

# News & Views

Autumn - Winter

CHANUKAH

2014

Issue No

# **THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS**

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

Registered Charity No. 275081

**AFFILIATED TO THE BRITISH ALLIANCE OF HEALING ASSOCIATIONS**

**Patrons: Joan and Ray Branch and Aubrey Rose CBE**

**Chairman: Steve Sharpe**

**Hon. Secretary & Membership Secretary: Francine Benjamin**

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

**Hon. Treasurer: Martin Vangelder**

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

## **Committee for 2014**

Steve Sharpe - Rita Vangelder - Francine Benjamin

Pat Greenberg - Margot Garcia

Vedant Wood - Harry Luck - Yetta Powell - Maurice Powell

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

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

—◇—

Shalom, Peace, we hear these words repeated again and again and yet they do not seem to register, if anything things throughout the world seem to be in a state of turmoil and unrest. One has only to turn on TV News reports or read daily newspaper headlines to confirm the unrest.

Hopefully the work we do as healers and some of the articles that appear in News & Views go some way to bring about change. We can but try.

We sincerely trust that what we publish will help establish a pool of inspiration and understanding. Healing and health reside within us all — and the work that healer carry out everywhere makes patients and others aware of this.

**Maurice & Yetta Powell - Editors News & Views**

**Website:** [www.jashhealing.com](http://www.jashhealing.com)

**Email:** [jashhealing@hotmail.com](mailto:jashhealing@hotmail.com)

## **Chairman's Report November 2014**

A belated Happy, Healthy and Prosperous 5775 to you all, please accept my apologies for the tardiness of these wishes.

The British Alliance of Healing Associations held their Annual General Meeting in October where we were told that their finances are now stable with all bills having been paid, hence bringing them clear of debt for the first time in four years. I offer my thanks to the Chair, Sheila Holmes, the Secretary, David Holmes and the Treasurer, Jim Perkins for all their hard work in achieving this state of stability within the BAHA. The Jewish Association of Spiritual Healers is one of the founder member groups of BAHA way back in 1977, therefore we are pleased to see BAHA back on its feet especially as they now represent 37 different organisations. Hopefully at some time in the not too distant future, all the healing organisations will pull together to form a unit presenting a standard of good practise and training, acceptable by the current legislature. We are about half way there at the moment and I really hope it does not take as long to cover the second half as it has to have covered the first half!

We are coming to our Annual renewal time of year at 1st January 2015, our apologies for having to increase the subscription rate for 2015 to £25, due entirely to general inflation. Francine our Secretary and Martin our Treasurer, will be very pleased if you can ensure that all payments are received as near to the 1st January as is humanly possible. Hopefully our insurance cover will not be increased next year, unfortunately I will not be advised of this until about February.

Some of our members attended a very interesting talk by Keith Forster, a retired physicist, at the Doctor Healer Network back in July, about harmonics and lay lines and how they affect our energy levels, going back to Roman times where the legionnaires were able to march much further along the lay lines than across them.

We need some new blood on our committee, if anyone is prepared to join us, please contact me 0208 866 9332 or [jashhealing@hotmail.com](mailto:jashhealing@hotmail.com) My thanks as always to your Committee for their time and expertise in keeping JASH at the forefront of the Healing movement.  
Steve Sharpe.

## **The Magic Bank Account**

Imagine that you had won the following \*PRIZE\* in a contest:-  
Each morning your bank would deposit £86,400 in your private account for your use.  
However, this prize has rules:-

1. Everything that you did not spend during each day would be taken away from you.
2. You may not simply transfer money into some other account.
3. You may only spend it.
4. Each morning on awakening, the bank opens your account with another £86,400 for that day.
5. The bank can end the game without warning; at any time it can say, "Game Over" It can close the account and you will not receive a new one.

### **What would you personally do?**

You would buy anything and everything you wanted right? Not only for yourself, but for all the people you love and care for. Even for people you don't know, because you couldn't possibly spend it all on yourself, right? You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

**ACTUALLY, This GAME is REAL .....**

### **Shocked?**

YES! Each of us is already a winner of this \*PRIZE\*. We just can't seem to see it. The PRIZE is: \*TIME\*

1. Each morning we awaken to receive 86,400 seconds as a gift of life.
2. And when we go to sleep at night, any remaining time is NOT credited to us.
3. What we have not used up that day is forever lost.
4. Yesterday is forever gone.
5. Each morning the account is refilled, but the bank can dissolve your account at any time WITHOUT WARNING...

SO, what will YOU do with your 86,400 seconds?

Those seconds are worth so much more than the same amount in pounds. Think about it and remember to enjoy every second of your life, because time races by so much quicker than you think.

So take care of yourself, be happy, love deeply and enjoy life!

Here's wishing you a wonderful and beautiful day.

Start "spending"....

*Submitted by Gerald Marks - Australia.*

**LINCOLN HEALING CENTRE  
FRIENDS MEETING HOUSE, 1 PARK STREET  
LINCOLN**

Lincoln Healing Centre was started about 28 years ago by a group of healers who at that time were members of The Lincoln Healers, who were part of BAHA. We hire a room at the Friends Meeting House every Saturday morning, for which the Quakers charge a very reasonable rent. The Quakers have been very supportive of our group, always making us very welcome. Over the years our healers have become members of HEA, JASH and NFSH and we all work together in harmony. We have regularly had people coming to the centre to learn how to become a healer and we have student healers at the centre at the present time.

