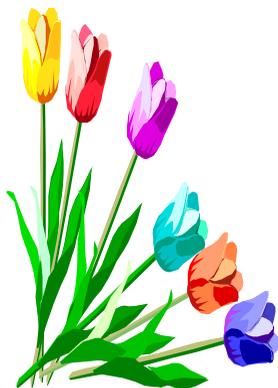


News & Views



*Registered Charity
No. 275081*



Spring 2002

Issue No:- 22 £1.50p

THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

AFFILIATED TO THE BRITISH ALLIANCE OF HEALING ASSOCIATIONS

Registered Charity No. 275081

Patrons: Joan and Ray Branch

Life President: Ivan Kayes

Chairman: Steve Sharpe

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and**

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17, Cecil Road, Southgate, London N 14.

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Audrey Cane Gerald Cane Brian Copeland Margot Garcia
Ruth Green Brenda Peace Yetta Powell Maurice Powell
Steve Sharpe Rita Vangelder

Honorary Committee Member for JASH North America Florence M. Horn

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

45, Old Church Lane, Stanmore, Middlesex HA7 2RG
Telephone: 020 8954 0787

Spring again --- the very word puts a spring in our step!

As we see the flowers and trees reawakening, with fresh new green leaves on the trees, the birds singing and flying to and fro to their nests and young, it revives our spirits and hopefully our bodies and minds too after a long dark winter.

We would like to take this opportunity to thank all those who kindly sent in articles, poems, quotes etc., they are very welcome and enjoyed by all.

Also we feel that anything that inspires, interests or informs in our newsletters should be shared by all and we therefore invite other healers and Healing Organisations Newsletters to use our material freely, as we sometimes use theirs, always remembering of course to acknowledge the source of such material whenever possible. So do keep sending it in to us, it makes our work as editors so worthwhile and interesting.

Let us hope too, that in this beautiful newly blossoming year, more and more people awaken, and learn to value peace and love, to experience joy, and respect human life and all living things that the Almighty Creator has placed on this planet Earth.

Maurice & Yetta Powell Editors.

CHAIRMANS REPORT FEBRUARY 2002.

Since my last report, there has been very little happening regarding the formation of the UK Healers although Brenda Peace is still representing the Jewish Association of Spiritual Healers by attending their regular monthly meetings, which in turn has led to even more meetings including those with Healthwork UK, who are funded by the Department of Health to assist organisations with guidelines for their requirements to set a standard of good practice within their therapy. Another meeting was with Doctors and Health Care people at the General Medical Council who are also very aware of the efficiency of Complementary Therapies.

The revised Training Manual for the British Alliance of Healing Associations will be going to print when Brenda has received the template for Complementary Therapies, drawn up by the Template Working Group under the direction of Healthwork UK, which should reflect the minimum standard of training that will be acceptable as a core standard of good practice throughout the Healing Movement

I take this opportunity to thank Ruth M. Green for her help and dedication, over the last thirteen years, in both starting and naming the clinic at the West London Synagogue on a weekly basis, on behalf of J.A.S.H. Unfortunately the clinic has gone through a long period of few clients going through its doors, so it has been decided to close its doors for the time being. We are discussing this issue with the Rabbi at the moment and hope to re-open in the near future.

I would also like to thank you all for the Distant Healing you have been sending to my daughter Kim since her road traffic accident in October last year. She is still in hospital but making steady progress apart from the odd hiccup.

Our e-mail address is www.jashhealing@hotmail.com We are looking at the viability of our own Website. but for the time being are using the B.A.H.A. Website, which is www.bahahealing.co.uk

Our Annual General Meeting will be held on 28th April 2002 at Glebe Hall, Glebe Road, Stanmore, Middlesex, commencing at 2-30pm. Please try to attend, it is your Association.

Steve Sharpe, Chairman.

INVOCATION FOR HARMONY

*Let me live in harmony,
and invoke those forces of harmony,
to use me to express this great energy to all the Earth.
Let harmony bring the forces of all Kingdoms together,
to the full meaning of peace.
And may I be in total harmony with my being
in order to strengthen myself as an instrument.*

Reprinted from 'MESSAGES OF LIGHT' - Israel.

The Trouble Tree



I'm going to plant a tree!

I hired a plumber to help me restore an old farmhouse, and after he had just finished a rough first day on the job: (a flat tyre made him lose an hour of work & his electric drill broke down) then, at the end of the day his ancient one ton truck refused to start.

While I drove him home, he sat in stony silence.

Upon arriving he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree: touching the tips of the branches with both hands.

When opening the door he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.

"Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, those troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night when I come home and ask God to take care of them. Then in the morning I pick them up again."

Funny thing is," he smiled," when I come out in the morning to pick 'em up, there aren't nearly as many as I remember hanging up the night before"

From Writer Brock, USA

Lord, thou knowest better than I myself that I am getting older and some day will be old!

Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everyone's affairs. Make me helpful but not bossy. With my vast store of wisdom it seems a pity not to use it all, but Thou knowest, Lord, that I want a few friends at the end.

Keep my mind free from the recital of endless details. Give me wings to come to the point. Seal my lips from my aches and pains. They are increasing and the love of rehearsing them is becoming sweeter as the years go by. I dare not ask for the grace to enjoy the tales of others' pains, but help me to endure them with patience.

I do not ask for improved memory but a growing humility and lessening cocksureness. When my memory seems to clash with the memories of others, teach me the glorious lesson that occasionally I may be mistaken. Keep me reasonably sweet. I do not want to be a saint: some of them are hard to live with, but a sour old person is one of the crowning works of the Devil.

Give me the ability to see good things in unexpected places and talents in unexpected people, and grant me the grace, O Lord! To tell them so!

Anon.

