

News & Views



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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

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For this issue we are combining the Winter and Spring 'News & Views' so you will find that there are 4 more pages than usual.

So here we are in 2004, and according to the Chinese New Year, the year of the monkey.

Perhaps then this year there will be some light hearted, playful and happier times in our lives. However although we live on this wonderfully beautiful planet Earth, the world and many of the people and creatures on it are still in a sorry state.

So it is our fervent hope that we as healers will feel love, joy and peace in our hearts so that we can help heal those in need and send this love, peace and joy to all on this wonderful planet Earth.

Maurice & Yetta Powell Editors.

CHAIRMAN'S REPORT January 2004

I ended my last report by advising you of the passing on of our former President and Chairman Ivan Kayes, unfortunately I was unable to add any more as the News and Views was about to go to press. I first met Ivan back in 1987 when I was invited to attend a committee meeting of the Jewish Association of Spiritual Healers. Ivan struck me as a quiet unassuming man who had his finger on the pulse of whatever he did. He conducted the meeting efficiently by ensuring that everyone understood the information he was giving us in his own inimitable fashion. Although it was my first meeting, I was made to feel an integral part of the organisation. I learnt over the ensuing years that Ivan had been a World War 11 fighter pilot and managed to get shot down three times, twice ending up in the sea where he became a fully paid member of the Goldfish Club and the last time taken into custody as a prisoner of war. He experienced life to the full, as did most people of his age group, giving him the background to become the superb person and healer I knew. Ivan was Chairman, Secretary, News letter editor and Membership Secretary all at the same time. A GENTLEMAN in every sense of the word, who held our organisation together whilst at the same time leading us forward to keep abreast of the changes and requirements to the healing movement, allowing us to practise healing as we do today. My condolences to Ivans family, who had a DAD to be proud of, may he rest in peace.

UK Healers welcomes the appointment of Professor Julian Leff as independent Chairman. Professor Leff has been caring for people with mental health problems and has spent a considerable amount of time researching this section of health care, travelling around the world interviewing traditional healers from different cultures in his quest for knowledge. He is a consultant psychiatrist and has worked with the World Health Organisation. Under his leadership the UK Healers can take the next steps forward towards self regulation, as more healing organisations accept the standards agreed by the UK Healers.

The member organisations are at the moment deciding to purchase their insurance en bloc, which will give us indemnity for two million pounds for an approximate premium of five pounds per person per annum. This is more than we paid last year, but we have been advised of the probability of a 25%-30% increase of insurance premiums by our current insurers. The new deal gives much more cover for the proposed same premium. We will advise you of the new block scheme once details have been finalised.

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The Confederation of Healing Organisations will be coming more into focus once their educational forums commence, and their next meeting will be held in March. The last meeting of the European Confederation of Healing Organisations produced a pamphlet explaining who they are and what they represent will shortly go to print.

I offer our condolences to Maurice Powell (our editor) at the passing on of his older brother Peter and wish him and the family a long life.

Once again I thank your hard working committee for their dedication and expertise.

Steve Sharpe .

ANCIENT HEBREW PRAYER



Give me the strength to meet Each day with a quiet will.

Give me the faith to know Thou art my shepherd still.

Give me the light to find my way when shadows fall.

Be Thou my steady guiding star Father of all.

A prince in the house of David.

Boruch Hashem.

Tributes to IVAN KAYES First President of J.A.S.H.

We all mourn the death of Ivan, so long the heart of JASH and one of its founders.

He was a hero of the Second World War — a RAF pilot, he was twice shot down in the Channel, which made him a member of the Goldfish Club whose meetings he regularly attended. The third time was on land, he was captured and ended the war as a prisoner of war.

While mourning the death from cancer of his first wife he discovered he was a healer. (In his 'private' working life he was a furrier, a family business.) He became active in the world of healing, knew Harry Edwards and was with Diana Martin when she founded JASH in 1966. In his time he was its Treasurer, Secretary and Chairman, besides single-handedly editing our Newsletter for many years.

When the NFSH decided it would only have individual members he brought JASH to be a founder member of the BAHA.

In the early 1970s he (with his second wife Sylvia, herself a healer as well as a SRN; they had a happy marriage) set up a healing clinic in his home. It met regularly on Monday evenings for many years and he trained a lot of healers there. For the patients it was an important social occasion — at 9.0 p.m. when it officially closed Sylvia produced tea with cake or biscuits and they all stayed for that!

