

News & Views



AUTUMN - 2017

Issue No: 73

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**

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Committee for 2017/2018

**Francine Benjamin, Harry LuckMargot Garcia,
Rita and Martin Vangelder, Latha
Kathirkamathamby, Pat Greenberg, Teresa Smith
and Steve Sharpe.**

Chairman's Report August 2017

Welcome to the Autumn edition of News and Views. The Training criteria now has to include four case studies and at least two hundred hours of training over a minimum two year period. Should any of our members choose to join the Complementary and Natural Healthcare Council (CNHC) register after completing their training, the National Institute of Care Excellence (NICE) have withdrawn their non-recommendation of Complementary Medicine in palliative care due to the unprecedented volume of objections by the complementary health sector. Francine and I have attended some very interesting talks at the Doctor Healer Network, by Delcia Mcneil about the Chakras, Barbara Rojkes about Astrology, Sue Knight from the Confederation of Healing Organisations (CHO) and Dr Emmanuele Garbelli, specialising in internal medicine and healing. The British Alliance of Healing Associations (BAHA) is stable financially and going from strength to strength, joining forces with (but keeping autonomous from) UK Healers (UKH), CHO and the Spiritualist National Union (SNU) to form the Healing Forum as a think tank to promote Spiritual Healing to the general public. A Parliamentary inquiry about Complementary and Alternative Medicine (CAM) was also discussed at the AGM,

Martin presented the Treasurer's report with our total assets on 31st December 2016 (the end of our financial year) at £9549. Our expenses were comparatively low as we only produced one magazine last year, but I hope to go

back to three or four News and Views this year. Please will you make all cheques out to the Jewish Association of Spiritual Healers in full and not abbreviated to JASH. Thanks to Martin.

We have sixty-five members including thirteen students, which means our numbers are down again. If you know of anyone whose membership has lapsed please urge them to renew. Thanks to Francine.

If you see or have any articles that you think will be interesting for our members, please forward them to me at jashhealing@hotmail.com and I will try to share them with the rest of our members through the News and Views magazine.

Our web site has been moved to “Go Daddy” as it will be easier to manage. Thanks to Harry.

Your committee were voted back “en bloc”.

Terry Cane and Co. were voted back as our auditors.

Sadly, Joan and Ray Branch (two of our Patrons) passed to the light earlier this year, see their obituary from page 6.

On behalf of your committee I wish you all a happy, healthy and prosperous New Year and hope to see the world live side by side in peace sometime during 5778.

Steve Sharpe

Sending you healing energies and angel hugs, may your worries be less and your blessings be more and may good health and happiness be always at your door

Zane Baker

Interesting History!

Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odour. Hence, we have the custom today of carrying a bouquet when getting married. Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all, the babies. By then, the water was so dirty you could actually lose someone in it. Hence the saying, “Don't throw the baby out with the bath water”

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs etc.) lived in the roof. When it rained, it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, “It's raining cats and dogs.”

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a

bed with big posts and a sheet hung over the top afforded some protection. That's how canopy (four poster) beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entryway. Hence the saying a "thresh hold".

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving the leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."

Those with money had plates made of pewter: food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

The six best doctors in the world are sunlight, rest, exercise, diet, self-confidence and FRIENDS. Maintain them in all stages of life and enjoy a healthy life.

In the circle we are all equal,
when in the circle,
no-one is in front,
no-one is behind,
no-one is above,
no-one is below.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Please read to the end

THIS COULD BE A MATTER OF LIFE AND DEATH READ IT CAREFULLY & SHARE IT !!!!

This is from Dr. Geetha Krishnaswamy, Please give your 2 minutes and read this:

1. Let's say it's 7.25pm and you're going home (alone of course) after an unusually hard day on the job.
2. You're really tired, upset and frustrated.
- 3 Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw. You are only about five km from the hospital nearest your home.
4. Unfortunately you don't know if you'll be able to make it that far.
5. You have been trained in CPR, but the guy who taught the course did not tell you how to perform it on yourself.
6. **HOW TO SURVIVE A HEART ATTACK WHEN ALONE?** Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.
7. However, these victims can help themselves by coughing repeatedly

and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

9. Tell as many other people as possible about this. It could save their lives!!

10. A cardiologist says If everyone who gets this mail kindly sends it to 10 people, you can bet that we'll save at least one life.

