

The Jewish Association of Spiritual Healers



Autumn 2016
Issue Number 70

www.jashhealing.com

Chairman's Report October 2016

Firstly, on behalf of your Committee, I wish you all a Happy, Healthy and Prosperous New Year with our continued hope for world peace in 5777.

We held our Annual General Meeting 26th June 2016, where I thank all those who supported us by joining us on the day. Ideally we would have liked to have seen more of our members show an interest in our organisation. We all lead busy lives, but please try to put one afternoon aside per year to give your input and maybe even offer to join our committee.

Sadly, Maurice Powell, our News and Views editor for twenty odd years, passed on to the higher realms of life on 26th June 2016 [see his obituary page] We all wish Yetta and the family a long life and thank them for their input in producing the magazine so well for such a long time.

Matters discussed at our AGM included meetings with the Healing Forum, with the intent to bring Spiritual Healing to the attention of the public and to being accepted more by conventional medicine, Doctor Healer Network talks about Reverse Speech with Ingrid Collins, Messages from Beyond with Dr Ian Rubenstein, Animal Healing with Lucy Lofting, The Gift of Alzheimers wit Maggie La Tourelle, our block insurance with the British Alliance of Healing Associations increase in price, a film being made by Dena Barnett about Spiritual Healing, the decision by the National Institute for Health and Care Excellence to drop their original idea of not recommending complementary therapies in palliative care as they had an unprecedented response against their views, and Matthew Manning's talk with the Healing Trust.

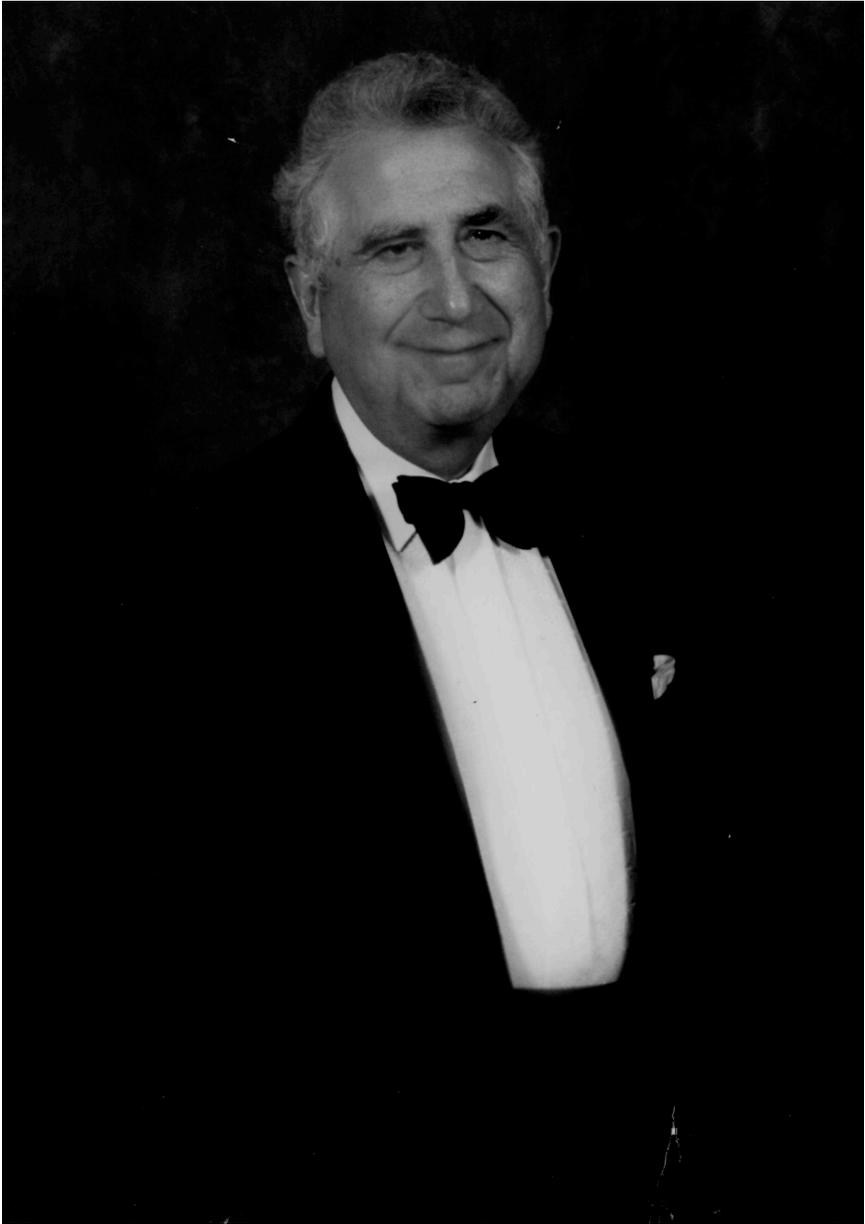
Our Treasurer Martin Vangelder told us that our current assets are £9027, thank you Martin.

