or health adviser about salt intake in their diet.





WE WAS BRUNG UP PROPER !!

"And we never had a whole Mars bar until 1993"!!!

CONGRATULATIONS TO ALL WHO WERE BORN IN THE 1930's, 40's, 50's, 60's and 70's

First, we survived being born to mothers who smoked and/or drank Sherry while they carried us and lived in houses made of asbestos. They took aspirin, ate blue cheese, raw egg products, processed meat, tuna from a can, and didn't get tested for diabetes or cervical cancer.

We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets and we took risks hitchhiking.

As children, we rode in cars with no seat belts or air bags. We drank water from the garden hose and NOT from a bottle. Take away food was limited to fish and chips, no pizza shops, McDonalds , KFC, Subway or Nandos.

Even though all the shops closed at 6.00pm and didn't open on a Sunday, somehow we didn't starve to death!

We ate cupcakes, white bread and real butter, milk from the cow, and drank soft drinks with sugar in it, but we weren't overweight because.....

WE WERE ALWAYS OUTSIDE PLAYING!!

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. And we were O.K. We would spend hours building our go-carts out of old prams and then ride down the hill, only to find out we forgot the brakes. We built tree houses and dens. We did not have Playstations, Nintendo Wii , X-boxes, no video games at all, no 999 channels on SKY, no video/dvd films, or colour TV. No mobile phones, no personal computers, no Internet or Internet chat rooms.....WE HAD FRIENDS and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no Lawsuits from these accidents. Only girls had pierced ears!

Mum didn't have to go to work to help dad make ends meet because we didn't need to keep up with the Jones's!

Not everyone made the rugby/football/cricket/netball team. Those who didn't had to learn to deal with disappointment. Imagine that!! Getting into the team was based on MERIT.

Our teachers used to hit us with canes and gym shoes and threw the blackboard rubber at us if they thought we weren't concentrating.

We can string sentences together and spell and have proper conversations because of a good, solid three R's education.

Our parents would tell us to ask a stranger to help us cross the road.

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

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Continued from page 12 **WE WAS BRUNG UP PROPPER !!**

Our parents didn't invent stupid names for their kids like 'Kiora' and 'Blade' and 'Ridge' and 'Vanilla'. We had freedom, failure, success and responsibility, and we learned HOW TO DEAL WITH IT ALL !

You might want to share this with others who had the luck to grow up as kids, before the lawyers and the government regulated our lives for our own good. And while you are at it, forward it to your kids so they will know how brave their parents were.

PS The big type is because your eyes are not too good at your age anymore.

Submitted by Ab & Maggie Cohen.



'Do not take life's experiences too seriously Play your part in life, but never forget it is only a role'.

Paramabansa Yogananda.





SUMMER PROJECTS

Summer time is upon us at last! It is time for many people to have their holidays, enjoy the bright sunshine and clear away any cold and damp! They will be recharged and ready to go again!

For many students, it is time for them to do a summer project. I have over the last few years received many requests from medical students to shadow me in my practice of acupuncture and Chinese herbal medicine. They are studying medicine at King's College, UCL and this year I had 2 from Cambridge. These 2 Cambridge medical students are twin brothers. They go to Cambridge to do medicine in the same year with different colleges there. They are in their 2nd year now. Their summer projects are on acupuncture and Chinese medicine.

I am naturally delighted that medical students are interested in what I am doing, and the medical schools encourage them to find out what "other people" are doing. I hope more of our future doctors become interested in CAM (Complementary and Alternative Medicine, although this term is still debatable). If one look at what doctors and other medics are doing, one can certainly find that apart from their "normal" medical practice, many of them are actually into acupuncture. The British Medical Acupuncture Society (BMAS) is the main organisation of doctors who practise acupuncture. Many physiotherapists and nurses use acupuncture in their practice.