To All Members of J.A.S.H. A Note for your diary

Be sure to attend the J.A.S.H. AGM

This will be held at The Glebe Hall

Glebe Road, Stanmore

On Sunday April 28th 2002

The meeting will commence at 2.30 p.m.

Tea and refreshments will be served ---

Please try and be there for this important meeting.

Let Audrey Cane have nominations for Committee Members for the ensuing year, *as soon as possible.*

So You Would Like To Be A Healer

That wonderful healer Harry Edwards called healers the 'salt of the earth'. It is said that it is one of the highest things a human being can do.

It really is a great privilege to be used as a channel for the healing energies that come from The Source of all energy.

We need to realise this and be grateful for the opportunity that has been given to us and the fact that in our hearts we have felt the desire to be healers.

It is a commitment, but very rewarding and brings a quiet joy.

Fundamentally healing is loving and caring for other human beings in need. There really are healers in every sphere everywhere doing their work --- whatever it is --- with love.

We have to be aware that we are only channels --- the healing does not come from us but through us, so we must be humble enough to recognise this and not get into an 'ego trip'. Whether someone gets better or not is not up to us, although it is very gratifying to have helped someone.

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

Healing is not only concerned with the body, but also the mind, emotions and spirit. It is holistic healing --- healing of the whole being. So healing addresses the cause not just the symptoms, and the cause may not necessarily be physical. It can make the person receiving healing realise that they are a spiritual being.

We take healing seriously, but we don't have to be too serious or solemn about it. Humour and laughter is very healing and after all, who created humour and laughter in the first place? It can help to relax the person having healing, who may see the healer as an 'authority' figure, especially if it is their first experience, so put them at their ease. After all we are all human beings doing our best, learning from everything and every one, --- the learning process never stops. Don't worry if you feel inadequate or have to say "I don't know." It takes strength to say that and really everyone is in the same boat. Gradually your confidence and trust will increase.

Continued on Page 7.

Be kind and gentle and take time to listen to everyone, --- to other healers and people you give healing to. Remember there are many people and books that will help you, but the best helper is your own heart. If you listen to that you can't go wrong. Finally be grateful for the gifts you have been given --- your life, your breath and healing.

Basically we are all healers, but as well as a sincere desire to heal, we need as with everything some training to be truly effective.

To Probationer Healers

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

What is Spiritual Healing?

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

Some quotes for aspiring Probationer Healers.

“Be kind, everyone you meet is fighting a hard battle.”

JOHN WATSON.

“When indeed shall we learn that we are all related one to the other, that we are all members of one body.”

HELEN KELLER.

“Healing is the restoring of harmony to the living whole.”

SIR GEORGE TREVELYAN.

“We can do no great things ---, only small things with great love.”

MOTHER TERESA.

“Kindness gives birth to kindness.”

SOPHOCLES.

“We shall never know all the good that a simple smile can do.”

MOTHER TERESA.

“There is a power above and behind us and we are the channel of its communication.”

WALDO EMERSON.

“Trust yourself. You know more than you think you do.”

BENJAMIN SPOCK.

“The things that are really for thee, gravitate to thee.”

WALDO EMERSON.

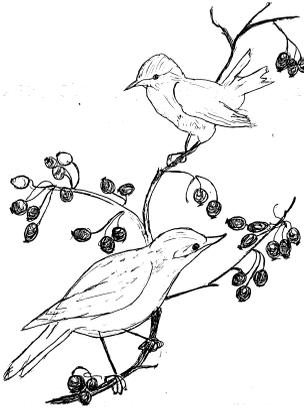
“It is said that the greatest gift you can give anybody is your time but to be able to use your time to give healing has to be the most precious gift of all.”

MIKE SHEPPARD.

“Never forget that you, all of you, can heal people all of the time you are with them, & at any moment & anywhere, just by being loving and caring. Never forget who you are, and that you are unique, potent and exquisitely beautiful wherever you are living your dream, feeling your passion, being your love and showing your joy.”

Courtney Young.

LEARNING



After a while you learn the subtle difference
Between holding a hand and chaining a soul,
And you learn that love doesn't mean leaning
And company doesn't mean security.
And you begin to learn that kisses aren't contracts
And presents aren't promises
And begin to accept your defeats
With your head up and your eyes open
And with the grace of an adult, not the
Grief of a child.
And you learn to build all your roads on today
Because tomorrow's ground is much too uncertain
For your plans.
After a while you learn that even sunshine
Burns if you get too much.
So plant your own garden and decorate
Your soul --- instead of waiting for
Someone to bring you flowers.
And you will learn that you really can endure,
That you really are special
And that you really do have worth.
So live to learn and know yourself,
In doing so, you will learn to live.

Anon.

RANDOM THOUGHTS,

Eternal Providence has appointed me to watch over the life and health of Your Creatures, May -the love of my art motivate me at all times. May neither avarice, greed, the thirst for public acclaim or reputation enter my mind for the enemies of truth and social service can easily deceive me, making me forgetful of my dedication to do good to your children,

May I never see in the patient anything but a fellow being in pain,

Lord, grant me strength, time and opportunity to develop what I have acquired, always to extend its domain; for knowledge is without limit. The spirit of a man can extend indefinitely to enrich him daily with new demands upon his talents. Today he can discover his errors of yesterday. Tomorrow he may obtain a new light on what he holds in confidence today.

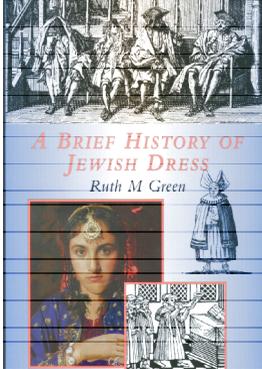
O God, who has appointed me to watch over the life and death of Your creatures, I am ready for my vocation.