The Healing Centre is open to all who want healing, and many of our clients have come to us on the recommendation of family, friends or work colleagues. They enjoy having a cuppa and a chat with like minded people as well as healing and many have said it is a sanctuary where they feel at peace.

At the end of our healing session we all join together in a circle and we send out our healing prayers for all those named on the distant healing lists from HEA and JASH, and those in the centre's Distant Healing Book; along with the names of family and friends that each of us place in the circle, who we know are in need of healing.

The JASH newsletter is enjoyed by all at the centre and both clients and healers have remarked on the articles in it.

We are very happy to be joined to JASH and its members

## **Intricacies of English ...**

Heteronyms... You lovers of the English language might enjoy this.  
Homographs are words of like spelling with more than one meaning.  
A homograph that is also pronounced differently is a heteronym.

You think English is easy? ... THIS IS GREAT!  
This took a lot of work to put together!

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture...
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) There was a row among the oarsmen about how to row.
- 13) They were too close to the door to close it.
- 14) The buck does funny things when the does are present.
- 15) A seamstress and a sewer fell down into a sewer .
- 16) To help with planting, the farmer taught his sow to sow.
- 17) The wind was too strong for me to wind the sail.
- 18) Upon seeing the tear in the painting I shed a tear..
- 19) I had to subject the subject to a series of tests.
- 20) How can I intimate this to my most intimate friend?

Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France . Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig. And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese. So one moose, 2 meese? One index, 2 indices? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat? Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell. How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which, an alarm goes off by going on. English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

P.s Why dosen't Buick rhyme with Quick?

*Summited by Ab Cohen USA*

\*\*\*

## **OBESITY**

Seventy percent of adults are overweight or obese, and it's estimated that 30% of children are too. No one -- not even women over the age of 50 -- is exempt from the "I should be thin"/"I'm fat" emotional roller coaster. One report reveals that 62% of older people believe their weight or shape is a major problem. Many have eating disorders and a significant number deliberately induce vomititing after binge eating, take diet pills, or use laxatives to lose weight.

But consider this people can boost their self-esteem, look younger, lose weight, get stronger, and feel much happier without adopting extreme (and extremely harmful) habits.

They can lose weight for instance by getting a walking buddy (perhaps a dog, a friend, or by even listening to a pocket radio whilst walking). They should start slowly ---walking just short distances; but their long-term goal should be to walk about half-mile a day.

They should also make some simple diet changes --like:

- Avoiding most saturated fats.
- Avoiding all trans fats.
- EatIng only 100% whole grains.
- Eliminating added sugar in their food.
- Never eating sugar syrups (high fructose corn syrup is real 'No go area' puts on unhealthy weight real fast).
- **Above all, be patient -- and persistent in their goal to lose weight**

## Silver Birch

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

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

It is more important than anything else.

If you prefer blindness keep your eyes closed. If you prefer deafness keep your ears closed. If you are wise, you will open the windows of your soul so that you can become aware of that mighty, vast power of spirit, which will strengthen and encourage you and make you know how life can be lived and enjoyed to the full. You must live for the day, for the hour, for the minute, for the second, live in the ever present moment. Have no anxiety for the morrow and do the best you can. The Great Spirit is aware of the fact that you are all human beings and imperfect. That is why you are on earth. If you were perfect you would not be where you are now. The function of your earthly life is simply to eliminate the imperfections.

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

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

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



## **What a wonderful world!!!**

The grandson of slaves, a boy was born in a poor neighborhood of New Orleans, known as the "Back of Town". His father abandoned the family when the child was an infant. His mother became a prostitute and the boy and his sister had to live with their grandmother. Early in life, he proved to be gifted for music and, with three other kids, he sang in the streets of New Orleans and his first gains were the coins that were thrown to them.

A Jewish family, Karnovsky, who had immigrated from Lithuania to the USA, had pity for the 7-year-old boy and brought him into their home. Initially given 'work' in the House, to pay for his keep. Then he remained and slept in this Jewish family where, for the first time in his life, he was treated with kindness and tenderness. When he went to bed, Mrs. Karnovsky sang him a Russian Lullaby that he would sing with her.

Later, he learned to sing and play several Russian and Jewish songs. Over time, this boy became the adopted son of this family. The Karnovskys gave him money to buy his first trumpet; as was the custom in the Jewish families, they sincerely admired his musical talent. Later, when he became a professional musician and composer, he used these Jewish melodies in compositions, such as St. James Infirmary and Go Down, Moses. The little black boy grew up and wrote a book about this Jewish family who had adopted him in 1907. In memory of this family and until the end of his life, he wore a star of David and he said that it is in this family that he had learned "how to live real life and with determination.