As long ago as in 1999, Catherine Zollman and Andrew Vickers published a paper in the British Medical Journal (BMJ) on a survey of doctors' attitudes to complementary medicine. Their results showed that, overall, doctors believed CAM was moderately effective. They also found that hospital doctors and older general practitioners tend to be more sceptical than younger doctors and medical students. Most respondents believed that some of the more established forms of CAM were of benefit and should be available on the NHS. Younger doctors and medical students were more likely to perceive their knowledge of complementary medicine as inadequate and to want more tuition in the subject. Over the last 25 years in my practice of acupuncture and Chinese medicine, I have helped many patients to preserve their health and overcome their ailments. There is no question that acupuncture and Chinese herbal medicine are effective forms of complementary medicine.

As far as the curricula of medical schools are concerned, I agree that teaching complementary medicine offered a way of making teaching medicine more holistic, as it was debated in the BMJ in 2001 Complementary medicine and medical education. Also, people may be interested to know that over the last 10 years, some of the graduates of Traditional Chinese Medicine (TCM) from Middlesex University where I teach, have taken medical courses in some leading UK medical schools (King's and Leeds, for example) where their training was fast tracked.

Let's enjoy this glorious summer and hope complementary medicine, including acupuncture and Chinese herbal medicine continue to thrive. I believe complementary medicine in the UK will have a bright future.

Dr Ming Cheng . www.mingchengclinic.co.uk





The following is a letter sent by NELSON MANDELLA to Mr. Lennard of The Willberforce Society in Hull, a copy of which Mr. Lennard sent to our patron Aubrey Rose C.B.E. who now shares it with JASH.

1335/88 NELSON MANDELA

**Victor Verster Prison
P/B x 6005
Paarl South 7624**

21-9-1989

Dear Mr Lennard,

I thank you for your letter of 10 April 1989 which reached me only on 7 July. I regard it as a singular honour to be invited to become one of the patrons of The Willberforce Council, an invitation readily accepted. I will be more than happy to wear the Council's coveted tie.

My only regret is that my current circumstances will not allow me to play an active role in the affairs of the Council. Human rights is still one of the world's burning issues of the day, and the work and achievements of Sir Wilberforce is as relevant now as it was in his time. Please accept my best wishes.

*Sincerely,
Nelson Mandela.*





How did I get into Healing?

It is a good question, and the answer is it just happened, I was just led by the hand to do it.

In 1963 I joined a company called NCR, working on very early and very large digital computers. There I learned about efficiency, technical details, specifications, systems, project management, which helped in making me a disciplined logical person. Later I worked for a large pharmaceutical company managing their computer department, whilst developing company wide computer systems. I worked also for Software Consultancies. Working long hours in responsible positions.

During this time computers passed through several generations of development getting smaller but more powerful as technology improved. The microcomputer came into being, further changing operating costs, techniques and systems. And so it went on, computers getting smaller and more powerful with every new development.

So it was with some trepidation that in my mid-fifty's I suddenly started getting pins and needles in my hands and arms, sometimes more, which made me think that perhaps my heart was giving me warnings to slow down. Reluctantly I saw the doctor, had lots of tests, and to my great joy was given the all clear. At about the same time some things happened at home with my hands that I didn't understand but then forgot about.

Then, soon afterwards my wife and I were taken to a friend's house because they had recently moved. During discussions our host mentioned that he ran a voluntary complementary healing centre in Pinner, and that he was looking for a healer. Searching for something to say, I told him what had happened at home and he then asked me to go to his centre, and for some reason I agreed to go.

Talk about being led by the hand.....

With trepidation, anxiety, and apprehension I went there and was just literally introduced to healing on the spot, and to my amazement everything started to happen without me even thinking about it. 'Please come back' they said. Well I loved it and suddenly I was now serving there in the evening and continued working long hours in my professional daytime career. It was clear to me that I had to get some professional backing for the healing work I was committed to. So I found and joined the NFSH as a probationer. The very logical, disciplined 'just the facts' approach, of my professional life, turned upside down.

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How did I get into healing

I stayed like that for about four years but it was all too much. Healing had become the most important part of my life. The 'joy' of computing dissipated as my love for healing grew, and after talking it through with my family, I decided to retire at 60 to give my life to healing. Fortunately I had a pension that gave me some breathing space.