After both of them had retired they moved to Ferncroft near Bournemouth where, some years later, Sylvia died. Appallingly , of cancer too. He then moved to Reading to be near his family.

Until a few years go he continued to be active in the healing field, although retired as Chairman. He leaves three children besides stepchildren. He will be much missed. I was sad to hear of the recent death of Ivan Kayes who passed to spirit in November.

Ruth Green Full Healer Member J.A.S.H.

For many years Ivan Kayes was The Jewish Association of Spiritual Healers. He was president, secretary, publisher, editor, writer and the glue that held the organisation together. In September Ivan graduated to that special place for healers.

Excerpts from an article he wrote for our British Headquarters' newsletter will serve as a tribute to his memory.

"We are not all blessed with the ability to see outside of ourselves with clairvoyance or clairaudience. Many of us receive our help directly in the mind. In 26 years of healing I have never seen or even been conscious of a guide.

Nevertheless, I have been able to help patients. There have been a few near miracles and instant healings and I know that healing power is coming through. Rapport between healer and patient is very important.

I want to enrol in the work of bringing peace and harmony to the world. What can I do to help? The answer is to think. Thoughts are like radio waves, or like ripples in a lake. They spread out wider and wider and even the ultimate small effect will touch whoever has the sensitivity and ability to pick them up. I would tell everyone to relax and think of peace and harmony spreading as a blanket all over the world. Keep it simple. Keep the idea of peace and harmony simple, repeating it daily - others will receive it and pass it on to others in turn. Remember, from little acorns...."

Florence Horn Director J.A.S.H. (USA)

Whilst I did not know Ivan in a private capacity I do well remember him as a colleague on the original CHO Committee where he made many useful contributions to the debates and issues current at that time. The work of the HO in the early 1980's was crucial to the development of the training standards that we have today and their acceptance by government as a national standard for Healers.

Ivan together with the other members of the Training Committee laboured Over a period of three years to produce the Competence Framework on which a possible NVQ for Healers may be based. Alas, this was not to be but it did form the substance for the CBQ award available to all the healers of CHO Associations who wished to apply for the qualification.

The BAHA that predated the CHO and formed in 1976 included Ivan Keynes on its Steering Committee and he with others assisted me a few years later when as its Chairman I offered the Competence Framework for acceptance by the BAHA Association Members representatives at the many meetings it took before the Pilot Version was accepted.

Ivan will be missed by his many friends and colleagues (past and Present) and will be remembered for his part in putting Spiritual Healing into the public domain and with the acceptance by government of the contribution that healing can make to those who suffer the effects of conditions that doctors can no longer help.

Fred Cousins President SSHA, Vice President BAHA.

Ivan Kayes was known to me from 1984, he was very helpful in giving me up to date information on J.A.S.H.

Then, our hands were tied as the public were closed to healing and believed it was solely to do with religion. He was a one man band and towards the end found it harder to cope as the membership increased. My sympathies go out to his family,

I can honestly say I know how they feel, as I lost my Mum a few months ago. She too was a dedicated worker for spirit and will continue to work from the other side of the veil.

What we must remember is that we are spirit housed by a body for this incarnation, and to live every day to the full and appreciate life as a gift we are all creators as we all have I Am within us.

We have come a long way since 1984 and there are so many well informed books to be read at our leisure. We live in exciting times and as healers we have a great deal to offer. May J.A.S.H continue to grow with clarity and integrity, you the members are the voice and through our magazine may our truths be heard; thank you to all the Committee who give their time and vision to such a worthwhile cause and to the memory of Ivan Kayes who gave so much of his life to healing and helping others.

LOVE AND LIGHT --- Rita Vangelder *full healer member J.A.S.H.*

*For behold, I stand at the door and knock,
"Is there anyone there inside?"
It's the door of your mind, which needs to unlock.
And allow love to flow,
Love 's not blind.*

*Then open up the door of your heart,
And let the love out, that's within.
And, give your love, as a whole, not a part,
And see, in the end. how you win.*

*There is no need to dwell in the dark of the storm.
When tomorrow, the day is so bright.
Just let the love flow, firstly in and then out,
And live in Gods glorious light.*

The Rev. RALPH SEELIG.