Ramus and Joan Branch

by

Caroline Branch



It is with great sadness that we are writing to let you know of Ray and Jo Branch's passing.

Jo passed away peacefully on February 11th at her home in Ewhurst, followed by her beloved husband Ramus on April 25th who passed away at Birtiey House Nursing Home with his son Clive, daughter Alex and daughter-in-law Caroline by his side.

While we take great comfort that they are reunited, they will be hugely missed by all their family, friends and also many people that they have come into contact with through their time at Burrows Lea. We felt it would be fitting to revisit the time they spent with Harry Edwards (known as Henry by those close to him) and all they did at

Burrows Lea and remember what a wonderful couple they were.

Ray's connection with Harry Edwards started way back in September 1939; as a schoolboy he was sent out of London to be in a safe area in case of air raids and was billeted with a couple called Olive and George Burton. Ray lived with them for about a year. Before the end of the war, Ray had left school and was starting a career in advertising, working quickly up to Account Executive. He had met and fell in love with a beautiful girl called Joan whilst on holiday in the Isle of Wight, who also came from London. They courted and were married in November 1952, an incredible partnership that lasted 65 years, full of the most undying love and a lot of laughter, probably due to Ray's amazing sense of humour.

As I mentioned, Ray was embarking on a wonderful marriage and career as an Account Executive. He shared an office with another executive who came in to work one morning very excited as he had been to a Healing demonstration the night before and witnessed a man, called Harry Edwards, unlocking joints fixed by arthritis that doctors had given no hope for, straightening a person with a severe curvature of the spine. Ray listened with interest and thought no more until a week later his colleague came into the office with a copy of the 'Psychic News' and showed Ray the front page; a picture of Harry Edwards healing a small girl. It went on to report that Harry had been in a car accident on his way to a meeting and that he was fine, but Olive Burton was slightly injured. In the paper there was a picture of Olive and George Burton and Ray instantly recognized them as the couple he had lived with in the war so he wrote to them to

become re-acquainted, but also in hope of meeting Harry Edwards as he had become interested in what the man could do. They wrote back and invited Ray and Jo to come and visit them at their home Ridgemount in Peaslake. So one fine Saturday morning, Ray and Jo caught the train to Dorking where George and Olive picked them up and announced they would be stopping on the way to collect Mr Edwards from Burrows Lea.

Ray recalls arriving at Burrows Lea and being aware of an atmosphere of peace and beauty; the house and healing sanctuary were impressive and beautiful, George led them into the hall where they waited for Mr Edwards. They soon heard the gentle pad of footsteps and, in Ray's words "suddenly into the hall like some magnificent galleon sailed the silver haired stocky figure of a man they called The World's Greatest Healer". Ray had no idea then that this would be the first of many meetings between them and that eventually, in 1962, Ray and Jo would enter into the healing work of the sanctuary on a full time basis.

Moving from Kent to Peaslake they enjoyed many years working with and observing how Harry conducted his work and how he spent his leisure time. In both spheres he used every available minute to the full, Ray carried this same ethos throughout the rest of his life. Henry became Ray and Jo's mentor and close friend and would go on to be their children, Clive and Alex's godfather.

It was a wonderful time that came to an end when Henry passed away in December 1976. A couple of months before

his passing he wrote two articles with instruction for them to be printed in the magazine after his death, this is an extract from the first article and I feel this sums up their friendship. "Another reason why I am very content to enter the spirit life is that I have every confidence in Ray and Joan Branch who will be my successors in continuing the healing mission of our Sanctuary in Shere, Surrey. During recent years Ray, Joan and I have developed the gift of perception with each other. This has come through our very close association in matters spiritual and domestic, I could very often know of their thoughts even before they have expressed them in words and this we proved over and over again. In this same way Ray and Joan have been able to perceive my thoughts too! It was like a type of telepathy but it was much more than that, for we could see the motives with each other before even the thoughts were formed. I know that Ray and Joan will carry on the healing ministry and I hope I may be forgiven a vain thought 'to carry on my work of healing'" When Ray was asked years later of his time with Henry at Burrows Lea, he said "there is so much that could be recalled, for certainly all our years with him gave us such a unique opportunity of being with Harry Edwards at work and at play and to enjoy perhaps one of the greatest privileges of all and that is to partake in a unique form of instruction in the healing itself, from Harry Edwards' close mentor in Spirit, instruction and guidance which provided a unique development for the healing work which we love,"