**This little boy was Louis Armstrong.  
What a wonderful world!!!**

*Submitted by Ab Cohen USA*

\*\*\*

### **Fond Memories Are Made Of This !**

1. *Judy Garland singing* :- **‘Over The Rainbow’**.
2. *Gene Kelly singing and dancing* :- **‘Singing in the Rain’**.
3. *Marilyn Monroe, Jack Lemon and Tony Curtis, in* :- **‘Some Like it Hot’**.
4. *Vivien Leigh and Clark Gable, in* :- **‘Gone With The Wind’**.
5. Any version of :- **‘Only Fools and Horses’**.
6. *Frank Sinatra singing* :- **‘My Way’**.

What are your fond memories?

# MACHINES

Machines and me just don't agree  
We don't see eye to eye  
They seem to stop when I appear  
I really don't know why.

Computers seem to be the worst  
I really just can't fathom them  
E Mails or Google leave me cold  
What do web sites really have on them?

Machines and I Just make me cry  
Is my brain Just wired all wrong?  
Why can't we go back to the past  
When life was just a song

My house is full up with machines  
For cooking, washing drying  
With switches here and odd knobs there  
I spend my time a sighing  
At night I swear when I'm asleep

The machines come out to play  
And laugh at all we humans  
Perhaps they'll rule the world  
One day !

*Y. Powell..*

\*\*\*

## **IMPORTANT REMINDER ....**

We remind all members of JASH that annual membership fees should be paid by January 1st 2015.

So, to help our membership secretary and treasure in their work, and to ensure that your insurance to practice as healer is fully updated please get your membership dues to them on time.

## **From Jerusalem ....A healers' point of view**

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

The important thing to watch for is results. If people feel better after drinking "energized water," having magnets put on them, experiencing foot pummeling (reflexology), skin puncturing (acupuncture) or energy healing (Reiki, etc.), taking minute homeopathic doses or being covered in autumn leaves (yes, there really is such a treatment!), if it works for them — it's enough for me. It's irrelevant whether the effect is "psychological" or otherwise — if the headaches disappear, the cholesterol goes down or the cough goes away -who cares if "energized water" seemed to do the trick! In my experience, most people are intelligent enough to move on if a treatment is not helping them. Personally, I prefer to treat the skeptical patient, who is open minded enough to try, but watches closely for results. The sceptic is never disappointed - if the treatment doesn't help he feels gratified ("I knew it wouldn't work"), and if it does help he enjoys the improvement.

*Vera Resnick - Kfar Saba - Israel.*

\*\*\*

*Spin, PR, Hype and Massive problems of Healthcare; are we witnessing the end of modern medicine? Definitely NOT. Allopathic or conventional Western medicine is certainly going through a time of great stress but fortunately we, and the patients who rely on it can help by remembering that medicine is a science. An art, and that the problems faced by doctors cannot be solved just by throwing more money into the pot. Those who practice complementary medicine, Healing, traditional Chinese medicine, Ayurvedic medicine, Homeopathy, and other countless therapies must play their part too. Remember the therapies that we offer are not, repeat not, alternatives to allopathic medicine but complementary to it. Provided we make this clear to all who seek our help and insist that they keep their medical advisers fully aware of the help we give, the healing movement will be acknowledged and respected as an important part of health and healing in general. Remember ---we are not in competition with doctors, we are a complement to the vital work that they do in the interest of patients.*

## **ENERGY HOW WE USE AND ABUSE IT**

How often do we hear people say “I’m worn out.” “I’m drained.” “I’ve got nothing left.” “That person drains me.” “I need to recharge my batteries.” What are they referring to? Undoubtedly it has something to do with their personal ENERGY. As humans we need it every day to live our lives effectively but we often use it, confuse it and abuse it. As practising healers and therapists we are aware of energy and its uses in our everyday work. It is the essence of what we do and of what we are trying to achieve. Every treatment is dependent on the energetic reaction between healer and patient

### **WHAT IS ENERGY?**

There is nothing that is not composed of energy, therefore it can be said that energy is everything. It is universal and indestructible and is the basis for all phenomena in the universe as we know it and also the basis for all the universe’s infinite manifestations of life, whether they be animate or inanimate, incarnate or discarnate. It is a word with different meanings to different people and sometime to the same people at different times. In a scientific context energy is a property of matter or a system that enables it to do work. Energy actively engaged in work is said to be KINETIC  
Stored energy is said to be POTENTIAL.

We all are aware of some of the many forms in which energy exists e.g. HEAT, LIGHT, CHEMICAL, RADIATION etc. In the living body energy is derived from the combustion of proteins, fats and carbohydrates and commonly expressed in calories. Theoretical science apart, personal energy is more often termed as vitality, enthusiasm, the urge to be up and doing, a quality that cannot be expressed in figures. In the medical field the lack of energy that many patients report to their doctors has nothing to do with calories but rather a symptom of imbalanced health, including not only physical illness from infection, injury etc. but also fatigue, boredom, worrying and ageing as well as the over expression of certain emotions such as anger, fear, frustration in a negative fashion. In complementary and alternative medicine “energy” is a kind of vital force said to circulate in the body by invisible channels or meridians and subject to blockages that can instigate imbalance and eventual disease.