Happiness!

A 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is blind, moved to a nursing home. Her husband of 70 years had recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she manoeuvred her walker to the elevator, a carer provided a visual description of her tiny room, including the curtains that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the roomjust wait." Said the carer.

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it ... "It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away ... just for this time in my life.

Old age is like a bank account ... you withdraw from what you've put in.. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my Memory bank. I am still depositing.

Remember the five simple rules to be happy:

- 1. Free your heart from hatred.*
- 2. Free your mind from worries.*
- 3. Live simply.*
- 4. Give more.*
- 5. Expect less.*

No one can go back and make a brand new start. Anyone can start from now and make a brand new ending.

ARE YOU OR SOMEONE YOU KNOW SNORING THEMSELVES TO DEATH?

Snoring is often a precursor of serious upper airway disorders such as OSA (the closing of the upper airway while asleep.) snoring can kill sometimes: It can actually cause damage to the arteries.

'When persons with sleep apnoea fall asleep, their tongue falls back into their throat, blocking their airway. As they struggle for breath, their blood pressure soars,' Dr. Arthur Friedlander, an oral surgeon who worked on the study, said in a statement. 'We believe that this rise in blood pressure damages the inner walls of the carotid arteries lining the sides of the neck,' he added. 'Cholesterol and calcium stick to the injury sites and amass into calcified plaques, which block blood flow to the brain. The result is often a massive stroke.'

'Calcium deposits are just the tip of the iceberg,' he said. 'X-ray's can't show the true size of the plaque, which is also made up of fat, platelets and other soft tissue.' When a person is suffering from sleep apnoea, air cannot flow in or out of the nose or mouth. Oxygen is not taken in so carbon dioxide builds to dangerous levels in the blood. 'It's like smothering by pressing a pillow over someone's face'.

Over the long term, OSA is associated with greater risk of hypertension and cardiovascular diseases. *However, OSA is not well understood or recognised by the medical community until recently, and only a fraction of OSA patients have been diagnosed and treated.*

Twenty-four percent of adult men and nine percent of adult women are estimated to have some degree of sleep apnoea!

70

I've just reached seventy

Dug out my knitting and shawl ---
But things are not that way at all

I've less time now to sit and
stagnate

Things that are happening, are
unbelievably great.

It started with healing and
learning to heal
And started my training with lots
of zeal
I've made new friends, and one
thing led to another

We found we had hobbies that

Following the Path

Spiritual things happened to me in my early teens. I would get premonitions and visions of things to come. I would predict situations and events and they would often take place. I always knew things and never felt alone. More and more things occurred as I grew up.

Twenty-three years ago, I was in hospital suffering from severe back and hip problems. One night I couldn't sleep. I had a blinding headache. The worst I had ever had. The painkillers I had been given did not even touch the pain. Suddenly, as I lay there, just ahead of me was an angel with her wings outstretched. She was bathed in a golden light which shimmered around her and spread as far as I could see. I was transfixed. At the time my mother's twin sister was critically ill in hospital after having had a brain operation and was taking a turn for the worst.. At the same time my mother was outside my aunt's hospital but did not dare to go in. My uncle had forbidden her to see her sister. He was convinced that her presence could tip the balance.

The message the angel gave me was that my aunt desperately needed to see my mother. She was very distressed and heartbroken at not having her near. She could not understand why she had not come to see her. I conveyed this message as soon as I could. My mother was astounded, spoke with her brother in law and demanded to see her sister. When she arrived at the bedside my aunt could not speak, but a tear fell from her eye. Shortly, afterwards she slipped into a coma and a few days later passed away. Although my aunt did not survive, I believe she was waiting to see my mother before she passed over.

After this experience, my sensitivity to spirit grew, in leaps and bounds. I was often used as a link and still am. Over recent years, messages come from souls before their funeral or, maybe just after, to be passed on to loved ones whom I know.

I also had an overwhelming urge to make people and situations better by touch or prayer or both. Sometimes I did, but I always knew I had spirit helpers. Over the years, I visited various mediums and was told I was psychic and should go to a development circle.