Moses Maimonides, Jewish Physician, 12th Century

'A BRIEF HISTORY OF JEWISH DRESS'

by Ruth M. Green - published by Safira Publications 2001

Ruth M. Green who is a JASH healer and committee member is to be congratulated on writing a wonderfully interesting book. It is beautifully produced with many illustrations and written with great enthusiasm and humour and obviously much research has been undertaken to produce it.



This work is particularly important since there is nothing else in print on the subject.

The book is divided into 9 sections and covers Jewish costume and dress from Biblical Times to the present day, from ancient Assyria, Greece and Rome to the Middle ages in Europe, from dress worn by Jews in Asia (India, Persia, China, Japan, the Yemen and Aden) to Jewish costume worn under Islamic rule in Turkey and the Ottoman Empire.

There is a very interesting section on Europe (Spain, Portugal, England, The Low Countries, Italy France and Germany) up to the 19th century in which mention is made of headgear and compulsory badges (mostly yellow) to be worn by Jews.

Part six covers Russia and Chassidism. Although Jews around 1266 dressed like the Poles, Russians and Lithuanians around them in a caftan and fur hat, they were ordered later to wear a special hat and in 1279 to wear a red badge. In 1538 they were no longer allowed to dress 'like Christians' and had to wear a special hat of yellow.

Life then was dangerous for Jews. The fur hats are still worn today by Chassidim --(the spodik and streiml) worn over the yarmulke or kippah.

The heartland of Chassidism in the 18th Century was Central Europe Chassidism was extremely orthodox and its adherents refused to change their costume, particularly followers of the Ba'al Shem Tov (He of the Good name) in Poland . As we know we have communities who follow his teaching wearing the original dress, of that time, to this day, in England, the USA, Israel and other countries. It is always black.

There is an appendix on 'Spontaneous Religious Dress' and finally a glossary on 'Religious Items of Dress'.

This is a book which not only students of costume or scholars of Jewish history will find extremely interesting, but I feel any Jew or non Jew would be pleased to have this book in their possession.

Y. Powell.

Ruth's other published books are:

'The Wearing of Costume' and 'Fans in Society'
these are also published by Safira Publications.

Sueco's Prayer

Oh! Almighty, everlasting and beloved G-D, The Holy one, Blessed be he. Oh, Holy of Holiest, I ask humbly, in all my humility, as I walk along Thy spiritual path, please my Lord, hear my prayers, that they be worthy of an answer, they may not be the answer, I hoped for, but I accept with unbendable love and faith, without question.

My beloved G-D, I ask you from my heart, my soul and with all my might and strength, for Thy Healing, Health, Happiness, Peace of Mind, Contentment, Loving Kindness and Protection, to guard against all ills and all evil, to serve You all the days of our lives, and to serve all others before ourselves --- Amen

--- Amen Shalom.

SueCo.

George Harrison's last words

***“Everything can wait except the search for God
.... And love one another.”***

‘If you love life, life will love you.’

Venues where Member Healers of J.A.S.H. give healing

THE GLEBE HALL, GLEBE ROAD, STANMORE

(A short walk from Stanmore - Jubilee Line Underground Stn.)

Healing given every Thursday 2.00 -- 4.30 p.m.

by J.A.S.H. MEMBERS & Probationers

All are welcome. *for further information please phone 020 8954 0787.*

and at

THE WHITE DOVE HEALING SANCTUARY

EAST LONDON - (Close to Redbridge - Central Line Underground Stn.)

J.A.S.H. Healer Members & Probationers give healing

**every Tuesday and Thursday under guidance of Rita Vangelder,
*for further information on this clinic please phone 020 8551 5289***

Anon.

**Reader's letters- Articles- Information- NEWS and VIEWS are always welcome.
Please let us hear from you.**

THE HEALING POWER & COLOUR VIBRATIONS OF MUSIC.

HANDEL: Violet Purple. Formal, awe-inspiring, expressing the strict conventionalities of the Victorian era. Handel's music helped to swing the pendulum from the era of moral laxity to the other extreme.

TCHAIKOVSKY: Blue Green/Yellow. An Introspective genius, his music gives the changes needed in some types of illness. It has stimulation and relaxation.

BACH: Blue Gold of the Gas Flame. Full of movement. Bach portrayed religious devotion, the mental liberator, the father of all modern music.

MENDELSSOHN: Rose Pink and Apple Green. Tender, soft heralding joy and sympathy and balance. Has great healing power upon people with its soothing influence.

BEETHOVEN: Red/Violet/Amethyst. The musical psychologist. Arouses pity, charity, compassion, brings unity between the heart and mind. Unfolds and liberates emotions and repressions. Beethoven portrayed human love.

CHOPIN : Mystical Blues- became known as the mirror of aspirations, transmuted the baser elements to a higher key of registration and service. His waltzes are good for those suffering from insomnia.

SCHUMANN: Deep Pink and Gold. Excellent for children, it stimulates backward children - unshackling their childish repressions and helps them to develop their potentialities. Acts like sunshine encouraging the souls to unfold.

WAGNER: Pale mauve interspersed with delicate green. Transmutes the lower emotions to the very highest of levels. Points out in symbolic form the Father pervades everything. Demonstrates the mystical truth that each individual soul is unified with the all-embracing soul.

CESAR FRANCK: Violet. Demonstrates the principle of brotherhood. Healing balm to harmonise the subtler bodies. Is labelled as the healing missionary.

DEBUSSY: Soft Jade Green. His music acts as a bridge between the seen and the unseen and renders adoration to the Mother Nature.

RAVEL: Deep Rose Pink - tried to reveal the beauty in ugliness.

SCRIABIN: Deep Blue. He conveyed a spiritual message and desired to bring spiritual ideas to his audiences.

STRAUSS: Blue Interspersed with Yellow. His music gives a sense of balance essential for the maladjusted and heavily depressed.