Ray and Jo continued the work of Harry Edwards and along with their children moved into Burrows Lea in 1981. They lived at and looked after Burrows Lea Healing Sanctuary

With an army of wonderful work colleagues, helping and healing many thousands of people for 40 years until their retirement in 2002.

The couple were devoted to each other and their children And once retired lived in Ewhurst watching their four grandchildren grow up.

We had a small family funeral for Jo in February but Ray, just like Harry Edwards, did not want a funeral, so we have abided by his wishes, but he never said we couldn't have a celebration of his life, so we will be holding a celebration of Ray and Jo's life at Burrows Lea on Friday 18th August at 2pm, all welcome, please join us for afternoon tea after the service.

Caroline Branch

THE REALITIES OF LIFE

If we have a leg to stand on,

If we have an eye that sees,

If we have a throat to swallow food

And teeth that chew with ease,

If we have a heart that says we care

And love enough for all,

If we have a brain to work things out

And a body that won't fall,

If we have a hand to write things down
And don't mind what others say,
Then we've been blessed so many times
As we trundle through each day.

Sheila Doffman Goldsmith

A little spark of kindness can put a colossal burst of
sunshine into someone's day.

WHAT IS A GRANDPARENT?

(Taken from papers written by a class of 8-year-olds)

Grandparents are a lady and a man who have no little children of their own. They like other peoples.

A grandfather is a man & a grandmother is a lady!

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

They show us and talk to us about the colour of the flowers and also why we shouldn't step on "cracks."

They don't say, "Hurry up."

Usually grandmothers are fat but not too fat to tie your shoes.

They wear glasses and funny underwear.

They can take their teeth and gums out.

Grandparents don't have to be smart.

They have to answer questions like "why isn't God married?" and "How come dogs chase cats?".

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

Everybody should try to have a grandmother, especially if you don't have television because they are the only grown-ups who like to spend time with us.

They know we should have snack-time before bedtime and they say prayers with us every time and kiss us even when we've acted bad.

A 6 year old was asked where his grandma lived. "Oh," he said, "she lives at the airport and when we want her we just go get her. Then when we're done having her visit, we take her back to the airport."

It's funny when they bend over, you hear gas leaks and they blame their dog!

Grandpa is the smartest man on earth! He teaches me good things but I don't get to see him enough to get as smart as him!

A little girl asked her grandma where her parents lived, she said "they live in heaven". "But that's where you live grandma and I have never seen them". Grandma replied with a smile "no darling I live in Hendon".

ISRAELI TITBITS

The long awaited Jerusalem – Tel Aviv express train made its first test run with the journey time expected to last a brisk 28 minutes compared to the current time of 78 minutes. This rail project, estimated to cost \$1.8 billion has been in the works since 2001. The trains will reach up to 100mph, and when fully

operational they will leave every 15 minutes in each direction carrying up to 1000 passengers each.

Renault-Nissan is jumping on to the Israeli smart car bandwagon, announcing that it was opening a smart car incubator in Tel Aviv. Start-ups selected for the programme will be able to plug into a worldwide technology network that is associated with Renault-Nissan, currently the world's largest carmaker. The incubator will be operated in co-operation with the Israel Innovation Authority, will receive up to a million shekels in funding. Israel has become a focal point for the development of smart car technology. Among the car companies that have smart car centres in Israel are General Motors, Daimler Group (BMW), Volvo, Honda, China's SAIC Motors as well as Intel which is now at the centre of smart car development thanks to its recent acquisition of Mobileye.

The Israeli Energy Ministry presented its plan for developing the Karish and Tanin natural gas fields, which sit alongside the larger Tamar and Leviathan deposits in Israel's economic waters in the Med. The two fields are believed to contain some 55 billion cubic meters of gas that should flow to Israel's shores by 2020. According to the minister, total production from the four fields would bring in \$92 billion, or more than all the US aid granted to Israel in years past.