However, it wasn't until twelve years ago, that I met an old friend who had become a healer. She offered me healing for my recurring back problem, an offer I gladly took up a couple of days later. She helped me. A few months later another healer crossed my path quite by chance. She told me she worked in a healing sanctuary and would I be interested in becoming a healer myself. This was too much of a coincidence and from that moment I decided to make the commitment and walk the path.

I trained and worked as a spiritual healer for four years at the Sanctuary in Winchmore Hill, North London.

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It was very professional and formal. White surgical coats were worn, and after opening up the Sanctuary with prayer we would begin giving healing to awaiting patients. Healing took place on adjustable electronic massage beds. Initially I received healing myself and then trained under the guidance of a senior healer. This was not only in a healing capacity for the chronically sick and disabled, but also how to react and empathise with the patients who were sometimes bereaved, depressed or worse. I also sat in their healing circle every other week. I loved the work and the patients, some of whom came regularly.

However, I felt it was time for a change. I needed more. I wanted to be part of an organisation. I desperately wanted to develop my clairvoyant skills and become a medium and decided to move on and pursue my goals. I began giving healing from my home to some patients who followed me and embarked on the next stage of my spiritual journey.

I believe that every experience in life, spiritual or otherwise will lead us further on the path of enlightenment.

I attended courses of Colour Healing and Light Therapy by Lilian Verner Bonds and Crystal Workshops by Ron Bonewitz both of whom are well known authors in their fields. I read numerous spiritual books, a few of which were written by Betty Shine, who became a particular favourite. My thirst for knowledge was immense.

About three months later my prayers were answered when my mother got talking to someone in her Doctor's surgery by the name of Rita Van Gelder. Quite inexplicably, the subject of healing came up and Rita said she was a healer. My mother immediately told her about me and requested her telephone number. Eventually, I plucked up the courage to call in at the White Dove Healing Sanctuary and arranged a suitable appointment. It was amazing. Almost immediately, we gelled. A meeting of minds. I felt I had come home. We chatted endlessly for about 3 hours. Shortly afterwards I began attending her circles, where, under her guidance, I received further knowledge of healing and the ways of spirit. During this time I joined JASH as a probationer. I am now a full healer member of the organisation and very proud of it.

As well as attending Rita's circles, I began a Spiritual Awareness Group. It was for friends and acquaintances who had experienced spiritual and psychic phenomena and wished to interact with like minded folk. It started as a friendly, chatty coffee evening, after which I did a meditation and offered healing.

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It was a great success and two and a half years later is still going. Gradually, and as I developed into a trance medium, it became a circle working with angels and guides. Rescue work, meditation and relaxation, healing and absent healing take place. Every time it is different. I am clairvoyant and clairaudient, giving readings in the normal way and by psychometry

The White Cloud Healing Centre meets once a month on a specified Monday evening from 8.15 p.m. to 10.30 p.m. However, I do give healing and psychic readings on other occasions by appointment. I live very close to New Barnet main line and High Barnet northern line tube stations. For more information please contact Daphne Cowan on 0208 441 1307 or e-mail daphnecowan@hotmail.com.

A REMEDY FOR COLDS AND VIRUSES...

My doctor --- Dr. Lakhani --- told me of the ‘sweets’ his mother used to make in India to give to her children to keep them free from infection.

Using a pestle and mortar, she ground together the following:-

Fresh ginger or ginger in syrup
Lemon juice
Honey
Garlic cloves

She made them into little sweets which lasted some months.

Recently when I was in the midst of a cold virus, I was given a similar remedy by Irma Gomez who comes from El Salvador. She told me to eat a clove of garlic (I could only tolerate this by cutting it into tiny pieces and sandwiching it in a thin slice of bread !) followed by drinking boiled water into which lemon juice, grated ginger and honey had been added.

She suggested I take it 3 times daily but I only took it once a day before going to bed.

And it worked!

Thank you Irma!

I find the best honey is Manuka Honey which comes from New Zealand, and apparently is sourced from New Zealand’s remote pollution free forests and is world renowned for its unique healing properties. It is very expensive but very, very good.

YETTA POWELL

The Rose

by **Bette Midler**

Some say love, it is a river that
drowns the tender reed.
Some say love, it is a razor
that leaves your soul to bleed.
Some say love, it is a hunger,
an endless aching need.
I say love, it is a flower,
and you its only seed.

