

News & Views



**Autumn
2019**

Issue No: 81

**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
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Committee for 2019/2020

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

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Chairman's Report August 2019

Welcome to the Autumn edition of News and Views. I take this opportunity to wish you all a Happy, Healthy and Prosperous New Year as we welcome 5780, where hopefully we will be that much nearer to world peace, we can only hope!

We held our Annual General Meeting 23rd June 2019 where I thank all those who came, for giving up their afternoon to support the Jewish Association of Spiritual Healers, sadly our turnout was on the low side although only just quorate, please try to show your support to keep us in line with charity law next year. Some of the items discussed included, moving forward to the use of electronic banking and the facility to pay our annual membership renewals on line, the General Data Protection Regulations, an article in the Jewish News, the Parliamentary Group for Integrated Health, the code of conduct, film about spiritual healing, the amount of scams that are happening on our land lines, mobile phones and computers, be very careful out there, various talks and workshops via the Doctor Healer Network (Jo Shaw with her healing with horses, Shuna Watkinson with her time in the NHS, a video on the methodology of spiritual healing in an effort to wipe out some of the weird and wonderful shows that some people put on, our financial state being £10,211 on 31st December 2018 the end of our financial year, keeping us fairly stable, forty two organisations under the umbrella of the British Alliance of Healing Associations, seventy six people have renewed their membership for which I thank them for their continued support.

I am always looking for articles to put into our News and Views and hope you enjoy the magazine.

Your Committee for 2019/20 are Martin Vangelder (Treasurer), Francine Benjamin (Secretary), Rita Vangelder, Teresa Smith, Margot Garcia, Harry Luck and

myself (Chairman), I thank all our committee members for their time and expertise, although we could do with some extra help, so if you fancy joining us, please call me on 020 8866 9332.

Our thanks to Pat Greenberg for all the work she has done in running the Rainbow Healing Centre in Northwood for the last thirty five years but sadly due to lack of patients, therefore less cash coming in than going out, Pat has decided to close the centre, which in turn will allow her to use her talents in a different direction and I'm sure it won't take Pat long to fill the gap.

My apologies to Yetta Powell for only having included half of her poem "Human Beings" in the last issue of News and Views, the complete poem follows this report.

Steve Sharpe.

Human Beings

Shabby poor old man
Shuffling down the street,
Pushing a rusting cart
Battered slippers on his feet.

Grizzled, tired face
Hands so gnarled and worn,
Grubby old cap on his head,
Shapeless coat all torn.

What does he think
As he slowly wends his way,
Will he get some food
And perhaps a drink today?

Ragged poor old man
Existing on this earth.
Once too, he was a baby
Some woman gave him birth.

Did his mother hold him?
Was he her love and Joy?
Was his father full of pride
For his son, his boy.

Did he grow to childhood,
Happy and free from care,
Joyful to wake up each day.
What has brought him here?

Spruce smart business man
Striding down the street,
Pinstripes and umbrella,
Well shined shoes on feet.

On his way to daily work
To the great 'rat race',
With warm stomach replete
And bland unsmiling face.

Passing by the old man
Without a second glance.
Does he reflect for a second
That it could be himself by chance?

Passing by each other
They live worlds apart,
Yet each is a breathing being
With life and a human heart.

All share the same life on this Earth
Whether we're rich or poor,
All share the same way of birth
And leave at the same door.

Yetta Powell

Wal-Mart Senior greeter

You just have to appreciate this one. Young people forget that we old people had a career before we retiredCharley, a new retiree-greeter at Wal-Mart, just couldn't seem to get to work on time. Every day he was 5, 10, 15minutes late. But he was a good worker, really tidy, clean-shaven, sharp-minded and a real credit to the company and obviously demonstrating their "Older Person Friendly "policies"-One day the boss called him into the office for a talk."Charley, I have to tell you, I like your work ethic, you do a bang-up job when you finally get here; but your being late so often is quite bothersome." "Yes, I know boss, and I am working on it." "Well good, you are a team player. That's what I like to hear. "Yes sir, I understand your concern and I'll try harder." Seeming puzzled; the manager went on to comment, It's odd though, your coming in late. I know you're retired from the Armed Forces. What did they say to you there if you showed up in the morning so late and so often?" The old man looked down at the floor, then smiled. He chuckled quietly, then said with a grin, "They usually saluted and said, 'Good morning, Admiral, can I get your coffee, sir?'"