GRIEG: Gave the outer music. **DELIUS:** the Inner music.

ARTHUR BLISS: Colour Symphony- he intends the four movements to express Scarlet, Blue, Green and Purple.

BEETHOVEN, BACH & WAGNER are the forerunners of the Divine music of the future - as Sound, Colour and Fragrance will heal instantly any disharmony in Man, as Man will become attuned to his own systematic rhythm.

Continued on Page 13.

PLANETS-their colours & musical notes

Musical note

D MARS: RED. The energy ray the colour of the bloodstream which denotes the state of health. It increases muscular tension and gives vitality, enterprise, will, endurance and will power.

E SUN: ORANGE. An Invigorating colour which has a dynamic healing power-stimulating a little more penetrating than red. Powerful tonic to those who are listless.

F MERCURY: YELLOW. Good for those suffering with depression, creates a sense of well-being, moral building. The colour of wisdom, stimulates the mind.

G NEPTUNE: GREEN. The balancer, soothing, relaxing, cool, refreshing, tranquil, reduces blood pressure. Nature's own tonic ray, gives logic, it clears the mind.

A VENUS: BLUE. Calming, soothing, good for skin diseases, has a wonderful effect on the mind and body. The ray of truth. Is associated with the sky and sea, encourages feeling and intuition.

B URANUS: INDIGO. Good for those who find it hard to sleep. Has the power to drive away negative thoughts.

C JUPITER: VIOLET. Has a remarkable electro-chemical power, stimulating to the nervous system. A purifier, and wonderful for meditating.

PINK is the counterpart of RED: Denotes LOVE & AFFECTION.

SUN is not considered a planet.

Reprinted by kind permission of Bristol District & Somerset Association of Healers.

JOINT PAIN & GLUCOSAMINE SULPHATE

Anyone suffering from joint pain and partial or even total immobilisation isn't too concerned about how it came about. What they want is relief, or if possible, a cure.

Glucosamine Sulphate has been shown in numerous tests, scientifically carried out, with double blind placebos and the like, to be remarkably effective in treating joint problems.

One of the most common diseases afflicting many people as they grow older is Osteo-arthritis. This can be very painful indeed. It is purely down to the wearing out of the joints, and/or the joints ceasing to function as they originally did. Often this is down to a lack of Synovial Fluid, a natural joint lubricant, which the body ceases to produce in the ideal quantity. If this slow down in Synovial Fluid is accompanied by a wearing out of the joints and the tissues surrounding them, you can see why there is a problem. The bones literally grind together. Devoid of sufficient Synovial Fluid, they wear out, and the problem goes from bad to worse. Eventually it may end up in complete joint immobilisation.

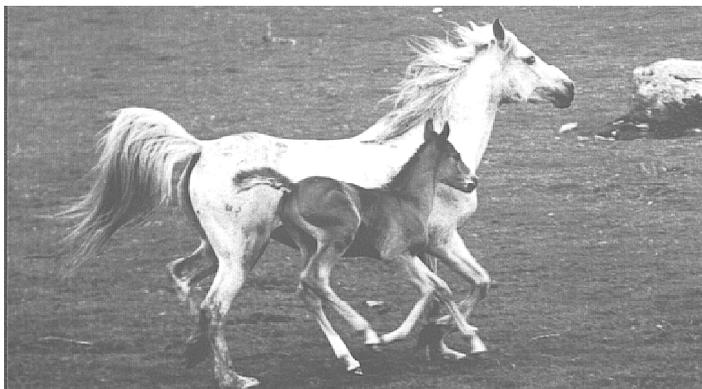
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Arthritis, Osteo Arthritis and other joint problems are in effect degenerative diseases. The logical thing to do therefore is to regenerate the joints and to restore them to their original health or as near to it as possible. **Glucosamine** has been shown to initially relieve the symptoms of joint problems, aches and pains. No minor effect in itself. Beyond that it has been further shown to actually restore tissue to the point where it recovered to the same level it was before degeneration set in. Now, as with most things, its response to any natural element varies. Some people get almost complete restoration. Others may experience relief from pain, better mobility than before, and the prevention of further deterioration. In virtually all instances where **Glucosamine** was used in test, every person trying it found some benefit. There are no known side-effects and it can be taken with any other medication that may be prescribed.

Essentially, the basic benefit of **Glucosamine** is in its capacity to actually restore cartilage and connective tissue. Since it is a primary factor in development of these areas in the first place, it is logical to assume that it can also regenerate them if they are worn.

Glucosamine is found in the diet in small amounts. Not enough to have any real restorative benefit. To achieve the effects of pain relief, greater mobility, a strengthening of the joints, re-growth of worn cartilage and other responses to this substance, the amount to be taken is greater than can be found in your diet. The **optimum dose** is around 1500-2000 mg a day. Taken in either tablet or capsule form. Usually a 1000 mg capsule is taken with two of the daily meals.

Generally **Glucosamine** absorbs better with food. As with most things, you don't know what it will do for you until you try it. If joint pain and all that accompanies it is a problem for you, **Glucosamine Sulphate** may be just what you need to solve the problem, relieve the pain and get you mobile again. Thousands of people have discovered the benefit of it, probably you will too.



This photograph is reproduced from THE SPIRITUAL HEALER.