It's the heart afraid of breaking
that never learns to dance.
It's the dream afraid of waking
that never takes the chance.
It's the one who won't be taken,
who cannot seem to give;
and the soul afraid of dyin'
that never learns to live.

When the night has been too
lonely and the road has been too
long,
and you think that love is only
for the lucky and the strong,
just remember in the winter,
far beneath the winter snows,
lies the seed that with the sun's love
in the spring becomes the rose.



“A flower is the smile of God.
The fragrance is his hidden presence.”

YOGANANDA.

**“Be always with people who inspire you:
surround yourself with people who lift you up.”**

YOGANANDA.

On 'The Other Side' An out of body experience

For two years I felt something was not right... odd stomach pains aches in the legs and vomiting. The doctors assured me nothing was wrong except may-be I had duodenal ulcers. Now suddenly earlier this year I felt very ill and was in a lot of pain from the centre thorax to the lower abdomen. I telephoned a friend at 11 p.m. who came and managed to get me admitted to hospital I remember only arriving at the hospital and nothing after that for five weeks... it seems I was in a coma, and I was declared organ dead. I had wires to the liver, heart, spleen kidneys etc., and tubes inserted down my throat as well as elsewhere My Rabbi and friends were told the doctors could not save my life. It seems I had contracted a bacteria and or a virus that had lodged at the base of my brain (medullar oblongata) in the form of a 'cyst'. It burst spreading the poison throughout my body no antidote was known. I spent three months in hospital most of which I do not remember. All I do remember is someone holding my hand saying, "if you know who this is press my hand" ...I did. And later, I heard a voice saying, "Please wake up we need you."

I do know who they were. I came around just long enough to know I was in hospital. I could not see or hear or speak I had no memory. I was still wired up I could not move, someone tried to lift my arms and legs and head and roll me over every few minutes or hours. It was very frightening. I did not recognise anyone who came to see me and later found I could not read or write It was like being a 3 year old again and having to go back to school. It took many weeks to relearn to read and write and still I am making spelling mistakes My memory being effected the above was hard work. It also took many week before I could walk or even sit up in bed on my own, someone had to feed me and that was difficult so it was done though tubes until I could feed my self, then, I was only allowed baby food.

To day it is still difficult to go up and down stairs or walk very far, but I can drive.

I believe the most extraordinary experience was the passing to the other side during the 5 weeks I was in a coma. It is something I did not want to talk about but I shall try. Firstly I was at the time under the impression that I was mobile. I was going with a friend on a journey to Europe but she was late so I went by myself to some mountainous place to stay with a family I did not know but were related to my friend. So I stopped at a shop in Piccadilly to buy presents.... a doll and a train-set, among other items, a pair of red shoes and a hand bag for myself. I arrived at the farm house in the wilds of the country and every one spoke English.

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I was told I would have to share a room. My friend turned up and we went to a castle to look at paintings etc., and I found myself left on my own waiting for a taxi to take me back to the friend's house. I did not like that house so I went to a hot climate, it could have been South America. I was on the beach in a tent and there was a high cliff with a cave to one side. I decided to go to the local hotel. I did and was wearing my red shoes with a red dress, I sat in a beautiful room with a wide vista. Across the hallway were people dancing and drinking. Some one asked me if I would like a drinkI said "Vichy water or any carbonated water no alcohol." No one wanted to talk to me because I wouldn't drink alcohol. The only thing I remember after that was going down to the grounds around the hotel and trying to find someone to book me a flight back home. This has been very difficult to write, but some people have asked me about the journey I took to the other side, so I felt I had to write it up. Yes I did go over to the other side, and will tell you that for each of us it is different. We all have a different journey to reach the other side ---to the life beyond life. I am grateful I returned to this earth life from the other side of death.

I do not expect this to make sense to any one, as passing over is something each one does on their own like being born. I will tell you that what we learn here we take with us, what we do here also goes with us so we or I must make retribution for any wrong I have committed here, so that I shall have a fulfilling, peaceful and beautiful life on the other side. I wish to go on learning from the Angels more about the universe, that includes animals and flora as well as humans.

To those who helped me I say Thank You and may your God go with You. Perhaps you should look for your Angels who are always by your side ...we do tend to ignore that they are there for you, you only have to ask.