Our Secretary Francine Benjamin informed us that we have seventy nine paid members which is lower than last year, thank you Francine.

The Committee (see inside front cover) was re-elected en bloc, although there is now a gap since Maurice passed on.

A new healing centre has opened its doors in Bushey.

My thanks as always to your dedicated and hard working committee. *Steve Sharpe*



MAURICE POWELL MAY HE REST IN PEACE

MAURICE POWELL

September 17th 1927 – June 26th, 2016

Everyone who knew my husband Maurice, described him as a lovely man, as well I knew having been married to him for 64 years.

He was a warm, kind, caring and loveable man, always ready to help others and these qualities are reflected in our 3 children and our 2 grandchildren.

He possessed integrity and honesty, worked hard and chose to live modestly. Extremely intelligent and knowledgeable, he was also very practical. He could turn his hand to anything, particularly if it was mechanical or technological.

He loved music especially opera and Mozart and all classical music. He also enjoyed swimming, reading, computers and travelling to other countries.

Where music was concerned for 30 years he acted as Chairman of an orchestra 'The Vivaldi Concertante' whose conductor and director was Joseph Pilbury, who said that Maurice gave valuable business advice to him.

Maurice also attended all the auditions and we both escorted 'notables' to the concerts such as the Italian Ambassador and the then Mayor of Westminster Shirley Porter.

Born on 17th September 1927 he was the second child of 5 children, two of whom survive – Arnold and Michael.

For 60 years Maurice played an active part as a Freemason. He was Master three times and achieved Grand Lodge status.

Where healing is concerned, we were both trained by the NFSH, now the Healing Trust.

Maurice spent 40 years giving healing at Glebe Hall, Stanmore and at our home.

For several weeks he took over from Ted Fricker, the highly respected healer, at Wyndham Place when Ted was in hospital. Ted told him 'It's your turn now' and we were offered the practice.

Maurice gave many talks on healing both in the UK and in Israel at two International Conferences.

He also was persuaded to give a talk on healing on the 'Queen Elizabeth' while sailing to South Africa, which was well received.

We met as newly qualified teachers on a train going to Lugano in Switzerland and we were married in 1951.

After some teaching Maurice joined his brother Michael in promoting an advertising agency, and he became Chairman for many years.

As editors of 'News & Views' from 1996 to 2015, he produced a magazine every 3 months. Each copy took 3-4 weeks of solid work on the computer, but he enjoyed this and it was appreciated by the readers.

He helped so many people in many ways.

I miss him so much and loved him dearly and always will.

He was one in a million.

Yetta Powell

Rupert Sheldrake

The Science Delusion: Freeing the Spirit of Enquiry

Coronet, 2012

The science delusion is the belief that science already understands the nature of reality, with only the details left to be filled in.

Acclaimed scientist Dr Rupert Sheldrake examines this materialist “belief system” and how its dogmas are actually preventing science from exploring the true and exciting reality of human existence. Each given its own chapter, Sheldrake holds ten of these materialist dogmas to account, including: Are the laws of nature fixed?; Is matter unconscious?; Is nature purposeless?; Are minds confined to brains?; Are psychic phenomena illusory?; Is mechanistic medicine the only kind that really works? and argues that science would be better off without them.

This book is an absolute treat and a must for any healer’s bookshelf. Not only is it entertaining, reassuring and inspiring, but it would also be of real, practical help when explaining spiritual healing to anyone committed to the materialist outlook that the world is a machine and all reality is either material or physical.

Reviewed by Teresa Smith

Azimuth by Jack Sanger.