Israel launched the country's first environmental research satellite from a launch site in French Guiana, in a joint venture between the Israel Space Agency and its French counterpart Centre National d'Etudes Spatiales. The satellite's goal is to obtain high resolution photographs of specific sites to tackle environmental issues such as desertification, erosion, pollution, natural disasters, and other phenomena linked to climate change. The high resolution – plants can be distinguished as

little as five meters apart – makes possible precision agriculture in which farmers would be able to accurately plan for water, fertilizer, and pesticide needs.

Israeli pharmaceutical company Neuroderm has been sold to Japanese giant Mitsubishi Tanabe Pharma for \$1.1 billion in cash, in one of the biggest ever purchases of an Israeli company outside the high-tech field. Neuroderm is researching and developing solutions for disorders relating to the central nervous system, specifically Parkinson's disease. Its current lead product is in advanced clinical trials in Europe and the United States, and could hit the market as early as 2019, Mitsubishi Tanabe said.

Senior executives from Ford Motor Company have been in Israel seeking start-ups that might be able to contribute to the firm's connected vehicle technology system, Ford's SYNC AppLink entertainment system, which enables drivers to use voice commands and steering wheel buttons to control a variety of apps on their smartphones or other devices.

An Israeli-developed robotic companion is one step closer to helping older adults connect to their families and stay active. Adults chat with friends, listen to or watch digital content, keep track of appointments Ramat Gan-based Intuition Robotics, is known for the Elli.Q, a white faceless robot that can sit on a living room side table next to an accompanying screen, and which uses artificial intelligence to help older adults chat with friends, listen to or watch digital content, keep track of appointments and take advantage of recommended activity ideas.

Shares of BiondVax surged after the firm said a Phase 2 study clinical trial of a universal flu vaccine it is developing had

shown statistically significant positive results. The firm said it will soon start construction of a new manufacturing facility in Jerusalem with the capacity to produce tens of millions of doses annually. BiondVax, established in 2005, licensed the technology from the Weizmann Institute where it was developed on in the mid-90s.

Keepers Child Safety, a company based in Jerusalem, has developed an app that can alert parents when their children are in danger of being bullied through messages on their smartphones. In the age of Snapchat and WhatsApp, bullying has moved from the playground to the internet. A study in 2016 found that one in three children could be a victim of cyber bullying. Launched in June, Keepers is an app that uses artificial intelligence to detect hateful and offensive language on a child's smartphone and alerts the parents. Using an algorithm developed by software engineers and child psychologists, in conjunction with IBM, the app identifies cyber bullying across all social media platforms. Keepers has users in Germany, Greece, Italy and Austria.

An Israeli biopharmaceutical company, Mitoconix Bio, has been funded to develop a promising drug for the treatment of Huntington's disease and other neurodegenerative disorders. While the company is focusing on Huntington's disease, its success would lay the foundation for similar treatment for other neurodegenerative diseases, including Alzheimer's and Parkinson's.

Brazil, the world's fifth largest country is looking to Israel to gain insight as to how public policy can contribute to fostering innovation. Brazil is looking to high tech industry and Israel as a model, as its economy struggles to stabilise after suffering the worst recession in its history over the last two years.

Kenyan government officials and Keren Keyemet L'Yisrael/Jewish National Fund signed a memorandum of understanding to exchange knowledge and expertise about planting forests in dry climates. About 80% of Kenya is considered arid or semi-arid. Kenya is looking to bring Israeli technology in areas of improving soil conservation, capturing runoff, monitoring precipitation, creating forest land guidelines, and engaging the public with forest conservation.

A Canadian man who had despaired of finding treatment at home became the first person to receive a new Israeli implant that treats heart failure, according to a statement from Haifa's Rambam Medical Centre that performed the procedure. The Canadian, 72 years old, suffers from diastolic heart failure, and volunteered to be the first to try the device because he had heard of the invention and his cardiologist told him of Rambam's high international reputation. The CORolla device, developed by an Israeli start-up CosAssist is an elastic device that is implanted into the heart while it is beating to improve diastolic function. The prognosis for heart failure patients is poor, with more than 40% dying within five years of diagnosis.