I had decided right at the beginning that because the healing energy had come to me so naturally, I did not feel that I could charge others for this service, and I have never done so. That was my decision and others will and must do what is necessary for them.

Soon after my retirement my wife met with a friend who suggested that I should go to Chai Cancer Care to give healing. I started to give healing to their clients after meeting with their Trustees. Chai was a small charity then with a small suite of offices in Hendon, and I was with them for around ten years during which time they grew into the very substantial and wonderful organisation they have now become.

Around the same time I met by chance with the administrator of the Highgate Centre of the NFSH and agreed to help them temporarily. My wife was anxious that I should not over-commit myself, and that I should not go back to my old workaholic days. However, Instead of just being there for a few weeks I remained there for seven years. I am pleased to say that the centre grew in popularity and the numbers attending for healing increased year by year.

In the meantime Chai had grown, I wanted a change, and decided to leave. However I still have many friends there, and I look back with warmth and humility having been able to give healing to such amazingly loving and courageous people, many of whom passed on. I loved being with them, sharing their fears and joys and experience. It was very hard for me too at times, and I think I grew up there. I have much to thank them for.

Later I discovered 'Cancerkin' at the Royal Free Hospital, serving breast cancer patients before, during, and after clinical treatment. I have been with them now for over three years, and as the only male I am pleased to be accepted in a primarily feminine environment. For some reason I have always been drawn to help those with cancer.

I continue to see people at home and will visit those who can't come to me. I continue to do regular absent healing and will occasionally get feedback, but just like all of you I know when the energy is flowing and that is good enough for me.

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Continued from page 17

How did I get into healing

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In the meantime Chai had grown, I wanted a change, and decided to leave. However I still have many friends there, and I look back with warmth and humility having been able to give healing to such amazingly loving and courageous people, many of whom passed on. I loved being with them, sharing their fears and joys and experience. It was very hard for me too at times, and I think I grew up there. I have much to thank them for.

Later I discovered 'Cancerkin' at the Royal Free Hospital, serving breast cancer patients before, during, and after clinical treatment. I have been with them now for over three years, and as the only male I am pleased to be accepted in a primarily feminine environment. For some reason I have always been drawn to help those with cancer.

I continue to see people at home and will visit those who can't come to me. I continue to do regular absent healing and will occasionally get feedback, but just like all of you I know when the energy is flowing and that is good enough for me. I have certainly slowed since the very early days of never doing enough but the feeling of wanting to help never goes away. It has all been a wonderful experience, with blessed highs and sad lows, but I am so grateful to have been on the journey, which continues!

Harry Luck JASH Healer.

When one door of happiness closes, another opens but often we look so long at the closed door that we do not see the one that has been opened for us'.

Helen KellerHelen Adams Keller (27 June 1880 - June 1968) was an American author, political activist and lecturer. She was the first deaf-blind person to earn a Bachelor of Arts degree.

Answers to 20 Questions on page 8 They are all true. Now go back to page 8 and consider question 14





Encouraging That Healing Smile ...

Some Classroom howlers

- “Ancient Egypt was inhabited by mummies and they all wrote in hydraulics. They lived in the Sarah Dessert and travelled by Camelot.”
- “Sir Walter Raleigh is a historical figure because he invented cigarettes and started a craze for bicycles.”
- “Sir Francis Drake circumcised the world with a 100 foot clipper.”
- A visiting minister asked some primary school children during assembly if anyone knew the two parts of the Bible. One of the oldest pupils eagerly answered: “The old and new testicles.”
- A teacher in Scotland was telling her class a Bible story when she asked if anyone could tell her anything about the Hebrews. Up shot a hand and an eager boy answered: “They’re islands near the west of Scotland.”
- “Solomon was the wisest man of his time owing to the fact that he had so many wives to advise him.”