This book has two intertwined plot. A magus is educating an emperor's daughter. The link follows in sequence the Tarot cards. Thought provoking and mystical.

A cross between the Lord of the Rings, The Arabian Nights, the Adventures of Ulysses, stories of Krishna and the Bhagavad Gita.

The magus is searching in all directions to determine the ways of man. Of life and death.

When we die do we go up or down?

What is the right path? Is it the moral code, the Ten Commandments?

How do our family genes affect our lives?

The book raises more questions than answers.

An extremely well written, interesting read.

Reviewed by Francine Benjamin

I hope you enjoy reading Azimuth. There is plenty of information on my website: www.jacksanger.com

However, here is something that is not there. Writing a book of any kind involves a mix of what you know, what you research and an almost mystical element that comes out of the ether - as if you have become a conduit for what Jung called 'universal consciousness'. There are many many examples within the pages of Azimuth where I found myself

reading what I had written and wondering where on earth it had come from. I had to check for validity and found such interludes were based on historical truth - though I could swear I had no knowledge of them prior to writing. There is an adage which goes, "you write yourself into knowledge". This happens more and more when you submerge yourself in your work and allow the plot to unfold and the characters to live their own lives.

The book has mystical elements because that is what came from the ether! Being born in India, travelling all over Central Asia, Russia and North Africa, I am sure I picked up a sort of implicit knowledge of persons, scenery, customs and philosophies along the way, too.

Hope the story carries you along.

Jack

For Twitter, Facebook, blogs, paperbacks and e-fiction for your e-readers to www.jacksanger.com

MEMBERSHIP RENEWAL

PLEASE REMEMBER TO RENEW YOUR MEMBERSHIP AS NEAR TO JANUARY 1ST AS POSSIBLE IN ORDER TO SAVE OUR TREASURER AND SECRETARY'S VALUABLE TIME AS WE ARE ALL VOLUNTEERS.

ISRAEL TITBITS

Science and technology in Israel is one of the country's most developed sectors. The percentage of Israeli's engaged in scientific and technological inquiry, and the amount spent on R&D in relation to Gross Domestic Product is the 2nd highest in the world.. The high technology industry has been successful due to Israel's disproportionately high number of engineers and scientists. Israel boasts the highest number of scientists, engineers, and technicians per capita in the world. Israeli scientists have contributed to the advancement of agriculture, computer sciences, electronics, genetics, healthcare, optics, solar energy, and various fields of engineering.

In this item, some of the more consumer-based Israeli developments, or news of international interest in Israel will be shown. The following is a very brief extract of just a very few bits of news:

Civilian airline pilots flying through fog or other limited visibility conditions will soon be able to benefit from an optical system designed by Elbit Systems. This uses special cameras to analyse various wavelengths of light to ultimately project an image that allows the pilot to see clearly ahead.

A group of Israeli high school students won second place in an international robotics competition in Shanghai, China.

Israeli scientists have found a way for brain power to control when drugs are released into the body by using tiny robots made from DNA to deliver the medication internally

Samsung Global Innovation Centre opened an office in Tel Aviv called Samsung NEXT. **“In Israel you have perhaps the greatest amount of talent per square foot than anywhere in the world”** said the General Manager of Samsung GIC New York. Samsung NEXT will focus primarily in areas such as Artificial Intelligence, cyber-security, virtual and augmented reality technologies et al. This will be the fourth Samsung program set up in Israel over the past 10 years.

The Ofek-11 reconnaissance satellite launched recently will join 10 other satellites that feed intelligence to Israel's security forces

An Israeli gas consortium signed what Israel called a 'historic' \$10 billion deal with the Jordan Electric Power Company to supply the Hashemite Kingdom with natural gas for 15 years

Chinese IT Corporation Neusoft and Israeli-Chinese equity fund Infinity Group said they would jointly set up a \$250 million fund to invest in Israeli medical technologies over the next three years.

New Israeli prostate cancer test designed to slash the need for biopsies

New revolutionary Israeli developed prostate cancer treatment via injection and lasers significantly reduces the need for radiotherapy and surgery

'Livia' is an Israeli developed pain management device made for women. It is a discreet wearable device blocks that blocks pain from reaching the brain.

Ayala Water and Ecology is an Israeli company dedicated to use natural, energy-free tools to restore balance to the environment, ranging in scope from acid mine drainage remediation in Chile to urban sewage treatment in India.