Israeli Aerospace Industries (IAI) the nations' largest aerospace and defence organisation is investing millions of dollars in two cyber companies in Holland and Hungary to expand its research and development activities. In Holland IAI is investing in Inpedio BV, a provider of cybersecurity solutions to governments and enterprises. In Hungary IAI is investing in Cytrox which provides governments with solutions for the design management and implementation of cyber intelligence. The new investments will add to IAI's existing cyber operation in Israel, Switzerland and Singapore.

The Shin Bet has used cyber technology to prevent more than 2000 terror attacks since the beginning of 2016. Using unspecified technological means, the Shin Bet along with other Israeli intelligence agencies have prevented terror attacks in Israel and also passed on information to stop terrorists elsewhere in the world. It warned that hackers who attempt to attack Israel are in for a surprise, not only defensively but also in their ability to attack hackers who find they experience unexpected problems. Israel recruits the best minds in the world and is competitive in the private market to ensure they are able to stay ahead of the game.

Harry Luck

My entire life can be summed up in one sentence....

“Well that didn’t go as planned”

Nothing is permanent in this world, not even our troubles.

The most wasted day in life is the day in which we have not laughed.

LIFE is to enjoy with whatever you have with you,

Keep smiling..!

If you feel stressed, give yourself a break

Enjoy some Ice cream, Chocolates, Candy, Cake...

Why? B’coz.

Spell Stressed backwards and enjoy your desserts!

You Can't Beat A Retreat

For peace and quiet, spiritual nourishment and food for thought. This was my first. Other folk were regulars, Ammerdown Centre rests peacefully among the green hills and valleys within striking distance of Bath. Anything close to that lovely city attracts me at once. But Ammerdown can stand on its own legs. Its brochure confirms that it is set in "idyllic Somerset Countryside run as an open Christian Community dedicated to peace, reconciliation and renewal." With such a recommendation it can't go wrong.

The whole place is blessed with an atmosphere of calm. Peace reigns here. The media are non-existent. The rooms well furnished, the hot water is hot, the food is simple but wholesome, whilst those attending with me, about 24 of us, merged and melded together amicably. There is a passage in the Psalms about that.

The course of study presented to us was inspired by the Council of Christians and Jews, though there were more Christians present than Jews, more women than men. We arrived from various parts on Tuesday 28th May and departed for those same parts on Friday, 1st June. Who were we? A psychologist from Liverpool, a psychotherapist from Dublin, others from Harpenden, St. John's Wood, London, the heart of Northamptonshire, from all over the place, but a nice bunch, mature in age and experience, devoted to improving their natural understanding. It didn't take long to get on first name terms. There were quite a few husbands and wives among the loners, like me, yet we were not loners for long.

There is a marvellous "welcome" in the brochure by the lady in charge, Benedicte, which claims that the Retreat

will "help you reclaim the precious gifts of stillness and prayer" as well as "to cope better with the stresses of life." Well, I remained stress - free throughout, like all of us. A chapel encouraged silence and prayer. The lovely buildings added to a sense of calm.

We had some learned instruction from, Jane Clements, Rabbi Rachel Mantagu, whom I had known previously, and Louise Mitchell. They all knew their stuff and how to put it over. Papers were distributed, notes and readings discussed, films show, especially the gripping story of Luther of Wittenberg, Talmudic methods considered, and we all had plenty of opportunity to put our respective, and usually respectable, points of view, and what was the "stuff we studied? It was all to do with how the early Christian church emerged from its Jewish parent, embodied in the contrasting figure of James (Jacob) who appeared to write the last but one letter (Epistle) with Paul (Saul) whose love for letter writing was insatiable and endless.

We studied James' words in detail. He seemed to me a very sensible fellow, with his emphasis on action (good words), part of the Jewish tradition to this day. But there was dissension in the Land, also part of the same tradition to this day.

Paul wanted to organise his idea of Judaism and Jesus to fellow Jews strung around the Mediterranean, as well as non-Jews (Gentiles) so he emphasised faith, belief, and didn't think the rites of circumcision and ritual food so important He just loved the words "justified" and "justification", though I'm still not sure what he meant.