A thought-provoking list of proverbs cropped up after six and seven-year-olds were asked to complete some well-known sayings:

- Strike while the... insect is close.
- Don’t bite the hand that... looks dirty.
- If you lie down with dogs, you’ll... stink in the morning.
- Where there’s smoke there’s... pollution.
- I Laugh and the whole world laughs with you, cry and... you have to blow your nose.

And as for history, well I never... Then came the Middle Ages.

- King Alfred conquered the Dames. King Arthur lived in the Age of Shivery.
- King Harold mustarded his troops before the Battle of Hastings.
- Joan of Arc was canonized by Bernard Shaw.
- Victims of the Black Death grew boobs on their necks.
- Magna Carta provided that no free man should be hanged twice for the same offense.
- In medevil time most of the people were alliterate. The greatest writer of the time was Chaucer, who wrote many poems and versus and also wrote literature.





Under Daily Chemical Attack ... *Not alarmist, just fact.*

For example would you to put DDT or hydrochloric acid in your morning coffee, or cup of tea. Certainly not. But that's exactly what millions of us are doing every day without even realising.

For instance Sucralose – sold under the brand name Splenda and its new 'healthier' version Splenda Essentials – is advertised as a healthy alternative to sugar and as an aid to dieting.

Splenda Essentials even goes one step further in trying to broaden its appeal to the health-conscious consumer by trumpeting the fact that its various formulations contain B vitamins, antioxidants (vitamins C & E), or fibre.

But, in reality, sucralose is simply sugar laced with chlorine, described by one researcher as – *'the highly, ferocious element contained in bleach, disinfectants, pesticides, and hydrochloric acid.'* Common chlorocarbons include DDT, a chemical so harmful that it's now banned for agricultural use the world over.

Splenda's current list of adverse side effects includes headaches and migraines, skin rashes, panic attacks, dizziness, diarrhoea, intestinal cramps and bladder problems.

Researchers have also warn that the high solvency of chlorocarbons like Splenda also attack the central nervous system, impair the immune system and can even cause liver damage.

Even if you never use Splenda, what you probably don't know is that sucralose is used in over 4,000 products as an alternative sweetener – and there's a good chance that you could be consuming it daily without even realising you are doing so.

The fact is, sucralose is just one of the many thousands of other toxic products' that we encounter every day.

Products that are capable of poisoning us in slow-motion every single day of our life – in our homes, workplace, with products unsuspectingly use daily. The big problem is that in most cases we don't even know that this is happening.

Product labelling and ingredient listing goes only part way but our own vigilance is very necessary.

From an article on the Internet.





Silver Birch

Silver Birch was a spirit guide who spoke regularly at the home circle of Maurice Barbanell. The following are very brief extracts of his wisdom:

There is no joy and no service that can match helping others. In a world so full of darkness, where millions have lost their way, where there are countless numbers troubled and perplexed with sorrow in their heart, who awake each morning in fear and apprehension of what the day brings, if you can help one soul to find some serenity, and to realise that he/she is not neglected but surrounded by arms of infinite love, that is great work. It is more important than anything else.

If you prefer blindness keep your eyes closed. If you prefer deafness keep your ears closed. If you are wise, you will open the windows of your soul so that you can become aware of that mighty, vast power of spirit, which will strengthen and encourage you and make you know how life can be lived and enjoyed to the full.

You must live for the day, for the hour, for the minute, for the second, live in the ever present moment. Have no anxiety for the morrow and do the best you can. The Great Spirit is aware of the fact that you are all human beings and imperfect. That is why you are on earth. If you were perfect you would not be where you are now. The function of your earthly life is simply to eliminate the imperfections.

The reason for communication is love. Love governs communication, whether it be the love founded on the relationship between people who know one another on earth, or the love of service and the desire to help mankind that attracts unknowns to one another.

The law of compensation is automatic in its operation. No matter how much your soul has cried out for help when none seemed possible, you get the richness of the reward in being able to serve others as you were served and the way was shown to you. That is what I tell all healers and mediums.

The Law is perfect in its operation. Effect always follows cause with mathematical precision.