Imagine

Imagine that an angel lived inside you and that every now and then you asked Her to look through your eyes. How different everything would seem!

You would find the rainbow through every grey day.
Amidst every challenge you would see the golden opportunity within.

Human brother and sister, the angel in me greets the bright shining angel in you.

Stephanie June Sorrell

OURWORLD

This is the world God has made.
This is the world God has made.
Pure clear water in full measure
Fresh fragrant air, the greatest treasure.
To warm and refresh us, sun, wind and rain,
 Herbs of all kinds to ease our pain.
 Fruits, so delicious for all to share.
 Other human beings for whom to care.
Animals to comfort us, and help our work hours.
 Beautiful scents and hues of so many flowers.
 Birds singing sweetly from dawn 'til night
The gifts of body and brain, hearing and sight.
 This is the world man has made.
 This is the world man has made.
 Polluted air not fit to breathe.
 Water so poisoned, it begins to seethe.
 Sun hidden by smoke and acid rain.
 Earth become desert never to grow again.
 Medicines to cure that are in vain.
 Man killing man - the curse of Cain.
Children starving while food's thrown away.
 People in fear of destruction every day.
 Animals in cages living only to die,
Fruits sprayed with chemicals by planes in the sky.
 Greed and power and lust and hate,
 We must learn to care, before it's too late.

Imaginaton is more important than knowledge.

Albert Einstein

There is no limit to the unfolding of oneself.

Tagore

CHRONOBIOLOGY by Lynne Lamber

The Biblical idea that there's "a time for every purpose under heaven" is gaining scientific support. Recent research tells us that like all living things, the human body follows an internal rhythm that mirrors the cosmic cycle, creating a day and night in every single cell.

Directed by a master clock in our brains, hundreds of bodily functions wax and wane every 24 hours, helping us live efficiently on our 24-hour planet. There's a time when our reflexes are fastest...a time when we're most creative...a time to nap...a time to hold important meetings...a time to eat... and a time to refrain from eating. The study of these daily rhythms is called chronobiology. These rhythms are unrelated to biorhythms which identifies days on the basis of one's birth date. Here's how to put Chronobiology to work for you by taking cyclical fluctuations into account and plan your day for peak performance...

7 am to 8 am. As soon as, possible after you wake up, expose your-self to bright light -preferably sunlight -even if it's overcast. It will help you become alert faster.

9 am to noon. During this 3-hour span, we reason most clearly, concentrate best and are most creative. It is an ideal time for tackling the day's most intellectually demanding tasks.

11 am. Most people are sharp, attentive and cooperative at this time. Short-term memory is at its peak, fostering intelligent dialogue. It is a good time to schedule important meetings.

Noon. Complex decision-making skills are in high gear.

1 pm to 2 pm. People tend to be particularly cheerful. A good time for a harmonious lunch. Food eaten now is burned more efficiently than food eaten later in the day.

2pm to 3 pm. Alertness ebbs during this "after-lunch" period -whether you eat lunch or not. Drowsiness is a

problem now. It is a poor time for meetings, driving and focused thinking.

3pm. Early-afternoon blahs are starting to lift. This is an ideal time for sorting the mail, typing and other mundane physical tasks –and for dental appointments because your sensitivity to pain is at its lowest point and your dentist's hand steadiest.

3 pm to 5 pm. Long-term memory is at its peak. A good time to take classes or commit things to memory.