In a new study, researchers at Ben Gurion University of the Negev have taken a step closer to understanding the genetic basis of Autism which they hope will lead to earlier diagnosis of Autism Spectrum Disorder.

Intel Israel has just announced what it claims to be the world's smartest (in the sense of technology infrastructure) building. This 34000 square metre research and development centre in Petach Tikva will join half a dozen other Intel sites in Israel, including two manufacturing facilities.

They all want a piece of the Israeli pie. Microsoft, Google Apple – dozens of large multinationals have chosen to establish offices and R&D centres in Israel, the Startup Nation. There are currently 250 R&D centres of foreign high tech companies in

Israel. Intel Israel is responsible for almost 10% of total Israeli exports.

The Royal Bank Of Scotland is holding a ‘Hackathon’ in Tel Aviv to scout for Israeli financial technologies that will enable the bank to boost services to customers. The hackathon will be held at the fintech hub ‘The Floor’ at the Tel Aviv Stock Exchange, in cooperation with Google and Intel. International banks including Citi, Barclays, HSBC and Santander have all set up fintech hubs in Tel Aviv as new technologies are changing the world of finance and the way consumer banks work. They look to Israel to help find solutions to this fast changing world.

Daimler, which also controls Mercedes Benz, announced it will open a new R&D centre in Tel Aviv to join others currently operating in US, Germany, India, and China

A new CT Scanner called Revolution CT, created by GE Healthcare and its engineering team in Haifa, was installed for the first time in Israel at the Sheba Medical Centre near Tel Aviv. Revolution CT reduces radiation by up to 82% and is 50% quieter. Israeli GE Healthcare engineering team created the device and developed the software that collects the data generated and converts it into the clinical image for doctors to see.

Israel’s military field hospital, regularly dispatched to disaster zones to provide humanitarian relief, may soon be awarded the World Health Organisation’s highest ranking, which would make it the first in the world to be so recognised. This would cement Israel’s position as a world leader in emergency medicine.

Israel has the second highest rate of poverty among children and teenagers in the developed world according to a report issued by the Israel National Insurance Institute. With 25% of the population aged 0 – 17 years classified as poor, Israel is only ahead of Turkey and eight places below the average (12.9%) for member states of the OECD. It found that Israel’s 26 – 50 age group is the second poorest on the poverty index sandwiched between Mexico and Greece. Israel is also the fourth poorest in the 66 and over age range. In April 2016 a United Nations report stated that Israel had the highest level of socioeconomic inequality among its children in a review of 41 developed countries.

by HARRY LUCK

AUTISM AND SPIRITUAL HEALING

The National Autistic Society describes autism or autism spectrum disorder, as it is often called, as “a lifelong developmental disability that affects the way a person communicates and relates to people around them”.

But autism does not have one fixed set of symptoms. To quote Dr. Stephen Shore, an American expert on autism, and within the spectrum himself, “If you’ve met one person with autism, you’ve met one person with autism”. Each person is unique and has unique symptoms. But all people with autism spectrum disorder have what is called a “triad of impairments” involving difficulties in social communication, social interaction and social imagination.

The autistic spectrum ranges between what is called high-functioning autism, which may be difficult or even impossible to distinguish from the milder Asperger’s syndrome, where people are considered to have “fewer problems with speaking and are often of average or above average intelligence”, though they may have learning difficulties in specific areas, and are able to function independently in the world. At the other end of the spectrum, the person is described as low functioning, and may be unable to talk or communicate at all and need life-long specialist care.

It is a perplexing disorder and one which is little understood in society and often not recognized in general, particularly because the first

impression is that many autistic people do not “look” or seem different to the general public.

One of the main features of autism is sensory hyper or hypo sensitivity and may include “sound, touch, taste and different visual stimuli, for example particular colours”. Sensory hypersensitive people are unable to filter out foreground and background information which may lead to sensory overload. They may also be more sensitive to certain food stuffs including sugar and caffeine. Sleeping difficulties are also a common problem for autistic people and many autistic children feel easily frightened and many actually hate being touched. An autistic person may be very good at one thing, but terrible at everything else.