A CHILD'S TEN COMMANDMENTS TO PARENTS

1. *My hands are small; please don't expect perfection whenever I make a bed, draw a picture or throw a ball. My legs are short; please slow down so that I can keep up with you.*
2. *My eyes have not seen the world as yours have; please let me explore safely. Don't restrict me unnecessarily.*
3. *Housework will always be there. I'm only little for a short time - please take time to explain things to me about this wonderful world, and do so willingly.*
4. *My feelings are tender; please be sensitive to my needs; don't nag me all day long. (You wouldn't want to be nagged for your inquisitiveness.) Treat me as you would like to be treated.*
5. *I am a special gift from God; please treasure me as God intended you to do, holding me accountable for my actions, giving me guidelines to live by, and disciplining me in a loving manner.*
6. *I need your encouragement to grow. Please go easy on the criticism; remember, you can criticize the things I do without criticizing me.*
7. *Please give me the freedom to make decisions concerning myself. Permit me to fail, so that I can learn from my mistakes. Then some day I'll be prepared to make the kind of decisions life requires of me.*
8. *Please don't do things over for me. Somehow that makes me feel that my efforts didn't quite measure up to your expectations. I know it's hard, but please don't try to compare me with my brother or sister.*
9. *Show me how best I can help others with love, kindness and laughter, because I want to be able to make everyone happy.*
10. *Please, from time to time, hold me close to you for I need to feel your love for me. Remember, I won't be little for long; and I want to be able to recall that closeness in the years to come.*

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JOURNEY WITH ME INTO THE GARDEN OF THE 'WHITE DOVE HEALING SANCTUARY'

The welcoming hands of Rita are forever open
The sun's rays glisten down
The petals of opportunity are in full bloom
The principles of fairness, integrity, honesty and human
dignity are present in the rich soil

A constant stream of people from all walks of life flow
through the ripples, where age, gender, ethnicity, back-
ground and values are unmeasured

There are many stepping stones, which are thought-
provoking, challenging, and provide a deeper level of
thinking

The colourful blooms are inspiring and penetrate hope

The weeds are unwanted habits we have developed and the wisdom we internalise
as they are discarded

The timeless silence is comforting and allows us to integrate the different responsi-
bilities of our personal, family and professional life

The deeply rooted trees help us to set goals and provide the guidelines for them to
be achieved

The sweet smells of nature encourage acceptance and faith

The wishing-well is richly brimming with individual scripts filled with hope and
gratitude

There are neat piles of encouragement, self esteem and love scattered around the
leafy areas promoting harmony

The Angel of Serenity sits on the fence watching over everyone, ensuring calmness

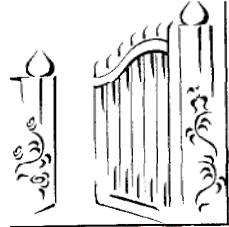
Why is this Garden always in full bloom and receiving so many diverse visitors
you may wonder?

Well, Rita is a conscientious gardener. Her garden gate is always open offering
comfort and hope to all who pass through, channelling messages of goodwill both
near and far.

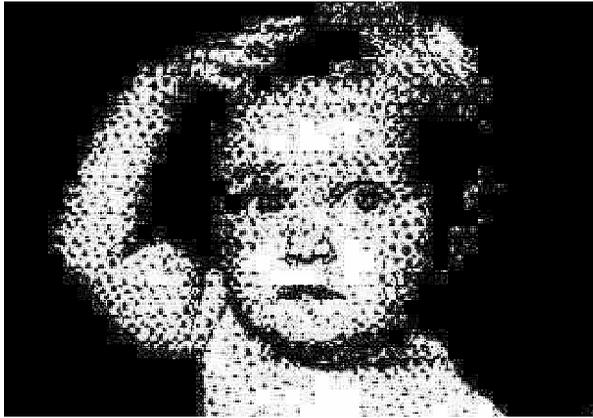
The lesson grown and propagated is "If we want to change a situation in the
'Garden of Life', then we first have to change ourselves and to change ourselves
effectively, we first need the courage to change our perceptions".

I have been a visitor to this Garden now for six years and have experienced my fair
share of ups-and-downs. In this Oasis of Peace I have shared my triumphs and
received replenishment when I have been depleted. My family and I have been
affirmed with the confidence, strength and determination to carry on and I have
been allowed to develop at my own pace, without pressure or judgement.

My vision is that everyone will be blessed with such a garden in which to dwell
and develop...



Sharon Hirsch - 14 January 2002



It's no good blaming me for what other people write...and in any case, I can't write yet."

We're not blaming you, little one. In fact we're not blaming anyone. All we're doing is to share with our readers some of these answers to questions from children's classroom tests and examination papers.

Shakespeare was a very polite man. He often said "Go to," but he never finished the sentence.

King Arthur invented round tables.

Hiawatha's wife was always laughing so they called her Minnie Ha! Ha!

Gilbert and Sullivan. Famous tennis players.

Ff means fump fump.

§S.O.S. is a musical term meaning same only softer.

Schubert wrote unfinished symphonies. In fact he became famous for not finishing what he had started.

Bach is a world-famous compositor.

Dame Nellie Melba broke all records for swimming.

Who is the wisest man mentioned in the Bible? Paul, because he didn't marry. Father says so.

Matrimony is a place where souls suffer for a time on account of their sins.

Continued on Page 18.

.. and a few words from **HARRY EDWARDS** on
THE PURPOSE BEHIND HEALING



There is no known disease that cannot be helped through spiritual healing: but no spiritual healing can be effective until the cause has been removed. It is true that the healing can lessen and subdue symptoms, especially painful conditions, but its main purpose is to overcome the primary cause of the trouble.

Medical authorities now confirm what healers have known for a long time, that the primary cause of the greater percentage of disease has its origin in mental stress, frustrations and soul-sicknesses. Such stresses are many and varied, and they can range from heavy business responsibilities to emotional disturbances; from over-anxiety concerning the welfare of others, to lack of opportunity to express fully one's motive in life; from sexual frustration to worrying over financial difficulties. Most of these causes lay within the inner-self or spirit-mind of the patient, and for this reason they can only be healed on the same level as they exist - namely, the spirit level.