4 pm. Use this time to proof read letters, review contracts, check details. Your ability to detect errors peaks from now through early evening. Plan tomorrow's schedule.

5 pm. Best time of day to work out. Your coordination is peaking, as are your strength and reflexes. Workouts are more enjoyable too.

5 pm to 7 pm. Taste and smell are especially acute. A good time for your evening meal.

8 pm to 10 pm. Alertness is still high enough to do bills, read, socialise.

Your body clock doesn't shut down while you sleep. Every 90minutes or so, your brain cycles between dream sleep and deeper, non-dream stages. The most restorative portion of your slumber takes place in the first four hours after you retire. Afternoon naps are also programmed into our internal clocks. Naps should be scheduled for approximately 12 hours after the midpoint of your previous night's sleep. A nap taken at that time will be more restful and restorative than a nap taken at any other time of the day.

Not all adults live on exactly the same timetable. "Larks" become alert early in the morning. "Owls" don't feel fully functional until late in the day. Understanding your natural variations can be important. Some diseases are clearly worse at certain times. Pay attention to your body. See if hour symptoms vary during the day and if the hour you take medicine makes any difference.

ISRAELI TITBITS

Cardiologists and cardiac surgeons at Toronto General Hospital's Cardiac Centre recently performed the first live medical procedure using real-time holographic imaging developed by Israeli company RealView Imaging Ltd. **With the world's first medical holographic system that provides realistic, spatially accurate 3D floating in-air holograms, surgeons performed a valve-in-valve mitral valve procedure.** The Medical Director of the Centre said "This unique and unprecedented event represents a breakthrough in our ability to see inside the heart without making an incision". Wonderful technology!!!!

HP Inc, the US world renowned maker of computers and printers, will install artificial intelligence-based software developed by Israeli cybersecurity firm Deep Instinct in its next generation computers in a bid to protect them from cyber attacks, "to enable zero-time threat prevention against the most advanced cyber threats".

Israeli start-up Bone Sci Bio Ltd is developing a product that treats bones by promoting the formation and repair of their tissue. The product, PeptOss, also allows the controlled delivery of drugs such as antibiotics or chemotherapy directly to the bone for various orthopaedic and dental applications.

After 71 years of independence, Israel can look back with some pride at its achievements in technology. There are more than 6600 start-ups in Israel's small economy, 14 times the concentration of start-ups per capita in Europe. While Israel has just 0.1% of the world's population, the nation attracts 19% of global investment in cyber security, ranks number one globally in R & D expenditure per GDP

and attracts the highest rate of venture capital funding per capita in the world, some \$674 per capita in 2018.

Israeli medical devices start-up E-Motion Medical Ltd has developed a way to restore digestive movement in patients who, due to trauma, neurological dysfunction, or old age, have lost the ability to swallow. Their patented technology delivers unique patterns of electrical stimulation to the oesophagus, creating contractions of the muscle in a variety of locations along the oesophageal body that mimic the natural swallowing motions in a healthy person.

Neuroscientists at Sheba Medical Centre, Tel Hashomer, have discovered a new drug they say has “the potential to cure terminally ill patients” suffering from glioblastoma, an aggressive brain cancer believed to be the most common and deadly primary brain tumour. After successful animal trials the team is continuing to develop the drug with the goal of treating humans as soon as possible.

Israeli start-up NoTraffic has developed a traffic management system that tracks vehicle movement in cities and uses AI algorithms to optimise traffic lights at intersections, to maximise traffic flow reduce loads, prioritise different types of vehicles and prevent accidents. The company has completed pilots in California and is planning to launch several more in other locations in the US.

A team of Tel Aviv University researchers has **PRINTED the world's first vascularised engineered heart which was made using a patient's own cells and biological material which served as the bio-inks**. Until now scientists have only successfully printed simple tissues without blood vessels. The 3D heart produced at Tel Aviv

University was sized for a rabbit, but larger human hearts could be produced using the same technology.