Many other incidents happened. The above are the most important except, to tell you that for the whole time I was aware of a beautiful being accompanying me and what that being told me stays with me. I should say that our angels change with each other as time passes, so the angel at birth is not the angel who is with you now.

Anonymous.

*"For ages I knocked at God's door.
But when it opened at last, I saw I was knocking from the inside"*

RUMI.

Living Life To The Full.

This was written by an 83 year old... The last line says it all.

Dear Bertha,

I'm reading more and dusting less. I'm sitting in the garden and admiring the view without fussing about the weeds. I'm spending more time with my family and friends and less time working.

Whenever possible, life should be a pattern of experiences to savour, not to endure. I'm trying to recognise these moments now and cherish them.

I'm not "saving" anything; we use our good china and crystal for every special event such as losing a pound, getting the sink unstopped, or seeing the first blossom of the year.

I wear my good outfit to the market. My theory is if I look prosperous, I can well afford to pay £25 for one small bag of groceries. Neither am I saving my good perfume for special parties, but wearing it for all to enjoy. "Someday" and "one of these fine days" are no longer a part of my vocabulary; if it's worth seeing or hearing or doing, I want to see and hear and do it now! I'm not sure what others would've done had they known they wouldn't be here for the tomorrow that we all take for granted. I think they would have called family members and a few close friends. They might even have called a few former friends to apologise and patch-up past squabbles. Any way, I like to think they would have gone out for a Chinese meal or for whatever their favourite food was. I'm just guessing; I'll never know.

It's those little things left undone that would make me angry if I knew my hours were limited. Angry because I hadn't written certain letters that I intended to write. Angry and sorry that I didn't tell my husband and parents often enough how much I truly love them.

I'm trying very hard not to put off, hold back, or save anything that would add laughter, joy and lustre to our lives.

Every morning when I open my eyes, I tell myself that this day is special. Every day, every minute, every breath truly is a gift.

You're reading this because someone cares. So take a few minutes to write to a few people you care about, just to let them know that you're thinking of them.

People say true friends must always hold hands, but true friends don't need to hold hands because they know the other hand will always be there. I don't believe in Miracles. I rely on them.

Life may not be the party we hoped for, but while we are here we might as well dance.

Only A Dream

I can fly
With my invisible wings
Gifted from divine
I fly between the trees
Above the sea
Inside the clouds
I go up and up
To the sky
I am free up there
This was wonderful
Beautiful feeling
I feel very happy
But then
It's only a dream. ©

We Are Plants

We are like plants
We age and we die
Some of us leave children behind
Some of us have no children to
take our place
Like plants some of them have
seeds they can grow into new
leaves and flowers
We die and become earth
So do the plants.
I always imagine
The leaves are the boys
The flowers are the girls
Leaves protect the flowers
As men protect women
Maybe after we die
We become plants
Who knows?
After all
We are part of nature that's why
We love plants and flowers
Because we are plants. ©

The Wind

Have you seen the leaves on the
trees?
Dancing with the sound of the
wind?
Have you heard the birds singing
in the trees, with the sound of the
wind?
Seems like an orchestra playing
their theme.
Have you seen a butterfly trapped
in the wind,
Trying to fly, to run away
But
The wind is too strong preventing
it to flee
Have you seen the flower
Shaking with the wind
Falling apart:
Have you seen the clouds
Pushing away the wind
Seems they are gliding, swimming
in the sea
Have you seen the wind
Blowing the dry leaves at autumn
They look like children
Playing in the school ground
Screaming happily.
Have you seen the wind
Blowing the little girl's
Beautiful golden hair,
Looks like golden wheat blowing
in the fields.
Imagining,
Dreaming,
It's our nature
We are living with. ©

Poetry by:

FERY, HEALER MEMBER J.A.S.H.

THE HEALING TOUCH GORDON SADLER

Most babies at the age of six months, need to be soothed and comforted by their mothers; but with little Michael it seemed to act in reverse. Michael looked no different from other babies; he was fair-haired and chubby-cheeked, and his blue eyes were bright and smiling. A naturally happy child, he was just beginning to look around and take notice of people and things.

Michael's mother often suffered from acute headaches; and it came suddenly upon her one day, that on these occasions, whenever she took Michael in her arms, her headache gradually disappeared. At first she decided it was mere coincidence, that the pain had responded to the aspirin she had been compelled to take.