Other terms are life force, Qi, prana. essence. It is an accepted fact that if this energy can be rebalanced or recharged than there can be a marked improvement in the well being of the patient and their ability to challenge and confront the disease and catalyse the body into self healing.

## **ENERGY HOW WE USE AND ABUSE IT**

The “chakras” of the body are energy centres which receive and give out energy. These can get blocked in various ways and can seriously affect the energy of the body. We can appreciate that energy does not appear only in the physical body. As holistic therapists we treat the whole being –mind, body and spirit which incorporates what we think, what we feel, how we are physically and our spiritual awareness.

Energy in its manifestation as matter is the basis of all life and form. Within the human form we can consider two basic types of energy. The energy we inherit from the joining of our parents at conception. This is the energy which determines a person’s basic constitutional make-up, strength and vitality. It is what makes a person unique and generally it cannot be changed, although it can be affected either negatively or positively.

From physics we know that all matter is a whirling mass of movement. It is continuously dancing, vibratory motion whose rhythmic patterns are determined by molecular, atomic and nuclear structures. As atomic structures we exist in this world and are an integral part of it. Each atom is a field of energy possessing positive, negative and neutral charges which produce electric and magnetic forces. The human aura is comprised of these forces formed from the ever changing dance of our complex atomic existence. Energy can be transformed, changed, transported, it exists, enters, rises,

descends and disperses and is in a constant state of transformation and transmutation within the psyche.

As we are comprised of millions of cells, each having its own molecular, atomic and nuclear structure, we need to look at the basic needs of a cell to enable it to function in an effective way to maintain balance and harmony within the body. These needs are in simplistic terms.

- Oxygenation —needs correct breathing.
- Absorption —foods nutrients —this needs relaxation.
- Hydration —intake of fluids.
- Transformation —movement to encourage cellular growth.

*If these basic conditions are provided consistently then the balance of the electro magnetic structures are maintained and the function of the cell is effective, thereby avoiding imbalance and subsequent disharmony.*

## **HOW WE ABUSE IT**

It can be seen from the above how easy it seems to maintain the cells and yet how often their energy systems are abused and misused creating a

subsequent

loss in energy. This leads to a weakening in your auric field. The stronger your electro magnetic field, the more effective your energy system is and the less chance of disease.

The following are just some of the factors which contribute to energy loss.

Stress – a major factor. Over work. No “self time”. Under eating.

Over eating. Poor quality nutrition. Over indulgence in alcohol, sex, drugs. Lack of exercise. Polluted environments. Unsupportive relationships. Irrational emotions.

Briefly, we need to take care of ourselves to enjoy a fulfilling life style.

## **HOW WE USE IT**

**The aim of energy is to maintain homeostatic balance in the body.**

**Moderation is the key!**

**From a complementary medicine viewpoint, the application of the various therapies maintains this balance by encouraging intake of oxygen, relaxation, fluid intake, and exercise. With positive intent the therapist increases the energy field within around the patient and themselves thus enabling the transfer of additional energy to take place.**

## **SELF CARE**

As practising healers and therapists it is wise to have a comprehensive and aware system of self care. We too need to use it wisely. Too often healers and

therapists end up suffering from “burnout” in that they have depleted their own energy resources. This can happen in a number of ways. Those factors mentioned previously on abuse are areas which most practising healers are aware of. However, energy is like water, constantly flowing and finding its level. Between people who are linked together energy can easily flow from one to the other. Those who have less energy can draw it from those with lots,

mostly with unawareness from both sides.

If you are picking up a lot of negative vibes (or worse) on a regular basis take

a good look at your diet, lifestyle and way of working. It is likely that your aura needs to be strengthened.

## ***Signs and Symptoms***

- *Feeling down or angry with no real cause- especially if this is out of character for you.*
- *Feeling really drained or tired for no reason.*
- *Having odd thoughts that just don't sound like you.*
- *You have feelings of being out of control*
- *Bad dreams*

## ***What can we do in our normal everyday lives to conserve our energy and get maximum benefit from this wonderful life force.***

- Stay grounded. Visualise roots growing deep down into the Earth from the soles of your feet. Being 'well grounded' offers a great deal of protection. Practice your grounding visualisation every morning and whenever you feel 'spacey'.
- Everyone can benefit from using some level of psychic protection in their lives, but if you work a lot with people, particularly with the vulnerable, or as a psychic or healer, then you should build psychic protection into your daily routine.
- At its most basic, 'psychic protection' is about keeping healthy. People with a robust constitution are much less likely to pick up negativity. If the aura is kept strong and resilient any negativity will bounce off and it will be much harder to 'get at you'. All the usual health advice- regular exercise, a healthy diet, enough rest and relaxation, no smoking or drugs and very moderate or no drinking will help to keep you well at every level.
- Limit the time you spend in close proximity to electromagnetic fields. Sit further from the television and don't leave electrical equipment on in the bedroom, even on 'standby'- these energies are harmful and can weaken your energy field over time.
- Keep your thinking positive- negative thinkers are less healthy generally and can't repel challenges to their systems as effectively- whether it's a cold bug or a negative thought form.
- Get outside! Some places are particularly cleansing and recharging. A walk by the sea invigorates mind, body and spirit. Alternatively any other stretch of clean running water is cleansing. Hilltops are usually healthy places to go, aim for somewhere with clean air, where the breeze can blow through your aura and refresh you. Even in a City it is good to get away from the streets and into a park. Natural energies, particularly from trees can really perk up your aura. If the sun shines take the opportunity to sit or stand in it for a while-you can feel the rays topping your batteries up!