I felt sure Thomas would have fitted in well here in Ammerdown, a good soul, but friend Paul (a saint no less)

would soon have had us all at sixes and sevens, and what would have happened to Benedictes' gift of stress free stillness!

It is all a question of identity, James saw Jesus (Jeshua) as Messiah (notional). Paul saw Jesus as one who gave identity universally. Nothing unique there. It happened in other faiths.

I could tell you more of our lovely proceedings, all ably led, interspersed liberally with tea and coffee. I could tell you of our conclusions, not world shaking, but sensible, even perceptive. But then why should I bore you with a host of detail? Sign up with C.C.J. Go to their well prepared and instructive events, here at Ammerdown or wherever. We may have been at a Retreat, but, take it from me, we all made a notable advance in knowledge, understanding, and especially in friendship.

Aubrey Rose 3rd June 2007

Thank you Aubrey for sharing this fascinating experience with us. I understand that Ammerdown is still holding courses and retreats and thank all those readers who have contributed to 'News & Views' with articles, poems, questions etc. Please note, I still invite articles by readers as to how they became healers and also feel it would be of interest to all for articles to be published/submitted about other therapies provided by JASH members.

SOCIAL AND PERSONAL

Our sincere condolences to the family of Joan and Ray
Branch.

Please tell me what is happening by sending the information to jashhealing@hotmail.com

GOD'S PLAN FOR AGEING:

We can't control the wind but we can adjust our sails.~

Most seniors never get enough exercise.

In His Wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking.

And God looked down and saw that it was good.

Then God saw there was another need. In His Wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach & stretch and God looked down and saw that it was good

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise.

God looked down and saw that it was good

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

**NINE IMPORTANT FACTS TO REMEMBER AS YOU
GROW OLDER**

#9 - Death is the number 1 killer in the world.

#8 - Life is sexually transmitted.

#7 - Good health is merely the slowest possible rate at which one can die.

#6 - Men have 2 motivations: hunger and hanky-panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

#5 - Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

#4 - Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

#3 - All of us could take a lesson from the weather. It pays no attention to criticism.

#2 - In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.

#1 - Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Don't ignore this message. This is your only warning.

A friend sent this to me -- he must have mistakenly
assumed I was ageing! Amen !

A human being is part of the whole, called by us "Universe", a part limited by time and space. He experiences his thoughts and feelings as something separated from the rest, a kind of optical illusion of his consciousness. This delusion is a kind of a prison for us, restricting us to our personal desires and affection for a few persons nearest to us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but striving for such achievement is, in itself, a part of liberation and a foundation for inner security. *Albert Einstein*

So You Would Like To Be A Healer

That wonderful healer Harry Edwards called healers the 'salt of the earth'. It is said that it is one of the highest things a human being can do. It really is a great privilege to be used as a channel for the healing energies that come from The Source of all energy. We need to realise this and be grateful for the opportunity that has been given to us and the fact that in our hearts we have felt the desire to be healers.

It is a commitment, but very rewarding and brings a quiet joy. Fundamentally healing is loving and caring for other human beings in need. There really are healers in every sphere everywhere doing their work- whatever it is -with love. We have to be aware that we are only channels, the healing does not come from us but through us, so we must be humble enough to recognise this and not get into an 'ego trip'. Whether someone gets better or not is not up to us, although it is very gratifying to have helped someone.

Healing is as simple and natural as breathing, yet as profound.

Healing is not only concerned with the body, but also the mind, emotions and spirit. It is holistic healing - healing of the whole being. So healing addresses the cause not just the symptoms, and the cause may not necessarily be physical. It can make the person receiving healing realise that they are a spiritual being. We take healing seriously, but we don't have to be too serious or solemn about it. Humour and laughter is very healing and after all, who created humour and laughter in the first place? It can help to relax the person having healing, who may see the healer as an 'authority' figure, especially if it is their first experience, so put them at their ease. After all we are all human beings doing our best, learning from everything and everyone, the learning process never stops.

Don't worry if you feel inadequate or have to say "I don't know." It takes strength to say that and really everyone is in the same boat. Gradually your confidence and trust will increase.