Israel start-up Orcam that has developed devices to assist the blind and visually impaired, made its technology available at 12 polling stations in the recent Israeli elections. Its AI-based device, which snaps onto glasses and reads out to users what they are seeing, was selected so they could serve all citizens.

Israel's Sheba Medical Centre, one of the world's top ten hospitals (Newsweek) is collaborating with Switzerland's Lonza Group to develop gene therapies for leukaemia and lymphoma in a more efficient way. It will produce genetically engineered human cells to treat critically ill oncology patients. This is an immune therapy developed at the Weizmann Institute of Science that genetically modifies the patient's own T cells to hunt and destroy cancer cells.

Israeli start-up UPnRIDE has developed a special vehicle that helps people paralysed from the neck down to stand and be mobile on wheels. Earlier this year, Adir Simantov, an IDF soldier paralysed in a car accident, fulfilled his dream of marrying his sweetheart Liat. He surprised his bride and wedding guests by standing tall while rolling to the Chuppah. He lowered the veil over the bride's face and took his place beside her under the wedding canopy.

Harry Luck

There is one spectacle grander than the sea, that is the sky; there is one spectacle grander than the sky, that is the interior of the soul.

Victor Hugo

Social and Personal

Mazeltof to Francine and Richard Benjamin on the occasion of Jonathan's engagement to Allie, may they share a long, happy and healthy life together.

The brains of older people are slow because they know so much. People do not decline mentally with age, scientists believe it just takes them longer to recall facts because they have more information stored in their brains.

Much like the way a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. The human brains works slower in old age, said Dr Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, older people often go to another room to get something, and when they get there just stand there wondering what they came for. It is **NOT** a memory problem, it is simply nature's way of ensuring that older people do more exercise.

SO THERE!

So now when I reach for a word or a name and struggle to retrieve it, I won't excuse myself by saying "I'm having a senior moment.", Now I'll say "My disc is getting full."

Sound Healing Beyond Hearing

Last June, I attended a Sound Workshop at Angel Quest in Bushey run by Julie Burgess. The workshop was to experience different sound healing consisting of Chakra balancing, Drumming and Gong Bath.

Sound healing bypasses the thinking mind. There is much on the internet about the benefits of sound healing but there is nothing like experiencing it. Who has not heard a piece of music that resonates with us and enhances our mood?

Chakra Balancing was chanting based on Jonathan Goldman's system. I found this a pleasant experience with difficulty in making some chants for particular chakras. These are the ones that I probably need balancing more than others. The exercise took about 5 minutes. Others in the workshop found it released deeply held emotions. Good job there was a box of tissues in the room. I enjoyed the chanting and I felt some tension easing.

The drumming was an opportunity for everyone to play together native drums or shake rattles. Thank goodness no musical ability was required. The group naturally synchronised with each other. It felt like going back to childhood to experience making sound. Others found drumming deeply emotional. More tissues needed.

The last session was a Gong Bath. We lay on yoga mats but as we are at Bushey Healing Centre there were couches available too. The Gong was large and hanging on a stand. At the outset, I was restless and fidgety. After a short while, the only thing I could concentrate on was the sound. I thought that I was about to fall asleep but to my surprise, I remained awake and attentive. My eyes were shut so I could not see how the Gong was played, but it felt that Julie was stroking the Gong rather than hitting it.

Julie played different vibrations and frequencies but such beautiful melodic sounds. Sounds just seemed to rise and fall just like waves at the sea shore. Without realising it, my

mind had stopped chattering as it just concentrated on the sound. Normally, I am great at guessing time as if I have an internal clock run to Swiss precision. However, I did not know how long I laid there. Was it 15 minutes? 30 minutes? I have no idea. I was completely still. When it finished, I did not want to get up. I felt incredibly refreshed as if I had woken from a deep sleep yet I was awake all the time. I just wanted to lay still and experience this peace. I think everyone in the room found it very profound and each person experienced a benefit. One person said it gave them the clarity of what to do next.