The reason why we see with spiritual healing the healing of the "incurable," is because the spirit doctors are able to soothe, calm, and remove the inner frustrations, thus inducing a more tranquil outlook. In this way the primary cause of disease is overcome, thus leading the way to the removal of the symptoms and ill-effects and restoration of abundant health.

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Mystic Crystal Revelation

Quartz

Quartz is the most common mineral found in the world; almost seventy percent of the earth's surface is made up of it in one form or another. In its crystal form Quartz is relatively rare. Just as an indication of the variety of Quartz, Amethyst, Citrine, Rose Quartz and Smoky Quartz are all varieties of this mineral group. Amethyst gets its purple colour from inclusions of iron. Citrine (yellow/gold) from heat. Rose Quartz (pink) from manganese inclusions and Smoky Quartz (brown/ grey/ black) from radiation. Although all natural crystals have healing energies, when someone new to crystals asks about a healing crystal they are usually referring to Quartz Crystal.

Quartz crystal is astrologically universal. It resonates with all star signs. However, it is often associated with Pisces, Aquarius, Aries, Taurus and Gemini.

Quartz will channel any energy and therefore has many uses including alleviating the pain and distress of almost any physical, emotional, mental or spiritual condition. The problem this creates is not so much what to include, but what to leave out of this article due to the limited space.

Quartz is used extensively in modern technology (watches, computers, etc., etc...) because it produces a naturally balanced, solid state energy field. It can store, focus, transform, amplify, transfer and transmit energy. It will do this through both the physical and subtle bodies as well as through thoughts and ideas.

It is known as a "stone of energy", helping to align and enhance the flow of energy through our bodies. Again all types of energy, chi and kundalini. It is purifying and cleansing physically, emotionally, mentally and spiritually. This alignment of energy specifically helps the spine; back and neck pain; and headaches. Quartz is useful in the treatment of general malaise and is specifically helpful for the symptoms of Multiple Sclerosis and M.E.

On the spiritual level. Quartz opens the crown centre to the whole rainbow of energy and vibrations. It brings an awareness to communication on the physical level, between ourselves, and spiritually with (other crystals and minerals), plants and animals. It helps to bring you into harmony with the planet and, more importantly, your own environment.

Many people like to have a single quartz crystal to wear, carry or to live with them in their environment as their personal crystal. This will assist in maintaining balance, energy and every day protection. Over time the crystal will pick up your energy vibrations and you will tune into the crystals as the crystal tunes into you. Like any new relationship you get to know each other and work with each other. This crystal will become your friend and may help you with many things over many years; it is, therefore, important that you treat this crystal with due respect and that you do not use your personal crystal for any other purpose.

You can place a cluster of Quartz Crystals in a special space, your healing space, living room, office or anywhere that you spend a lot of time. It will act almost as an energy ioniser, clearing and cleansing the energy in the room. You will notice the difference almost instantly.

This article by 'Philip' is reproduced by kind permission of Isis Crystals - St. Albans.

A few fascinating facts:-

- **Vitamin C** When stressed by disease, animals increase their production of Vitamin C by up to ten times. We cannot manufacture our own Vitamin C. We can only obtain it from our diet or from supplements.
- **Zinc** More than eighty different body enzymes depend on Zinc as an essential part of their composition.
- **L-Lysine** An important amino acid for protecting against winter ills. It stimulates the body's immune response to bacteria and viruses.
- **Cat's Claw** The Indians of Peru (the Ashininka tribe) have used Cat's Claw to treat arthritis and many other health problems. for thousands of years
- **Garlic** Nature's Antibiotic. Garlic's use dates back over 4000 years to earliest recorded history. It was used by the Egyptians and Baby-Ionians (3000 BC) and later by the Greeks.
- **Fenugreek** Fenugreek seeds are known to dramatically lower blood sugar and cholesterol levels.
- **Horseradish** Has valuable diuretic properties and is useful for rheumatic problems, bladder infection and fluid retention. Hot stuff! Its good for relieving coughs, colds and hay fever. Its anti-mucus action makes it very effective in helping to keep air passages of the sinuses and lungs clear.

Never underestimate ...

Eleven people clung to life from a rope that was hanging down from a helicopter. Ten were men and one was a woman. They all decided that one person should get off because if someone didn't, the rope would break and everyone would die.

No one could decide who should go.

Finally, the woman gave a touching speech. She expounded on how she would freely give up her life to save the others: because women are used to giving up things for their husbands and children, giving in to men's desires, and not receiving anything in return.

When she finished speaking, all the men clapped.

Never underestimate the power of a Woman.

*More items of lighter note & full of that healing tonic ---
laughter!*

A cat dies and goes to Heaven. God meets him at the gate and says, 'You've been a good cat all of these years. Anything you desire is yours, all you have to do is ask.'

The cat says, 'Well, I lived all my life with a poor family on a farm and had to sleep on hardwood floors.'

God says, 'Say no more.' And instantly, a fluffy pillow appears.

A few days later, 6 mice are killed in a tragic accident and they go to Heaven. God meets them at the gate with the same offer that He made the cat.

The mice said, 'All our lives we've had to run. We've been chased by cats, dogs and even women with brooms. If we could only have a pair of roller skates, we wouldn't have to run anymore.'

God says, 'Say no more.' And instantly, each mouse is fitted with a beautiful pair of tiny roller skates.

About a week later, God decides to check and see how the cat is doing. The cat is sound asleep on his new pillow. God gently wakes him and asks, 'How are you doing? Are you happy here?'

The cat yawns and stretches and says, 'Oh, I've never been happier in my life. And those Meals on Wheels you've been sending over are the best!'

A little old Jewish lady gets into a crowded bus and stands in front of a seated young girl ... *"If you knew what I have you would give me your seat."*

The girl gets up and gives her seat to the old lady.