Be kind and gentle and take time to listen to everyone, to other healers and people you give healing to. Remember there are many people and books that will help you, but the best helper is your own heart. If you listen to that you can't go wrong. Finally be grateful for the gifts you have been given, your life, your breath and healing. Basically we are all healers, but as well as a sincere desire to heal, we need as with everything some training to be truly effective.

To Student Healers

1. Ask yourself honestly why do you want to be a healer?
2. Are you prepared to spend the time and effort required to read, learn and practise the skills involved in healing?

3. Training takes a minimum of 2 years and you are going to spend at least one afternoon (Sunday) a month learning and practising.
4. You will need to read in between and do some practise possibly at a healing centre or home.
5. Remember we are a channel for the healing energy.
6. Remember healing is loving and caring, being kind and gentle & compassionate.
7. Try to keep yourself in good health, plenty of sleep, fresh air, exercise, good food, positive thinking and cheerfulness.
8. Remember becoming a healer will change you (for the better). It's difficult, but try to act like a healer all the time — be kind and loving, cheerful and positive.

What is Spiritual Healing?

1. It is Universal Energy from The Source of energy (we call God or the Creator). The Spiritual Healer is a channel for that flow of energy.
2. It is safe and non-invasive.
3. It can take the form of contact healing or absent / distant healing.
4. CONTACT HEALING: The laying on of hands on the body or a little distance from the body.
5. ABSENT / DISTANT HEALING: through attunement or prayer the healer directs the energy to the person who is to receive the healing. The person receiving the healing is not present.
6. All qualified healers work to a strict code of conduct. By being registered healer members of an accredited healing organisation, that membership secures insurance for the healer when giving healing to patients.

Y. Powell.

If you see the moon, you see the beauty of God, if you see the sun, you see the power of God and if you look in a mirror you see the best creation of God. So believe in yourself. We are all tourists and God is our travel agent who has already fixed all of our routes, reservations and destinations, so trust him and enjoy the “trip” called LIFE.

A minutes’ anger is a minute of lost happiness.

One good Friend is equal to ONE good medicine, likewise
One good GROUP is equal to a whole medical store.

“When you get low in spirit and discouraged remember that the lowest ebb is the turn of the tide”.

Henry Longfellow

HELPFUL AFFIRMATIONS

1. I deserve to enjoy good health.
2. Every moment that passes, I am feeling more alive.
3. The world is a loving place and I am at home here.
4. I see with loving eyes everyone and everything about me.
5. I can relax into life and trust that it loves me.

6. I drop the past and trust that the future will bring me all I need.
7. I let go of the old and welcome the new.
8. Life is fun, it really is okay for me to have a good time and be happy.
9. I have the courage to stand up for myself.
10. I enjoy my sexuality and my manliness/ womanliness.
11. I am overflowing with peace, joy and love.
12. It is okay to take time and space to do what I want to do.
13. There is no need to rush, I have always been here and shall always will be here.
14. There is no need to feel guilt, everything happens as it should.
15. I love and accept myself totally, just as I am right now.
16. I am totally lovable just for being as I am.
17. I am completely free to create my life as I choose.
18. I can express myself freely and with confidence.
19. I express my love and creativity in my work.
20. I respect myself just for being who I am.
21. I forgive with all my heart everyone who has ever hurt me and wish them well.
22. Nobody has power over me, I am totally free.
23. I am grateful for being alive and enjoy myself more each day.
24. The world is an abundant place and I deserve to be prosperous.
25. There is a great deal of happiness in the world and I deserve to have my share.
26. I keep my face to the sunshine and therefore cannot see the shadow and always look to the bright side of life.

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

**BUCKHURST HILL
CONTACT RITA 020 8257 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
PINNERS VILLAGE HEALING CENTRE
PINNERS VILLAGE HALL, CHAPEL LANE,
PINNERS, HA5 1BA (REAR OF CAR PARK)
THURSDAY 2PM TO 4-45PM
CONTACT STEVE 020 8866 9332**

**SOUTHGATE
CONTACT FRANCINE 07956 261738**

**STANMORE
STANMORE HEALING CENTRE, GLEBE HALL,
GLEBE ROAD, STANMORE HA7 4EL
WEDNESDAY 7PM TO 9PM**

CONTACT STEVE 020 8866 9332