One renowned autistic person is Dr. Temple Grandin, a scientist with a PhD in Animal Science who has worked extensively with animals and has written various books including “Animals in Translation: using the mysteries of autism to decode animal behaviour” and “Thinking in Pictures”, and was the subject of an essay by neurologist Oliver Sacks called “An Anthropologist on Mars”, included in a book of the same name, the title being a phrase which Temple Grandin uses to describe how she often feels in social interactions.

Dr. Temple Grandin has described autistic people as experiencing the “core emotions” such as fear and rage.

She is a visual thinker and considers language to be her second language. She tells the story of a summer camp she attended during her early childhood, where the pupils had to memorise the Lord’s Prayer. She said that she had no trouble learning it, but had no idea what it meant at all. The only words that resonated with her were “the power

and the glory”, which she pictured as “a rainbow with an electric tower in the base of the rainbow”!!

Another well-known autistic person is Tito Mukhopadhyay, who was born and brought up in Southern India, but in 1999 moved to the United States with his mother Soma, where he now lives. Unlike Temple Grandin, who is high-functioning and a very eloquent speaker, Tito has been diagnosed as low-functioning and is virtually non-verbal. Also differently to Temple Grandin, he has “chosen” the sense of hearing as his sensory channel and is an extremely sensitive and perceptive writer who defies the perception that “low-functioning autistics are not supposed to joke, write or creatively express a rich inner life”. (Madhusree Mukerjee, Scientific American, June 2004). Tito “speaks” by writing by hand on a note-pad with his mother reading out what he writes, or on his computer and using a voice synthesizer.

With his writings he shatters the stereotype that autistic people lack empathy, imagination and introspection.

He writes about his inner world:

“With the help of my imagination

I can go places that do not exist
And they are like beautiful dreams.
But it is a world full of improbabilities
Racing towards uncertainty.”

He writes about his concept of God

“All that we feel through our senses, and those that existed beyond our senses, the attitudes and appreciations through which we receive our stimulation is God”.

(The Mind Tree, A miraculous child breaks the silence of autism – Arcade Publishing – 2000, 2003)

Though he is neither the first nor the only autistic person who has written about his condition, he is distinguished by fact that he had already written and published two books in his native India by the age of eleven, and he is an outstanding poet, writer and philosopher. He says that autistic people like himself suffer from interfering sensory perceptions which lead to “a fragmented world perceived through isolated sense organs.....I can concentrate on what I am seeing or what I am hearing or what I am smelling” (Beyond the Silence: My life, the world and autism).

It is believed by some specialists that this is an involuntary reaction of the brain to avoid the sensory overload which is said to have an opposite-of-meditation effect and maximizes brain activity, and is one of the principle causes of the furious tantrums experienced by many autistic people. Joel Smith is autistic and describes it like this:

“When I’m in overload I’m in a flight or fight response. Acting angry is a defense mechanism. It’s like my mind thinks it can “scare off” the source of my over-stimulation relieving sensory overload.”

(on Joel Smith’s Website)

Many traditional therapies will sometimes use strong medication to control the symptoms of sensory overload, with all of the side effects that involves.

Temple Grandin had many of the most severe symptoms of autism during her childhood, including acute anxiety and rage. She has been taking several medications including anti-depressants for many years and is an advocate of this kind of “treatment” as it has been beneficial for her and many others, and has enabled her to work in the academic and scientific fields with great success and world renown.

But as she has often said, every autistic person is different and what works for one person will not work for another. In a lecture given at California State University in 2007, she talked about the way any new therapeutic treatment should be assessed. Any new treatment should have what she called a “wow factor”, for example we should be able to say “He went from 5 tantrums a day to one every two weeks.”

Research has been carried out with complementary or alternative methods for helping autistic children, particularly with sensory overload.

Much work has been done with animals, including dolphins, which are known to possess a serene, healing energy (incidentally this therapy is the only complementary therapy recommended on the website of the National Autistic Society). Horses and dogs have also been found to be beneficial, with some marvelous results, helping children to reach out and connect (as long as the animals have the right temperament - they are endlessly patient and placid in character).

Rupert Isaacson, who wrote the book called “Horse Boy” (now made into a film), took his young, severely autistic son to Mongolia to receive treatment from shamans and to ride horses, with extraordinary results. Mongolia is unique in being a country where Shamanism is actually an

official state religion, along with Buddhism, and where Shamanic healing intersects with a traditional horse riding culture.