No individual has the power to alter by one hair's breadth the sequence of cause and effect. That which is reaped must be that which is sown, and the soul of every individual registers indelibly all the results of earthly life. There is no new truth. Truth is truth. Truth is constant and eternal. You can add to knowledge, you can add to wisdom, but you cannot bring new truth. Your world has all the truth it requires for its essential purpose – the fundamental truths of kindness, service, and love.





The Menu Of Life

- The most destructive habit - Worry
The greatest joy - Giving
The greatest loss - Loss of self respect
The most satisfying work - Helping others
The ugliest personality trait - Selfishness
The most endangered species - Dedicated leaders
Our greatest natural resource - Our youth
The greatest "shot in the arm" - Encouragement
The greatest problem to overcome - Fear
The most effective sleeping pill - Peace of mind
The most crippling failure disease - Excuses
The most powerful force in life - Love
The most dangerous pariah - A gossip
The most incredible computer - The brain
The worst thing to be without - Hope
The deadliest weapon - The tongue
The two most power filled words - "I can"
The greatest asset - Faith
The most worthless emotion - Self pity
The most beautiful attire - A smile
The most prized possession - Integrity
The most powerful communication channel - Prayer
The most contagious spirit - Enthusiasm
The most important thing in life - God

Submitted by Aubrey Rose.





RETIRED PERSON HEALTH MESSAGE

As I was lying around, pondering the problems of the world,
I realized that at my age I don't really give a rat's arse anymore.
.. If walking is good for your health, the postman would be immortal.
.. A whale swims all day, only eats fish, drinks water, but is still fat.
.. A rabbit runs and hops and only lives 15 years, while
.. A tortoise doesn't run and does mostly nothing, yet it lives for 150 years.
And you tell me to exercise?? I don't think so.
Just grant me the senility to forget the people I never liked,
the good fortune to remember the ones I do, and the
eyesight to tell the difference.

Now that I'm older here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, then where the heck is it ?
7. It was a whole lot easier to get older, than to get wiser.
8. Some days, you're the top dog; some days you're the hydrant.
9. I wish the buck really did stop here; I sure could use a few of them.
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The world only beats a path to your door when you're in the bathroom.
14. If God wanted me to touch my toes, he'd have put them on my knees.
15. When I'm finally holding all the right cards, everyone wants to play chess.
16. It's not hard to meet expenses . . . they're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter . . . I go somewhere to get something, and then wonder what I'm "here after".
19. Funny, I don't remember being absent-minded.
20. HAVE I SENT THIS MESSAGE TO YOU BEFORE.....??????

Submitted by Steve Sharpe JASH.





AYURVEDIC MEDICINE

Ayurveda has been practised in India since about 2,500BC. Ancient Hindu texts, inform us Ayurveda encourages physical, mental, emotional and spiritual wellbeing. It was mainly used to treat digestive problems such as stomach ulcers. Heart disease. Rheumatoid arthritis. Allergies, asthma. Eczema, psoriasis and other skin conditions. Anxiety, insomnia. wound healing, and viral infections, especially hepatitis.

Then In the 19th century the British Raj tried to stamp out Ayurveda. -- making its practice illegal. This was done in order to promote Western medicine in India. Nowadays however Ayurveda is openly practised and receives government sponsored revival throughout India.

One recent trial in India found that over two-thirds of rheumatoid arthritis patients improved after being treated with Boswellia seratta, a herb commonly used by Ayurvedic practitioners.

In the US further trials showed that other herbs used by Ayurvedic practitioners were found to reduce cholesterol levels and helped patients with heart disease and anxiety problems.

The key principles supporting Ayurvedic medicine teach that there are five elements - ether, air, fire, water and earth - which underlie all living systems. In addition, there are three doshas, or vital energies, each made up of a combination of two of the five elements. Vata is formed from air and ether, pitta from fire and water, and kapha from water and earth. Each dosha has attributes in both human beings and the environment. Each individual has a combination of doshas which govern physiological strength, intellectual capacity and personality.

Practitioners believe that imbalances in the doshas disrupt flow of prana, the "life energy force" that enters the body through food and breath, and impedes agni, the body's "digestive fire". If agni is low, toxic substances called ama are produced.