Wonderingly, she tried an experiment. She stopped taking painkillers, and not until the headache came did she make contact with her little son. The result after some minutes, brought relaxation and a gradual but distinct lessening of the pain. She repeated the experiment several times and felt sure that Michael was the healing touch.

Only she knew of her child's strange gift; and wishing to avoid publicity she kept the knowledge to herself. She was, however, able to substantiate it by watching Michael's influence on other members of the household.

Grandpa suffered badly from rheumatism, which made him grumpy and irritable. He said children were a nuisance, they made too much noise; and he often went off grumbling to his room. One afternoon he was sitting in his armchair. He hadn't been well, and was complaining bitterly at the inability of his doctor to relieve the pain. There was a knock at the front door, and Michael's mother suddenly thrust the child unceremoniously into the old man's lap while she went to answer the door.

Grandpa was so surprised that he had no time to protest, and when his daughter returned, he was clutching Michael lightly in case he should fall. The little boy, in high spirits, was prattling to his unaccustomed nurse, a chubby arm around his neck. Grandpa made no immediate attempt to relinquish his charge, and later said he was feeling much better. From that day he began to take an interest in Michael, and was more than willing to take part in nursing him.

Suzie, a neighbour's child who came in to play with Michael, was another "patient". She suffered from slight deafness and there were fears that her condition might worsen. After several months of daily contact with Michael, her hearing appeared to become normal, and Michael's mother felt sure that once again the healing influence was at work.

Continued on page 19

Michael had a natural kinship with birds and animals. At the age of eight he often sat reading in the garden, a sleeping cat by his side, and birds flying to him from the overhanging branches; they were so tame, they would alight on his head or shoulders, and would eat from his hand. Once an escaped budgerigar, pursued by it flock of sparrows, made straight for Michael, seeking the protection he was able to give.

Michael's healing way with animals soon became known in the locality, and children beg him to bring their sick pets for his advice. The healing touch



was often sufficient to revive a lethargic cat or to reduce the Tulle aches and pains that many creatures suffer from time to time. Hens, rabbits, lame mice, and even tortoises, were brought to him for treatment. A hedgehog and a wounded frog were two of his strangest patients.

By this time Michael was aware of, but could not account for, his unusual gift; he often wondered why he was so different from most of the other boys, who only wanted to play games or go fishing with their fathers. He liked animals, and made up his mind to go on studying them in order to become a vet. He liked human beings too, and happy, laughing little boy that he was, his mother gave him every encouragement. And because of his pleasant disposition, he was liked by adults as well as by those of his own age.

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In her own mind his mother was sure her son was a natural healer, he had already helped so many humans and animals. His mere presence seemed to comfort the sick, cheer the despondent, and calm the emotional. For a boy he had unbounded patience, he was quick witted and rather more intelligent than many boys of his age.

It was when Michael was ten that the family decided to emigrate to Australia. The boy was not happy at leaving all his friends - even at so young an age he had made plans for the future - but he was assured that life in the new country would be similar to that in England.

Michael's letters home recorded his disappointment in his new environment, they became fewer and fewer, and eventually ceased altogether.

Several years later, an Australian newspaper printed an article headed, "Young Healer Helps to Save Flock". It told of an Englishman who saved the lives of dozens of sheep which were dying of a mysterious disease similar to sleeping sickness. "The young man isn't a vet," said the report, "and he used no medicine or drugs. The sheep were brought to him one by one; all he did was to stroke their heads and run a hand along their backs. The farmer, who had already lost a number of sheep, said Michael told him that the healing came from God and His helpers in Spirit.



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"There is a force within that gives you life ---
Seek that
In your body there lies a priceless jewel ---
Seek that
Oh, wandering Sufie,
If you are in search of the greatest treasure,
Don't look outside,
Look within and seek that."

RUMI.

The Glebe Hall Healing Centre--- STANMORE
--Through the eyes of a reporter from 'The Harrow Observer'

Thursday, February 12, 2004 www.Harrow.co.uk

Healing hands needed to help ease suffering

by Liz Nicholls

LOVE and care is needed now more than ever because of all the suffering in the world, according to a healing organisation which is seeking new members.

Yetta and Maurice Powell, of Old Church Lane, belong to the Jewish Association of Spiritual Healers and train new practitioners through a two-year course from their home.