But as we know that not everyone can afford to travel to other continents to seek help for their child, can we create a similar therapeutic environment in our everyday world?

And not all autistic children react well to animals. Francisco for instance is an autistic child who is very frightened of pigeons and birds in general (a nightmare around London or any big city), quite terrified of dogs, even little ones, and the donkeys on Margate beach scare the socks off him.

Could distant or contact healing help to produce Dr. Temple Grandin's "wow factor" for many people with autism? And could spiritual healing help an autistic person, particularly an autistic child to regain their calm and serenity during a raging tantrum for example and be soothing and balancing without being intrusive and frightening?

In this article, I would like to speak about my experience of distant healing with Francisco.

Francisco is 13 years old and was diagnosed with autism when he was 4. His mother Maria cares for both Francisco and her 5 year old granddaughter on her own, and is studying for a University degree at the same time. She is a practicing spiritualist, with the calm, loving energy of the natural healer, and is well informed and aware of the potential benefits of complementary therapies, particularly spiritual healing, for her son.

Several years ago, when we first began to think about a way to help Francisco with spiritual healing, we immediately felt that distant healing would be the most beneficial, particularly as, at that time, he had episodes when he would become over-excited and have raging temper tantrums which were pretty unpredictable and could happen any time and any place, obviously meaning that I would most probably not be there with him when it happened, making contact healing impossible.

We decided that distant healing would be most beneficial for Francisco, to help him in those situations when needed. As Francisco's mother Maria explains, "Francisco was in a phase when he had various anxiety attacks and during serious crises would throw himself on the floor, hurt himself and shout, and as we had talked about this, we decided that you would send him healing energy."

Indeed, Bob Woodward, a spiritual healer and curative educator who has worked with special needs children for many years, particularly with autistic children, stresses the need for healers working with special needs children and young people to use their sensitivity to judge what degree of contact is acceptable for each situation and each individual patient. ("Spiritual Healing with Children with Special Needs" - Jessica Kinsley – Publishers, 2007)

Thus, I sent distant healing to Francisco several times, one time in particular standing out in my memory for its powerful and immediate results.

Maria describes it like this: "Francisco was shouting and jumping on the sofa and armchairs, hurting himself and biting himself at times, as he did during that phase, and that day was particularly difficult and he was

really anxious. As we had arranged that exact moment for the healing, it was clear to see that the crisis stopped then and there, it was as if he suddenly felt tired, but in a good sense, because he stopped hurting himself and calmed down, sat down and fell asleep serenely. I remember that the effect was immediate and really efficient. Francisco calmed down, stopped shouting and fell asleep”.

For my part, I remember feeling that Francisco was totally receptive to the healing, connected immediately, and the energy seemed to be drawn through me in an extraordinary way that I had never experienced before with distant healing. I knew that something very powerful had to have happened on his side, which was confirmed when I spoke to Maria a little later. The effect had been immediate and for several days after the healing Francisco was calm and slept like an angel at night.

There is no known “cure” for autism, but there are ways of helping autistic people, particularly children, to live happy and fulfilling lives. For many autistic people, in any case, autism is not something that they consider needing to be cured and is what makes them what they are. As Dr. Temple Grandin said, “If I could snap my fingers to become non-autistic I would not do so. Autism is part of who I am.”

She has said in her talks that autistic people are more interested in things than in people and according to Dr. Grandin, “We need to have people interested in things. Who do you think made the first stone spear? It wasn’t the social people yakking around the campfire that’s for sure” (in a lecture given at the University of Southern California). She has said (only a little tongue in cheek) that Silicone Valley was built by people with undiagnosed Asperger’s. She has also cited all of the

famous people in history who would have been diagnosed with Asperger's or autism today – including Einstein!!

Today Francisco is a very happy, handsome and popular boy, with the innate almost regal, dignified and courteous disposition which he has always carried with him, and whose loving and positive home environment has enabled him to live his life to the full. He rarely has tantrums nowadays, though he may still get nervous about things sometimes. Like many other autistic children, he loves trains and railway stations – his greatest and most enduring love being London Bridge, a place which most of us find ugly and unattractive, but which Francisco continues to adore and insist on visiting at least once a year with his mother. Another great love is dancing, which he does at home when he thinks no one is looking – his latest craze being Michael Jackson – whom he imitates with great aplomb.