Because it is hot on the bus, the girl takes out a fan and begins to fan herself. The old lady looks up and says ... *"If you knew what I have you would fan me too."*

Fifteen minutes later the little old lady stands up and says to the driver, *"Stop, I want to get off here."* The bus driver tells her he has to drop her at the next corner, not in the middle of the block.

With her hand across her chest, she tells the driver, *If you knew what I have you would let me off the bus right here."*

The driver immediately pulls the bus to the side of the road, in the middle of the block and opens the door to let her off. As she's getting off the bus he asks her, "Lady, tell me what it is you have?"

Stepping off the little old lady looks at him and nonchalantly replies, *"Chutzpah."*

Every time a farmer visited his mother in the nursing home he brought with him a bottle of milk, straight from the farm, to which he had added a little brandy.

His mother always drank the milk without comment, but one day she asked him to do her a favour and make a promise.

"Certainly, mother", answered, "What is it?"

"Well", she replied, "promise me you'll never sell that cow."

Do the men you know, know about tomatoes?

A four year Harvard Medical School study demonstrated that tomatoes have a significant effect on prostate cancer.

Lycopene which is found in tomatoes has an inverse relationship to prostate cancer.

Researchers found that of 50,000 the healthy males studied, those who ate at least 10 servings of tomatoes or tomato-based products per week were 33% less likely to develop prostate cancer, than those who never ate them.

Even those who only ate tomato-based products once a week showed a 23% less chance of developing prostate cancer. Researchers concluded that the active anti-oxidant in tomatoes, Lycopene, significantly reduces the risk of prostate cancer.

The healthy shopping list ...

Vegetables: Potatoes, carrots, celery, mushrooms, spinach, broccoli, tomatoes and red capsicum.

Fruit: Choose fruit in season; apples, oranges, melons, pears, pineapples, bananas; buy extras for juicing.

Protein: Lean beef; tinned tuna and salmon; canned beans, pulses, chicken, turkey, eggs, lentils, nuts.

Cereals: Sourdough and rye bread, whole grain rolls for lunches; brown rice, whole-meal pasta, plain oats for cooked porridge or un-toasted muesli.

Oil: Cold-pressed, virgin or extra virgin olive oil; organic cold-pressed flaxseed oil from the health food shop refrigerator.

Snacks: Fruit bars, sultanas, carob slices, yoghurt, dried fruit, nuts and seeds, olives, sundried tomatoes, water crackers and rice cakes.

Drinks: Bottled water; decaffeinated coffee; rose hip and mint tea, green tea or other herbal teas.

LIFE IS A GIFT

Life is a gift to be used every day
Not to be smothered and hidden away
It isn't a thing to be stored in a chest
Where we gather our keepsakes and treasure our best; '
It isn't a joy to be sipped now and then
And promptly put back in a dark place again.
Life is a gift that the humblest may boast of
And one that the humblest may well make the most of.
Get out and live it each hour of the day
Wear it and use it as much as you may
Don't keep it in niches and corners and grooves
You'll find that in service its beauty improves.

(From the writing of Edgar A. Guest) Residents' Voice

Spring 1999, Martins Run Life Care Community - Media, Pa USA.

CLUTTERHOLICS

CLUTTERHOLICS UK welcomes everyone ...

We are the first Clutter Support Group in the UK.

Do you have heaps of things you no longer need, use or want? Do you have cupboards, drawers, rooms, lofts or garages all bursting to capacity? Afraid to start? Don't know where or how to start? No room to put anything if you do start?

We are here to get you started, to help, inspire, encourage and support you in the tasks of clearing out, and to keep you motivated. No clutter too much or too little.

Our monthly meetings will be full of good ideas, and fun. We will help you get to the place you want to be. Remember you are not alone.

Support is what you need. You will find it at --- **CLUTTERHOLICS UK.**

Where?

We will be at the Harris Room, Trinity Church, Rodborough Road, Golders Green NW11.

This is near Hodford Road, and Golders Green Station. Good parking nearby.

When?

The second Monday of every month starting Monday March 11th. 7pm. - 8.30pm.

This information sent in by Jean Beith - Healer Member of JASH.

My forgetter

My forgetter's getting better
But my rememberer is broke.
To you that may seem funny
But to me that is no joke.
For when I'm "here" I'm wondering
If I really should be "there"
And when I try to think it through,
I haven't got a prayer!
Oft times I walk into a room
Say "What am I here for?"
I wrack my brain, but all in vain,
A zero is my score.
At times I put something away
Where it is safe, but gee!
The person it is safest from
Is generally me!
When shopping I may see someone
Say "Hi" and have a chat,
Then, when the person walks away
I ask myself, "Who the heck was that?"
Yes, my forgetter's getting better
While my rememberer is broke.
And it's driving me plumb crazy
And that isn't any joke.
CAN YOU RELATE???

I don't remember who I sent this to

(This poem has been circulating via e-mail)

The Light of Love Within

In the Spring of 1990, I was lying on my bed... meditating. Just relaxing my mind and body... enjoying the nothingness of the alpha state. I wasn't asleep... I could hear sounds from outside my window. But I was not fully awake. I was in that place in between... that's the only way I can think to describe it.

In my mind's eye... there was perfect darkness... I was completely still. That's when I heard myself ask the question... "God, are you there?" I didn't plan to meditate on God. I didn't plan on asking any questions... but yet here I was hearing myself ask the question.

The darkness was gently interrupted by the most beautiful figure. It was in the distance... existing only by itself... surrounded by the perfect darkness. It was the figure of a person. What I mean by that is that it had a head, body, arms and legs. But it had no other distinguishing features... just a figure that illuminated the darkness with the most beautiful colour of blue that I have ever seen. Yet it was unmistakably perfect in every way.