**ENERGY IS THE FOOD OF LIFE - USE IT BUT DON'T ABUSE IT**

*Vedant Wood JASH Healer*

## **Prayer for a United World** *By Paramahansa Yogananda*

May the heads of all countries and races be guided to understand that men of all nations are physically and spiritually one: physically one, because we are the descendants of common parents—the symbolic Adam and Eve; and spiritually one, because we are the immortal children of our Father, bound by eternal links of brotherhood. Let us pray in our hearts for a League of Souls and a United World. Though we may seem divided by race, creed, colour, class, and political prejudices, still, as children of the one God we are able in our souls to feel brotherhood and world unity. May we work for the creation of a United World in which every nation will be a useful part, guided by God through man's enlightened conscience. In our hearts we can all learn to be free from hate and selfishness. Let us pray for harmony among the nations, that they march hand in hand through the gate of a fair new civilization.

\*\*\*

## **Perhaps Antibiotic Material Produced By Bees Will Cure Disease**

Not everyone is waiting for science to confirm grandma's remedies. Fishermen used fish oil long before vitamins A and D were discovered. In Eastern Europe, moulds from bread were placed on infected wounds before antibiotics, which are made from such moulds, were discovered. Science was late in discovering the reason for the effectiveness of spider webs for asthma, and the reason for the effectiveness of cooked frogs for oedema (the frog skin contains alkaloids), and why do wind cups help in pneumonia? Dr. Ilan Zamir, a homeopathic doctor, believes strongly in materials from nature. "If they allowed three grandmothers to run a hospital department, they would possibly be more successful than three doctors."

Another material sourced from bees is propolis, which is the black wax with which the bees seal their hives, and which is used as a disinfectant against viruses and bacteria. Bee propolis has been known since 1400 B.C. From the Papyrus of Aberas — the first medical book in history — in which the effectiveness of propolis is already mentioned. Haim Kalman, a beekeeper from Gan Hayim, Israel, has been using propolis for years. A chemist from Columbia University who has been doing cancer research there found two anti-cancer materials in the propolis. Mr. Kalman testifies that every inflammation, virus or wound disappears a short time after taking two grams of propolis by mouth. In scientific research it was found that the substance Korestin, which is found in propolis, is an effective material in treating inflammations. In the laboratory it was observed how the substance eliminates tumours and heals the cells. It has also been noted that propolis reduces pressure in the eyes in diabetes patients, cures allergies, eliminates headaches, destroys flu virus and stops bleeding.



## **A Reunion More Than 30 Years and the 11<sup>th</sup> World Congress of Chinese Medicine**

It has been a good summer for everyone, and a beautiful autumn is upon us. We all wonder how time flies. My memory takes me back to the hot summer of 1983, when my Chinese Medicine class graduated and everyone were allocated a place by the authority of the People's Republic of China. Of the 39 graduates, about half were given a position in the city of Guangzhou. 3 were sent to the capital, Beijing, and the rest were basically sent back to where they were originally from 5 years ago when they entered the medical school. Since then, for more than 30 year, many classmates had never seen each other again, until September 2014!

We are scattered all over the world now. Many have become the leader of their specialised field in medicine, Chinese or otherwise. They are the leaders of today's Chinese medicine profession all over the world. Everyone has a story to tell, but no one had expected that we were able to reunite the class, until WeChat, a Chinese equivalent of WhatsApp, took to the scene by storm since. As of August 2014, WeChat has 438 million active users; with 70 million outside of China. To cut the story short, via WeChat, we have managed to connect 38 out of the 39 people in my class. Passions were rekindled. A reunion is inevitable. In September, 28 of us, from Europe, Australia, North America, and Asia and of course China, reunited in Hailing Island, a beautiful resort on the south coast of China. Changes have etched on everyone's face. The once very enthusiastic young men and women have kept their enthusiasm and also become more than 30 years older and wiser. There was much experience amongst them. Many medical ideas were exchanged. Many were to be revealed in the world the biggest stage for Chinese medicine, the 11th World congress of Chinese Medicine, to be held in St Petersburg, Russia, in early October.