Now that Francisco is rapidly becoming an adolescent, with all of the burgeoning hormones that involves, we have decided to resume the healing work to help him pass through this period with serenity and keep his equilibrium. Maria is enthusiastic about the possibilities of this type of therapy, as I am, and we believe that it could be very beneficial, not only for children and adults with autism, but also for those with other disorders, to help them achieve a balance and calm in their lives.

As Rupert Isaacson said: “When you ask shamans from around the world to share their various healing techniques, they all share the same response – love. It’s all about directing love”. (In an interview about his book “The Horse Boy – A father’s miraculous journey to heal his son – published by Little, Brown and Company, 2009). Spiritual healing

channels energy from the source of love and peace in a way which is felt as gentle, non-invasive and non-threatening and, as a therapy which respects a patient's personal space and sensitivity and may be of great help for autistic people and people with other special needs during times of crisis. In conclusion let me leave you with this poem by Tito Mukhopadhyay, written at the age of 5 for one of his loving therapists.

“Burning quietly in the heart where quiet emotions lay

My love burnt with a strong glow,
The reason perhaps I cannot say.”

Bettina Myers

UPLIFTING

(or “Gershwin at the Neptune)

I don't mind being told to hold on by the telephone operator, that way I can hear most of Vivaldi, a Mozart piano concerto or two, even Beethoven. When I am eventually put through, it is such an anti-climax. Should I be accidentally cut off and have to ring again, that is no problem, especially if the person at the other end is engaged. Who knows, I might get to hear the whole of Ravel's Bolero.

Going up in my hotel lift the other day I heard the most marvellous extract from Gershwin's Rhapsody in Blue, unfortunately, my room was on the first floor, so I kept hearing the same bit. I began riding to the higher floors to see how the piece went on. Later I got the hotel to move my room to the 12th floor. I could go no higher. Now at least I could do justice to Gershwin. Pity he died so young, such a brilliant man.

By this time I had become addicted to both Gershwin and lifts. I rode up and down, anxious not to miss a single note. They used to bring me lunch in the lift. For some reason other guests complained. Didn't they like Gershwin? The manager pleaded with me. His hotel routine was being disturbed. Some of the guests

didn't like Gershwin and had to walk up. Could I leave the lift just for a few hours so that others could reach their rooms? He promised I could use another lift for a short time and would find some suitable music. I wasn't going to be won over so easily.

I set out my terms. Two weeks free holiday for me, my wife and my mother-in-law, half board and The Jerusalem Post every morning if the Daily Telegraph was not available. He bargained and suggested The Sun. We compromised on the Daily Mail. I agreed to vacate the lift between the hours of 11 am and 3 pm. He suggested 8 am as people wanted their breakfast. I agreed providing the tape was played in the dining room while I was there.

A group of guests held a protest meeting. They formed an opposition and were later seen marching up and down outside the hotel with banners marked "Down with Gershwin, Up with the lift". The manager pleaded with them, then with me, but there was no compromise. He wrote out his letter of resignation, posted it to the Head Office and was last seen at Akaba, walking into the sea fully clothed.

I hadn't really meant to hurt him. A new manager was appointed. He understood me. He used to ride up and down in the lift with me. One day he said he had an idea. His recording of Rhapsody in Blue was getting rather cracked, I agreed. How about spending a couple of weeks in the hotel next door, all paid, he suggested. "Me, my wife and my mother-in-law?" I queried. He nodded and said he would throw in the Daily Mail too. He had heard the hotel nearby had a brand new recording of Gershwin.

Reluctantly I agreed and in no time I was riding the lift in the new hotel. He was right, the recording was much better and clearer. He was a clever manager. He would never walk fully clothed into the Red Sea. He would rather spend his money buying new musical tapes, including, as I now understand, a marvellous recording of Gershwin's Rhapsody in Blue.

Aubrey Rose at the Neptune hotel, Israel twenty odd years ago.

A Childlike Love

Deep within each of us dwells a weak, little child,
A child that runs out to play,
A child that gets hurt, and wronged, and abused,
A child that thinks about running away, but to where?
And, when adults, like Pacific breakers, lash against our
poor, and weak breakwaters, childlike defenses,
The child within, cries out in pain,
New hurts stir up again the old hurts.
A child will confidently place it's hand in the tender hands
of a Mother, or Father, or Aunt, or Uncle, or Brother, or Sister,
A child, hopes, believes, trusts, loves and reaches out,
Hurts are soon lost in the sea of childlike love.