Ayurveda places importance on detoxification techniques designed to purge ama by means of sweat, urine and faeces - the three malas.

Good health depends on "pacifying" excesses in the doshas. Doshic balance is restored by diet, yoga, breathing exercises, massage and herbal remedies.

A qualified Ayurveda practitioner will identify will identify apersons doshic constitution and any imbalances, with detailed questioning about personal and family history and lifestyle. Taking ones pulse is an important part of diagnosis.

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AYURVEDIC MEDICINE

A practitioner might then recommend dietary changes to rebalance the doshas, and if qualified to do so, may also prescribe herbs and minerals to "pacify" the doshas. These may be administered orally, anally, through the nose, or rubbed into the skin as oils.

If the practitioner considers the patient strong enough, he may begin treatment with a cleansing and detoxifying regime called shodan. This takes the form of enemas, laxatives, therapeutic vomiting and washing out the nasal passages, collectively known as 'panchakarma', which in the West lasts three to five days. Finally he may suggest a rejuvenating regime, 'rasayana'. This may include herbal remedies, yoga, chanting, meditation and sunbathing.

It is therefore essential that the practitioner is qualified to prescribe herbal drugs and remedies and that their administration be carefully monitored also that certain treatments are not recommended for the the elderly or very young or those with heart disease.

Social and Personal

Congratulations to:

Stephanie and Peter Stock on the birth of their granddaughter, Mia.

Also to:

Daphne Cowan and her family on the marriage of their son Nikki.

Also:

We wish Sheila Goldsmith, one of our JASH healers, every success and happiness on her move to Israel this August, where she joins her Son Barry, daughter-in-law Bonnie and Grandson Yosy.

JASH members should inform our Secretary - Francine Benjamin of news items for inclusion in social and personal.

We remind readers that the views expressed in this publication do not represent the views of the editors or JASH.





Venues where members of J.A.S.H. Practice healing

THE WHITE DOVE HEALING SANCTUARY

REDBRIDGE and ILFORD area

For further information contact Rita 0208 551 5289

Tuesday 10.30 am – 12.30 pm

SOUTHGATE HEALING

at Pure Health - Health Food Shop,
56, Chase Side, Southgate, N14 5PA

Contact Francine 07956 261 738

Monday 1.00 pm - 2.00 pm

Also available by appointment

PINNER VILLAGE HEALING CENTRE

Pinner Village Hall, Chapel Lane, Pinner, HA5 1BA

(rear of car park)

Contact Steve 0208 866 9332

Thursdays 2.00 pm - 4.30 pm

STANMORE HEALING CENTRE

Glebe Hall, Glebe Road, Stanmore, HA7 4EL

Contact Bernard 0208 958 9565

or

Steve 0208 866 9332

Wednesday 7.00 pm - 9.00 pm

RAINBOW HEALING CENTRE NORTHWOOD

St. Johns Church, Hallowell Road, Northwood, HA6 1DN

Contact Pat 0208 866 9084

or

Vedant 0208 863 0261

Wednesday 2 pm – 4.15 pm

Please remember !!!!.

*Patients should tell their GP or medical advisor about any healing or
Complementary treatment.*





Quotes to inspire

"If we could see the inside of a single flower clearly, our whole life would change."

Buddha.

"The only wisdom is knowing you know nothing."

Socrates.

"God doesn't look at how much we do, but with how much love we do it."

Mother Teresa.

"Happiness is a butterfly which when pursued is always just beyond your grasp, but if you will sit down quietly, might alight upon you."

Nathaniel Hawthorne.

"What lies behind us and what lies before us are small matters compared to what lies within us."

Ralph Waldo Emerson.

*"Logic will get you from A to B.
Imagination will take you everywhere."*

Albert Einstein.

"A pessimist sees the difficulty in every opportunity, and optimist sees the opportunity in every difficulty."

Sir Winston Churchill.

"You yourself as much as anybody in the entire universe deserve your love and affection."

Buddha.