**The main theme of the congress was integrating eastern and western medical systems and exploring new medical models for the future. There were about 1,500 delegates from all over the world. Many high quality papers were read, good ideas debated and the future of Chinese medicine made brighter.**

One of the most impressive demonstrations of integrating eastern and western medicines was one that was about the antimalarial medicine Artemisia, presented by my alumni from Guangzhou University of Chinese Medicine. They have set up a special base to grow Artemisia for extraction of artemisinin, and they have combined it with piperaquine to produce a new

drug called Artequick. They reported that clinical trials in many African and Asian countries showed that Artequick could combat malaria effectively. Results of clinical studies in China, Vietnam, Cambodia, Indonesia and Thailand showed that Artequick controlled symptoms and signs of *P. falciparum* and *P. vivax* malaria rapidly. Fever Clearance Time (FCT) was 16 -30 hours and Parasite Clearance Time (PCT) 36 -60 hours. Artequick stops parasite development within 2 hours and more than 95% parasites are killed within 24 hours. As a result of this quick action, Artequick reduces the morbidity and mortality rate of *P. falciparum* malaria. Further studies showed that Artequick had a high cure rate in multi-drug resistant *P. falciparum* epidemic area. The combination of artemisinin and piperazine delays the development of resistance of *P. falciparum*. This combination also is highly effective in *P. vivax* malaria in reducing relapse rate. Artemisinin, the main ingredient of Artequick, has a gametocidal effect on *P. falciparum*. The combination of Artemisinin and low-dose primaquine has a synergistic effect in reducing the infectivity of the gametocytes and clears the gametocytes in their early stage, therefore block malaria transmission. It is hoped that this new approach will help control the malaria epidemics.

**Another amazing session at the congress was the demonstration of acupuncture and moxibustion by a 99 year old master from Korea, Master Nam Soo Kim.**

**Born in 1915, Master Kim learned acupuncture and moxibustion from his father. He has practiced for more than 70 years now. The secret of his long and health life is he uses acupuncture and moxibustion for himself. Sometimes he does it himself on himself, but he also gives his disciples the opportunity to do it to him. He is one of the most remarkable examples of healthy living with the use of acupuncture and moxibustion to maintain health. I would recommend it to all, especially older people who are in care of geriatrics.**

**I have been inspired by the reunion and the congress. It has been a great summer for me.**

*Dr Ming Zaho Ching MD (China) MSc (Oxford) PhD (London) MBAC*

## So Wrong !!!

Those who thought they knew but posterity proved them wrong.  
'We don't like their sound. Groups of guitars are on the way out.'  
Decca Records when turning down the Beatles in 1962. The group was also  
turned down by HMV, Pye and Columbia records.

\*\*\*

"Far too noisy, my dear Mozart. Far too many notes". --The Emporor  
Ferdinand to Mozart after the first performance of ---THE MARRIAGE of  
FIGARO.

\*\*\*

"Rembrandt is not to be compared with our extraordinarily gifted English  
artist, Mr. Rippingale ---". Remark by art critic John Hunt 1745-1848.

\*\*\*

'You will never amount to very much.' A Munich schoolmaster to Albert  
Einstein  
aged 10.

\*\*\*

"I can accept the theory of relativity as little as I can accept the existence of  
atoms and other such dogmas". Ernst Mach (1838–1916) professor of  
physics at University of Vienna.

\*\*\*

"The energy produced by the breaking down of the atom is a very poor kind  
of thing. Anyone who expects a source of power from the transformation of  
these atoms is talking moonshine." Ernest Rutherford (1871 - 1937) after he  
had split the atom for the first time.

\*\*\*

"If Beethoven's Seventh Symphony is not by some means abridged, it will  
soon  
fall int disuse". --Philip Hale, a Boston music critic, 1837.

\*\*\*

'I played over the music of that scoundrel Brahms. What a giftless bastard!  
It annoys me that this self-inflated mediocrity is hailed as a genius. Why in  
comparison with him, Raff is a genius.' An entry in Tchaikovsky's diary  
dated 9th October 1886.

\*\*\*

"Flight by machines heavier than air is impractical and insignificant, if not  
utterly impossible". -- So stated Simon Newcomb (1835 - 1909) just eighteen  
months before the Wright Brothers first flight.

## **Music as therapy?**

By Monika Kennedy

**Who hasn't felt the positive impact of the sound of classic music, pop and rock? If you listen carefully next time you hear music and observe what it actually does to you, those notes, those melodies, those sounds, you will realise what most people know instinctively: Music is good for body, mind and soul.**

Recent studies have confirmed this to be the case. Music cuts depression, enhances social skills and self esteem as Queen's University Belfast (QUB) showed in a case study of 251 young people who were observed for one year. As a former cancer patient I can vouch for this. After my twelve sessions of chemotherapy treatment for Hodgkin's Lymphoma, the world that I had known prior to cancer had fundamentally altered. Music helped me to gain firm ground again. My lovely neighbour Sharon Powell had joined the group Singer and Songs in Hampton Hill. Sharon loved the singing and I went along.

Tentatively at first, but with each song finding a little bit more confidence and sometimes even daring the odd solo note, I decided to take private lessons with our singing teacher Susan Humphris. These lessons started a process I never thought possible. They loosened me, they filled me with life and love. Each song became meaningful. Susie let me choose what I wanted to sing. Somehow I found relevant songs for every situation I was in. We found the notes by Susie accompanying me on the piano. We learned together. I have always loved music but never knew that I could hit notes. It was a surprise to myself! When I sing, the world around me stops. I concentrate entirely on the here and now which is when life becomes vibrant.

Have a try! Next time you hear a song on the radio, sing along and really feel what the sound of music does to you.