LEW PARK.

GIVE AND TAKE

By Sheila Goldsmith.

When the sun goes down and your day is at an end, when the
only thing that's left is to rest your weary head.

*Think of the homeless who have nowhere else to go, on a cold damp pavement is
all they seem to know.*

*An empty stomach without hope on every single day, what can we do to lift them
up and send them on their way?*

*Pick them up and help them to what they ought to be, to join the life of caring
where happiness is free.*

*With belly full and energy to join the human race with a helping hand to others
to put a smile upon a face.*

*To live a life of give and take seems the way, I'm sure, how can we all enjoy
our lives, when other souls are poor.*

So lift them up with loving care and send them on their way, they
in turn when the time is right will make another's day.

HOW TO BE WELL

- 1) Pay attention to your body. Eat healthy foods. Drink water everyday, Stay away from drugs. Give up guilt. Pay attention to your stress level and stop pushing yourself.
- 2) Cultivate the experience of your life as being meaningful and of great value.
- 3) Do what you really want to do with your life. Your opinion is as important as any other person
- 4) Be open and non judgmental of others and give up being critical of yourself.
- 5) Give up worrying, fill your mind with happy and pleasant thoughts instead.
- 6) Enjoy intimate relationships.
- 7) Take responsibility for yourself, your ideas and your actions.
- 8) Express your feelings and views openly and honestly. Be aware of your feelings and honour them,
- 9) Loads of laughter, a sense of humour keeps the balance in your life. Life is a laughing matter!
- 10) Make changes in your life to bring greater satisfaction and joy.

How to get better if you are already unwell

- 1) Think about all the good things that have happened in your life.
- 2) Be happy. Change your mind to good people, events and things
- 3) Read articles and books, watch enjoyable films or television.
- 4) Listen to people who reinforce the good things in life, offer hope, spiritual guidance and growth.
- 5) Call or write to friends, make plan and reach out to life.
- 6) Love yourself and appreciate the goodness in you.
- 7) Take responsibility for your health. Examine closely your lifestyle and connect what you are with how you think and live.
- 8) Keep busy working with projects you enjoy with people and events.
- 9) Recognise and celebrate the good things in your life, plan for more.
- 10) Take care of yourself, you know what you can do to help yourself. Create a good life.

VENUES WHERE J.A.S.H. HEALERS CAN BE FOUND

BUCKHURST HILL
CONTACT RITA 0208 257 9325

BUSHEY
BUSHEY YOUTH AND COMMUNITY CENTRE,
FALCONER ROAD, BUSHEY, HERTS. WD23 3AD.
THURSDAY 7PM TO 9PM
CONTACT KAREN 07866 048086 OR JUNE 07796 914830

NORTHWOOD
RAINBOW HEALING CENTRE,
ST. JOHN'S CHURCH, HALLOWELL ROAD,
NORTHWOOD, HA6 1DN.
WEDNESDAY 2PM TO 4-15 PM
CONTACT PAT 07905 221640

PINNER
PINNER VILLAGE HEALING CENTRE
PINNER VILLAGE HALL, CHAPEL LANE,
PINNER, HA5 1BA (REAR OF CAR PARK)
THURSDAY 2PM TO 4-45PM

CONTACT STEVE 0208 866 9332

SOUTHGATE
CONTACT FRANCINE 07956 261738

STANMORE
STANMORE HEALING CENTRE, GLEBE HALL,
GLEBE ROAD, STANMORE HA7 4EL
WEDNESDAY 7PM TO 9PM
CONTACT STEVE 0208 866 9332

**THE JEWISH ASSOCIATION OF SPIRITUAL
HEALERS** (non denominational)

**A HEALING ORGANISATION FOR PEOPLE OF ALL
FAITHS**

Registered Charity No. 275081

**FOUNDER MEMBER OF 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 HA7 4HJ**

Committee for 2016/2017

**Francine Benjamin, Harry Luck,
Margot Garcia, Yetta Powell, Rita and Martin
Vangelder, Latha Kathirkamathamby, Pat
Greenberg, Teresa Smith and Steve Sharpe.**