So if you get an opportunity to experience sound by an experienced practitioner then grab it with both ears.

This is the 3rd workshop that I have attended at Angel Quest and each one has been of great value to me. They are normally run on the 2nd Saturday in the month.

Ring Karen on 07866 048086 for details of future workshops or search the Angel Quest Facebook or Meetup group on the internet. On November 9th is the yearly Angel Quest Open Day to experience different methods of healing, readings, stalls and of course refreshments.

Phil Griller

Food is nourished in the stomach. It is digested by the lungs. Digestion is brought on by the lungs when there is something the matter with them. The food then passes from the wind pipe to your pores and passes off your body by evaporation.

Anaemia is not having blood enough, but you have enough blood to bleed as much as anyone else if you cut your finger.

Extracts from children's exam papers first seen and reprinted by kind permission of the Spiritual Healer

God's Medicine

My medicine shall be the flowers
That blossom wild and free
My tonic shall be friendly letters
Sent with love to me
My light shall be the glimpses of heaven
Shining bright and blue
As if the clouds had parked
Just to let God's goodness through

Sonia Lubkin

A Prayer For The Stressed

Grant me, the serenity to accept the things that I cannot change, the courage to change the things I cannot accept and the wisdom to hide the bodies of those I had to kill today. Because they got on my nerves. And also, help me to be careful of the toes I step on today as they may be connected to the feet I have to kiss tomorrow.

Help me to always give 100% at work:-

12% on Mondays,
23% on Tuesdays,
40% on Wednesdays,
20% Thursdays,
and 5% on Fridays.

And finally help me to remember... When I'm having a bad day and it seems that people are trying to wind me up, it takes 42 muscles to frown, 28 to smile and only four to extend my arm and smack someone in the mouth. ANON.

“Men fall only in order to rise.” *From the Book of Zohar*

FRIEND IN NEED

If you were now living in the 'good old days' before we had a welfare state and a friend knocked at your door in a destitute condition, what would you do? Well, I think you would probably find him a few clothes, push a little money in his hand if you could afford to do so and send him home with a parcel of food for his children. You may even be in a position to do more, such as helping him to find employment or a better place to live. By helping to satisfy this man's material needs, you have in fact not only restored his faith in the true bond of friendship, but given him spiritual comfort by lifting him out of his depression.

Now, in these enlightened times, it is hardly likely that any friend of yours or mine would be in such a desperate situation - materially, that is. It may be difficult to manage on a limited income or unemployment benefit but one does not starve without a car, colour television or washing machine. So, suppose a friend today knocked on your door, quite well-dressed and seemingly well-fed and healthy, but confided in you that he had lost his reason to live - that, in spite of recognising all his blessings, he feels distraught for a dozen or more personal reasons. He has come to you for help because he is suffering all the symptoms of nervous debility. Possibly, your mind would revert back to the days of your youth when you skimmed the pages of Freud and Idler and words like 'id' and

'ego' would be scrambled up somewhere in your brain. Maybe you would be tempted to advise him to try one or all of the modern therapies - psychoanalysis, hypnotherapy or even the drastic Erhard treatment (which requires a doctor's letter in the first instance to confirm that you are healthy enough to take the course!) One cannot, of course, completely dismiss the aid of a good regular medical doctor. In extreme cases, mild tranquillisers and a little reassurance that there will be a time for getting better does help, but often this is not enough as there is a very real need to be fortified spiritually and it seems this, the doctor however well-meaning, is unable to fulfil.

No, I think you could help this friend quite simply and all by yourself. All you have to do is to take both his hands in yours, listen intently to his story, sense his pain and anguish, and then let the strength from your body enter into his spirit. Console him with many words to let him know that he is loved not only by you as a brother but by God Himself whose Spirit watches over all and guides those in need.