***Monika is a Foreign Correspondent living in London. She is German and has lived in the UK for 26 years. She has three grown up children and works for German newspaper BILD.***

## **In The Interest of That Healing Smile**

*These are from a book called Disorder in the Courts and are things people actually said in court, word for word, taken down and published by court reporters who had the torment of staying calm while the exchanges were taking place.*

ATTORNEY: What was the first thing your husband said to you that morning?

WITNESS: He said, 'Where am I, Cathy?'

ATTORNEY: And why did that upset you?

WITNESS: My name is Susan!

ATTORNEY: What is your date of birth?

WITNESS: July 18th

ATTORNEY: What year?

WITNESS: Every year.

ATTORNEY: Doctor, how many of your autopsies have you performed on dead people?

WITNESS: All of them. The live ones put up too much of a fight.

ATTORNEY: How was your first marriage terminated?

WITNESS: By death.

ATTORNEY: And by whose death was it terminated?

WITNESS: Take a guess.

ATTORNEY: Can you describe the individual?

WITNESS: He was about medium height and had a beard.

ATTORNEY: Was this a male or a female?

WITNESS: Unless there was a circus in town, I'm going with male.

ATTORNEY: She had three children, right?

WITNESS: Yes.

ATTORNEY: How many were boys?

WITNESS: None.

ATTORNEY: Were there any girls?

WITNESS: Your Honour, I think I need a different attorney. Can I get a new attorney?

ATTORNEY: Do you recall the time that you examined the body?

WITNESS: The autopsy started around 8.30pm.

ATTORNEY: And Mr Denton was dead at the time?

WITNESS: If not, he was by the time I was finished.

*Reproduced from Issue No: 119 of The Sussex Healer magazine.*

## **A CREATIVE CREED FOR A NEW FUTURE**

The past has lost its power over me since I know that it cannot affect me unless I decide to honour it. I am greater than I thought. Day by day I feed positive happy thoughts into my mind, replacing the negative, self defeating sentences I told myself in the past. I am as happy as I make my mind up to be. I think and act cheerfully and I am cheerful.

Whenever I have any task to perform, I think of it as easy. By virtue of being a human being I have the ability to go beyond myself and rise above my conditions.

Such words as "difficult", "I cannot", "impossible" have disappeared from my vocabulary, their place taken by this phrase: "It is easy and I can." I have become truly human by defining myself in choices.

I have found myself and I am myself.

No one else on earth is like me. No matter what happens I will always be myself. I do what I feel is the right thing to do.

Since I cannot possibly be anyone else, I do those things that I enjoy doing, rather than the things that other people think I ought to do.

I set about doing things without worrying whether I do them perfectly, since I know I have the right to make mistakes.

I am a valuable worthwhile person because I am me, not because of how well I do something. Nevertheless, I learn from my mistakes and become increasingly successful and competent.

I am glad of the fact that I am something new in this world.

With each passing day, I make the most of what nature gave me.

The power that resides in me is new in nature and no one but I know what I am capable of doing. Nor do I know until I have tried. It is not by my size that I win or fail, but by my courage to be the best of whatever I am.

Through writing and thinking about this great person that I am, I now know that I am ready to share myself and my gifts with you.

**The way to know if something is right for you is — Does it make your heart sing or sink?**

*From the Michael Mann Centre Magazine. Writer Unknown.*

## **Under Daily Chemical Attack ....**

### **Not alarmist, just fact.**

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

*For instance Sucralose – sold under the brand name Splenda and its new 'healthier' version Splenda Essentials – is advertised as a healthy alternative to sugar and as an aid to dieting. Splenda Essentials even goes one step further in trying to broaden its appeal to the health-conscious consumer by trumpeting the fact that its various formulations contain B vitamins, antioxidants (vitamins C & E), or fibre.*

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

*Splenda's current list of adverse side effects includes headaches and migraines, skin rashes, panic attacks, dizziness, diarrhoea, intestinal cramps and bladder problems. Researchers have also warn that the high solvency of chlorocarbons like Splenda also attack the central nervous system, impair the immune system and can even cause liver damage.*

*Even if you never use Splenda, what you probably don't know is that sucralose is used in over 4,000 products as an alternative sweetener – and there's a good chance that you could be consuming it daily without even realising you are doing so. The fact is, sucralose is just one of the many thousands of other 'toxic products' that we encounter every day.*

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

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

*From an article on the Intern*

## **Australia Nov.18 2014 — Research and Treatment Accord Signed in Canberra**

The Memorandum of Understanding between world-leading Beijing University of Chinese Medicine (BUCM) and the University of Western Sydney (UWS), which is the home of the National Institute of Complementary Medicine (NICM). UWS and NICM.

*The focus will be the development of an Australian high quality Chinese medicine integrative clinical service in Sydney, which will have a close connection to both clinical and laboratory-based research. It is hoped that the research will lead to the development of new treatments.*

Australia is the only Western nation to have a unified National Institute of Complementary Medicine, aimed at delivering strict regulation and health care to thousands of Australians every year. UWS Vice-Chancellor Professor Barney Glover says the well-established regulatory framework and the strong international reputation for complementary medicine research at NICM -- assessed by the Australian Research Council as 'well above world standard' (the highest rating) -- provides the ideal environment for the new partnership with Beijing University of Chinese Medicine. It promises to deliver benefits of Chinese Medicine to many patients.