In my mind's eye, it started to come closer to me. Once again, I heard myself ask the question, "Is that you God?" It slowly moved toward me until it was right in front of me. I was amazed by the brilliance! I couldn't take my eyes off of this figure standing before me. And then, like an explosion in my mind, it flew right into me! My ears hummed and the darkness was brilliant white light! I was filled with the most powerful feelings of perfect bliss!

The next thing I knew I was standing in the middle of the room! I was laughing and crying at the same time! Every hair on my body was standing on end! Every cell of my body was vibrating with the most wonderful sensations of love and joy and happiness! If you could take all of the positive emotions, multiply them a hundred times, roll them up into one... and administer them with the speed of electricity, that doesn't even come close to what I was feeling! I just stood there in the middle of the room and all I could do was say, "Oh my God! Oh my God! Oh my God!"

After awhile, the feelings started to subside. I began to become aware of what had just happened to me. I couldn't believe it!

My mind started attempting to rationalise the experience.

But, there was no way to explain it away. It happened. The most important day of my life. The day that I was given the knowledge that God does exist.

Not only does He exist, but there is a little piece of Him in all of us. God is very real. Now... you take this for what it's worth to you. And if you think I'm crazy... well... I am what I am. Sammy Voile.

Reprinted from 'Healing Hands'
by kind permission of The Home Counties Association of

Spiritual Healers..



Everything I need to know about life, I learned from Noah's Ark.

One: Don't miss the boat.

Two: Remember that we are all in the same boat.

Three: Plan ahead. It wasn't raining when Noah built the Ark.

Four: Stay fit. When you're 600 years old, someone may ask you to do something really big.

Five: Don't listen to critics; just get on with the job that needs to be done.

Six: Build your future on high ground.

Seven: For safety's sake, travel in pairs.

Eight: Speed isn't always an advantage. The snails were on board with the cheetahs.

Nine: When you're stressed, float a while.

Ten: Remember, the Ark was built by amateurs; the Titanic by professionals.

Eleven: No matter the storm, when you are with God, there's always a rainbow waiting.

NOW, wasn't that nice? Pass it along and make someone else smile, too.



Jean Beith - JASH Healer Member.

SUCCESS UNLIMITED

"There's nothing to fear —you're as good as the best,

As strong as the mightiest, too.

You can win in every battle or test;

For there's no one just like you.

There's only one *you* in the world today;

So nobody else, you see,

Can do your work in as fine a way;

You're the only *you* there'll be

So face the world, and all life is yours

To conquer and love and live; And you'll find the happiness that endures

In just the measure you give:

There's nothing too good for you to possess,

Nor heights where you cannot go;

Your power is more than belief or guess—

It's something you have to *know*.

There's nothing to fear —*you can and you will,*

For you're the invincible *you*.

So set your foot on the highest hill —

There's nothing you cannot do."

---Anonymous.

-- I asked an ANGEL to watch over you,
But, he came back sooner than expected!
I asked why?

He smiled and said, "An angel doesn't watch over another angel."--

Thank you Shirley Waldorf for sharing both of the above poems with us.

The following poem was written by a terminally ill young girl in a New York Hospital. It was sent over the Internet by a medical doctor. Be sure to read what is in the closing and pass on the wish of this little girl.

Slow Dance

**Have you ever watched kids
On a merry-go-round?
Or listened to the rain
Slapping on the ground?
Ever followed a butterfly's
erratic flight?
Or gazed at the sun into the
fading light?
You better slow down.
Don't dance so fast.
Time is short.
The music won't last.
Do you run through each day
On the fly?
When you ask How are you?
Do you hear the reply?
When the day is done
Do you lie in your bed
With the next hundred chores
Running through your head?
You'd better slow down
Don't dance so fast.
The time is short.
The music won't last.
Ever told a child,**

**We'll do it tomorrow?
And in your haste,
Not see his sorrow?
Ever lost touch,
Let a good friendship die
Cause you never had time
To call and say "hi"
You'd better slow down.
Don't dance so fast.
The time is short.
The music won't last.
When you run so fast to get
somewhere
You miss half the fun of
getting there.
When you worry and hurry
through your day,
It's like an unopened gift ...
Thrown away.
Life is not a race.
Do take it slower
Hear the music
Before the song is over.**

Dear all:

please forward this poem to everybody you know. It is the request of a special little girl who will soon leave this world as she has cancer.

She has six months left to live, and as her dying wish, she wanted to send a letter telling everyone to live their life to the fullest since she never will.

Dr. Dennis Shields, Professor -
Department of Developmental and Molecular Biology
1300 Morris Park Avenue, Bronx, New York 1046

Quotes to inspire....

“Don’t believe what your eyes are telling you. All they show is limitation. Look with understanding, find out what you already know, and you’ll see the way to fly.”

Richard Bach.

“Before you can cure a man’s body, you must cure his mind and before that his soul.”

Plato.

“Kind words can be short and easy to say but their echoes are truly endless.”

Mother Theresa.

“He who knows others is wise; he who knows himself is enlightened.”

Lao - Tsu.

“Love is the energising elixir of the universe, the cause and effect of all harmonies.”

RUMI.

“Some of us are born with stones and some with jewels, but the most fulfilled of us are those born with stones who turn them into jewels.”

Buddha.

“Do all your work as if you had a thousand years to live, and as you would if you knew you would die tomorrow.”

Mother Ann Lee.

*Earth’s crammed with Heaven
And every common bush afire with God
But only he who sees takes off his shoes
The most sit round it and pluck blackberries.*

Elizabeth Barrett Browning.

“Do not look for God outside yourself, for the God which you seek does not exist.

God manifests in us as light in our spirit, sweet warmth in our heart, and strength in our will. Look within for the living God and be thankful.

Ask that God may live in you, that He may manifest through you. Only God can transform human beings.

Everyone is seeking the meaning of life. The meaning of life is in communion with God.”

Peter Deunov, the great seer of Bulgaria.