You may laugh or find that embarrassing but I can swear, as an authority on the subject, that you would be helping your friend far more than any other therapy ever devised. That man will go home with new hope, new incentive to live and a renewed interest in others apart from himself. I know, because this is exactly what happens to me after every visit to my friend, the Spiritual Healer.

DOCTORS USE ALTERNATIVES, TOO.

While studies have shown that alternative medicine has enjoyed widespread use by the general population, little information has been published on the personal use of alternative therapies by mainstream health professionals. Now, a recent survey of faculty members at a major health centre in Florida indicate that complementary and alternative medicine may be popular with doctors and other orthodox health providers. The survey asked whether respondents had used any of 10 "nonconventional" therapies: massage, dietary supplements, relaxation techniques, chiropractic, herbal therapies, imagery, acupuncture, homeopathic remedies, hypnosis and biofeedback. More than half reported that they had used one or more types of complementary and alternative therapies. The therapies most frequently used were massage (32%), relaxation techniques (24%), dietary supplements(23%), and chiropractic (16%). Respondents included faculty at the schools of medicine, nursing, dentistry, pharmacy, and veterinary medicine.

Excerpt from: Journal of American Medical Association:

GOD THE GARBAGE MAN

"City of Heaven, Department of Sanitation, God speaking.
How may I help you"?

"Two mortal sins for immediate pickup? One can of cardinal sins, one carton of venial? And an assortment of lust, greed, and sloth bundled and ready to go?"

"Of course I can handle it! Just leave them on the side of the house I'll be there Tuesday to take them away."

We've all got them. Stored up in the basement of our souls. Cluttering up our spirits. All that junk. All that gunk. Filthy, dirty, nasty, mean little sins.

But we don't have to carry them around, thank God. Not when we have a dumpster for a deity. God the Garbage man at your service. Or if you wish to sound more reverent, God the Sanitation Engineer.

You have a sin? God will` cart it-off to the great incinerator in the sky! Get out your trash bags!

You've sinned again? Oops! Well, have no fear, God will come back and come back, and keep coming back, to make sure your spirit stays neat and tidy. All you have to do is "fess up" and keep "fessing up". Because this God is a bottomless pit. There's no limit to the refuse he can hold. God the Garbage man is neither a dedicated civil servant nor a God. His job is simply to help mankind in what often seems like its most avid pursuit: escaping responsibility. We've taken the marvellous concept of a forgiving God and distorted it completely. This is not the God who is beyond pagan acts of retribution. This is not the God who respects us so much He made us morally responsible. This is certainly not the God who guarantees us freedom of conscience even if we err.

God the Garbage man is simply a vehicle for an endless obsessive-compulsive ritual that would make Lady Macbeth seem pure. A kind of bulimia of the soul. Sin bingeing. And sin vomiting.

We connive and cheat people in business. And expect God to make us whole.

We have wild, erotic affairs and lie to our spouses. But we know that God will make us clean.

Whom are we kidding? Only ourselves. Because we have no intention of stopping.

God allows us to have our cake and eat it too. We can be immoral, with confidence, knowing God will cleanse us. We can mistreat others, with impunity, knowing God will treat us kindly. We can indulge our greed, our sadism, our lusts, all the excesses of our all-too-human nature.

Knowing God will indulge us in return.

Indeed, if God the Godfather is a Mafioso, then God the Garbage man is the Mafioso's god. Because for all practical purposes, he gives us permission to sin and keep sinning. He offers "fast-food" forgiveness. Just drive up any time, for his pre-packaged blessing. What could be easier? With a god like this, who wouldn't risk enjoying a little sin?

Whatever momentary pangs of guilt or remorse we experience can be smoothly and comfortably eliminated. Yes, God has actually been reduced to a laxative. A simple home remedy for purging the human condition.

Is there no God whose forgiveness we can treat less frivolously? A God we don't just call up when we need to feel clean? A God who's more than a temporary break in an otherwise morally despicable life?