*"Together UWS and BUCM will conduct the research and clinical trials required to validate and translate Chinese medicines into an integrated healthcare setting in Australia".----"The connections forged with them internationally regarded researchers at BUCM will further enhance the reputation of UWS as a centre of research excellence that delivers practical outcomes for our communities." . says Professor Glover.*

*Beijing University of Chinese Medicine President, Professor Xu Anlong, said, "The establishment of the joint centre for Chinese medicine between BUCM and UWS will provide a world class facility integrating, education and research, together, to serve the Australian people and promote Chinese medicine to the world, particularly in developed countries like Australia," says Professor Xu. Director of NICM, Professor Alan Bensoussan says the close collaboration with BUCM will increase the capacity of scientists and clinicians to research Chinese medicine treatments.*

*"This agreement is the bridge that brings the research conducted in the laboratory closer to the patient's where it can make a real difference to a person's health and wellbeing," says Professor Bensoussan. "The closer collaboration with colleagues in China and the integration of research in a clinical setting will accelerate the development of more effective treatments for the most pressing and costly chronic health problems facing the world" says Professor Bensoussan.*



## Social and Personal

Our Sincere Condolences to:-

**Richard Benjamin and all of his family on the sad loss of his mother.**

\*\*\*\*\*

Congratulaions to:-

**Avril and Laurie Shindler on the birth of two grandchildren - Alfie - (born in Toronto, Canada) and Scarlet - (born in Sydney, Australia).**

\*\*\*

Information regarding JASH or any of our members for inclusion on this page should be submitted to our secretary Francine Benjamin.

\*\*\*\*\*

\*\*\*\*\*

Send out thoughts of Love and Peace to the planet. To the heads of all the different countries. To all the souls experiencing life at this time. That all will be well. In this way you each can do your own part to bring back harmony to this vibrant and wonderful Mother Earth. It is unique and must be treasured instead of vilified. Blessings to you all.

\*\*\*\*\*

\*\*\*\*\*

**“If you are depressed, you are living in the past. If you are anxious you are living in the future. If you are at peace you are living in the present.”**

**Lao Tzo.**

\*\*\*\*\*

\*\*\*\*\*

**“When everything seems to be against you REMBER that an airplane takes off AGAINST the wind NOT with it!”**

**William Arthur.**

\*\*\*\*\*

\*\*\*\*\*

Please Note: Views expressed in this publication do not represent the views of JASH or those of the editors —.

Patients should at all times seek the advice of their GP or medical adviser's, healing being a complimentary therapy, not an alternative to qualified medical advice or treatment.

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

**THE WHITE DOVE HEALING SANCTUARY**

**BUCKHURST HILL area**

*For further information contact Rita 020 8257 9325*

**SOUTHGATE HEALING**

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

*Contact Francine 07956 261 738*

*Monday 1.00 pm 2.00 pm*

*Also available by appointment*

**PINNER VILLAGE HEALING CENTRE**

**Pinner Village Hall, Chapel Lane, Pinner, HA5 1BA  
(rear of car park)**

*Contact Steve 0208 866 9332*

*Thursdays 2.00 pm - 4.30 pm*

**STANMORE HEALING CENTRE**

**Glebe Hall, Glebe Road, Stanmore, HA7 4EL**

*Contact Bernard 0208 958 9565*

*or*

*Steve 0208 866 9332*

*Wednesday 7.00 pm - 9.00 pm*

**RAINBOW HEALING CENTRE NORTHWOOD**

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

*Contact Pat 0208 866 9084*

*or*

*Vedant 0208 863 0261*

*Wednesday 2 pm – 4.15 pm*

\*\*\*\*\*

**Please remember !!!!.**

**Patients should be reminded to tell their GP or medical  
advisor about any healing or Complementary treatment**

## Quotes to inspire

**“The first duty of love is to listen.”**

PAUL TILLICH

**“When running up a hill, it’s all right to give up as many times as you wish -- as long as your feet keep moving.”**

SHOMA MORITA

**“When you allow yourself really to fall in love with the world, your whole being becomes full of a mother’s passion to protect her children, and a father’s hunger to see them safe and strong.”**

UNKNOWN INDIAN CHIEF.

**“Love cures people, the ones who receive love and the ones who give it too.”**

DR. KARL MENNINGER.

**“If you have much, give of your wealth, if you have little give of your heart.”**

ARAB PROVERB.

**“It matters not who you love, where you love, why you love, when you love, or how you love, it matters only that you love”.**

JOHN LENNON.

**“The narrow minded ask 'Is this one of our tribe, or is he a stranger?' But to those of noble disposition, the whole world is but one family.”**

HITOPADESSA (246 BC).

**“Let our words be happy words of love and sympathy. Let us speak of kindness and generosity. Do not let unpleasant things mar or spoil the day. We should then think carefully of what we're going to say. For words can wound or injure or they can heal and bless, so let us try to cultivate the words of happiness.”**

KATHLEEN GILLUM