Is there no God who can inspire genuine reflection? Real, meaningful introspection? A God who can lay bare the pains of our souls and help heal them, by encouraging our own honesty?

Shouldn't a real God be worthy of actions of atonement, and not just words? Or, at least, an intent to not commit the same sin again? But God the Garbage man only makes things worse for everyone. By making forgiveness so confidant, he allows us to take our own behaviour for granted. We become so morally lazy we cease to grow as spiritual beings and we'll never grow . . . until we stop depending on someone else to dispose of our garbage for us . . . until we chuck God the Garbage man in the can and forget him.

Reprinted with kind permission from "Stupid ways, Smart Ways to Think About God" by Michael Shevack and Jack Bemporad.

"Imagination is more important than knowledge."

Albert Einstein

He who runs after good fortune, runs away from peace.

Jewish proverb

Nature is the world

Nature keeps the world alive, without it the world would be barren, the living would starve and life would end totally. All you can do is keep on keeping on. When you take from the land you must give back to it.

Cherish the ground you walk on, lift up your head to heaven and say “Thank you father for every breath you give to me, every drop of water to quench my thirst and every morsel you give me to eat,” because without these gifts everything material will be as nothing.

If someone hungers feed them, if they thirst, give them water to drink, but if you give them a silver chalice they will die of starvation.

When giving love to another being, look within yourself and you will understand their needs, only then can you give according to Gods law. You may not see the results in this lifetime, but you will have sown the seed of true and unconditional love.

Reprinted with kind permission from Messages from the World of Spirit by Sheila Doffman Goldsmith.

SUGAR: White sugar is, as they say, “fine, white and deadly”, whereas brown sugar is a naturally occurring resource which, in small quantities, is good for you.

Your body must balance sweet with sour in order to maintain a healthy pH balance and combat infection. The excess of sugar in every aspect of our diet means that your blood stream is too acidic. This allows yeast and malignant bacteria to grow in your body’s far-flung systems, building up or storing up problems for the future. Remove sugar from your diet and you will become much more healthy and have much more energy. You will also notice an increase in mental acuity.

MIRACLES

I awoke one Saturday morning with an unusual pain in my intestines that told me something was wrong. The pain was intense and caused me to vomit every few minutes. This was several years ago but seems like yesterday. I stayed in bed, hunched up with the pain and, as it was a Saturday, we hesitated calling for help but eventually called a doctor. He said I probably had an obstruction and gave me an injection. Today I would have been sent to hospital. The injection made me feel worse and at 2 pm I was so bad we telephoned a healer for help. He could not call, living some distance away, but would pray for me. At 3 pm, laying exhausted, my bedroom suddenly became full of people. They were not visible, but I could hear them bustling about and the urgent whispers between them. I felt as if I was in an operating theatre and for some unknown reason I knew I had to uncurl my legs and lay flat. Someone leant over me and I felt something go into my stomach where the pain was and then something was hooked out. The relief was immediate and enormous and then there was silence and I fell asleep. Half an hour later my husband looked round the bedroom door and I told him what had happened. We both saw the red operation scar which was two inches long and which disappeared by the following morning. On Monday I was fit and fine and met our doctor in the village. He was amazed to see me as he had expected to be called again. Today I would tell my doctor what had happened but things were different then. It is hard for people to believe this as it is beyond nature as we know it. My sister was doubtful until she experienced a similar healing after a car accident. She has never suffered since. The strange thing about her healing was that it happened at night. She was awake and heard all the whispering as her husband was sound asleep and snoring. When, next morning she was about to excitedly relate what had happened to him, he already knew about it and had seen the whole operation as he slept. He was a sceptic, but not now!

Beryl Bedford

Life Ever Fruitful

Life is ever fruitful but, you don't always pick from the right branches, the fruit is always riper and sweeter from the top of the tree.

When we speak to you we speak from a higher level of understanding and you don't always hear what we say, but when your mind is quiet and at peace you will hear more clearly.

When you ask for our help we will be at your side guiding you with words of wisdom, we are not able to do your work for you, but be sure we are always there to guide you in the correct way.

Not everyone will listen to you, not everyone will want to hear you ad not everyone will understand what you say, but when you listen and hear our words you will be guided, be patient with those who have closed minds, they will learn eventually and in their own time.

Reprinted with kind permission from Messages from the World of Spirit by Sheila Doffman Goldsmith.

WASH FRUIT: Always thoroughly wash fruit in a strong mixture of vinegar and warm water. This helps remove pesticide residues which can build up in your body and damage your health.

Fruit reaching your table has been sprayed as many as 19 times with toxins designed to kill insects, small mammals, frogs, birds and fungi. Any of these toxins will kill you if taken in a spoonful and whilst the residue on fruit is small, it builds up over a period to a toxic load that your liver has trouble dealing with.

Washing in warm water and acetic acid (that is vinegar) help to reduce this. They also warm up the fruit which has usually been kept in cold storage, so helping stimulate enzymic activity and ripening.

HOW TO BE WELL

1. Pay attention to your body. Eat healthy foods. Drink water every day. 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 meaningful and of great value.
3. Do what you really want to do with your life. Your opinion is much more important than any other persons.
4. Be open and non-judgmental of others and give up being critical of yourself.
5. Give up worrying. Fill your mind with pleasant, happy thoughts.
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. Laugh. A sense of humour keeps 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 sick.

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, books and watch films or television, and listen to people who reinforce the good things in life, offer hope and spiritual guidance and growth.
4. Call or write to friends. Make plans. Reach out to life.
5. Love yourself and appreciate the goodness in you.
6. Take responsibility for your health. Examine closely your life style and connect what you are with how you think and live.

7. Keep busy. Work on the projects you enjoy. Keep active with projects, people and events,
8. Recognise and celebrate the good things in your life. Plan for more.
9. Take care of yourself. You know what you can do to help yourself.
10. Think only about the good things in life. Create a good life.
11. Do things that bring you a sense of fulfilment, joy and purpose.
12. Pay close and loving attention to your needs on all levels.
13. Be positive. Hold positive images and goals in your mind. Concentrate on feelings of peace and joy.
14. Love yourself and see the loving places in others. Create fun, honest relationships, allowing for the expression of fulfilment of needs for intimacy and security.
15. Perform a mitzvah. Helping others is always healing.
16. Make a positive commitment to health and well-being and develop a belief in the possibility of total health. Develop your own healing programmes.
17. Accept yourself and everything in your life as an opportunity for growth and learning. Be grateful.
18. Keep a sense of humour. Remember every day is a new beginning.

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Do not look behind you. Do not regret mistakes, but be thankful for every experience, however painful, which has helped you to gain a clearer understanding.

White Eagle

“God conceals himself from the mind of man, but reveals himself to his heart.

From the Book of Zohar

Heaven... What is heaven to you?

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

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

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

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

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

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

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

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

“Earth’s crammed with Heaven, And every common bush afire with God, but only he who sees takes off his shoes. The rest sit round and pluck the berries.

Elizabeth Barratt Browning

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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 7 PM to 9 PM

**CONTACT KAREN 07866 048086 OR JUNE 07796
914830**

PINNER

**PINNER VILLAGE HEALING CENTRE
PINNER VILLAGE HALL, CHAPEL LANE,
PINNER, HA5 1BA (REAR OF CAR PARK)**

THURSDAY 2 PM to 4-45 PM

CONTACT STEVE 020 8866 9332

SOUTHGATE

CONTACT FRANCINE 07956 261738

STANMORE

**STANMORE HEALING CENTRE, GLEBE HALL,
GLEBE ROAD, STANMORE HA7 4EL**

WEDNESDAY 7 PM to 9 PM

CONTACT STEVE 020 8866 9332