Mrs Powell said: "We need more healers in the world, especially at the moment with all the violence and suffering.

. "Spiritual healing is really as simple as breathing and as old as the human race - you see it with mother and child.

"Anyone can do it if they are dedicated and it is simply a matter of channelling energy, like turning on a tap."

Curious newcomers and regulars drop into a healing centre set up by the group in Glebe Road, Stanmore, where trained healers and probationers soothe away cares every Thursday.

Mr Powell said: "Doctors of yesteryear were more inclined to frown upon complementary therapies like healing when they were less well known.

"Now, of course, the benefits have been proved by many medical organisations and the two schools of thought many together."

The couple, who have been married for 52 years, trained as healers after developing an interest in the subject before joining the association, which has members in the United States and Israel.

Together they edit the group's newsletter and Mrs Powell writes poetry, including a published book called *Reflections and Rhymes*, and she regularly gives talks to bereavement groups from across north west London.

She said: "Spoken kindly, gently and lovingly, words have a reassuring effect, and positive thinking has been proven to strengthen people in body and mind.

Continued next page.

"Many people who come to us are feeling negative or anxious because of physical pain or stress.

"Most will feel the benefit after a few healing sessions and it is their experiences which often lead people to become healers themselves."

The healing centre in Glebe Hall, Glebe Road, Stanmore, is open to everybody from 2 - 4 p.m. every Thursday and healing is free, but donations are appreciated.

Healers are also available to give information about the process and how to get involved.

Living proof healing works

Surprisingly well: Brian Copeland A HEART attack patient said he is amazed by the positive effect healing has had on his health, despite early reservations.

Brian Copeland, 54, of Stonegrove, Edgware, suffered two heart attacks seven years ago and needed a triple bypass operation to clear his clogged arteries.

He became interested in healing in 1997, and, after being impressed with its soothing qualities, he trained and went off to become a fully-qualified practitioner with the Jewish Association of Spiritual Healers in 2000.

He said: "If you had asked me a few years ago I would have laughed my head off as I thought it was all a load of rubbish.

"When I went to see my heart specialist at the Royal Free Hospital he was stunned.

I should be dead by now, really.

"He couldn't understand why the rate of deterioration had slowed and slowed and the explanation we came up with was that I was having healing at the same time."

Mr Copeland believes the power of positive thinking and energy has the potential to help anyone who is willing to give it a try, regardless of their beliefs.

Although he is a member of the association, he said he does not belong to any religion, but considers faith a personal matter.

He said: "Healing is a question of channelling energy from the source, whatever you believe that source to be, but I don't think you need to call yourself a member of any organised religion to pass on good thoughts and prayers to others."

This article is taken from the February 12th issue of 'THE HARROW OBSERVER'

***Subject: ... Signs, do they really mean what they say?
We wonder.***

For example in a Laundromat: *AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT.*

Seen in a London department store: *BARGAIN BASEMENT UPSTAIRS.*

Outside a second-hand shop: *WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?*

Notice in health food shop window: *CLOSED DUE TO ILLNESS.*

Spotted in a safari park: *ELEPHANTS PLEASE STAY IN YOUR CAR.*

Seen during a conference: *FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1st FLOOR.*

Notice in a field: *THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.*

So, You Think You Have The Answers ... Well do you?

- 1) Some months have 30 days, some months have 31 days. How many months have 28 days?
- 2) If a doctor gives you 3 pills and tells you to take one pill every half hour, how long would it be before all the pills have been taken?
- 3) I went to bed at eight o'clock in the evening and wound up my clock and set the alarm to sound at nine o'clock in the morning. How many hours sleep would I get before being awoken by the alarm?
- 4) Divide 30 by half and add ten. What do you get?
- 5) A farmer had 17 sheep. All but 9 died. How many live sheep were left?
- 6) If you had only one match and entered a COLD and DARK room, where there was an oil heater, an oil lamp and a candle, which would you light first? 7) A man builds a house with four sides of rectangular construction, each side having a southern exposure. A big bear comes along. What colour is the bear?
- 8) How many animals of each species did Moses take with him in the Ark?

For The Answers See Page 26

Do Remember this great healing combo --- Laughter and a Smile.

Back in the olden days when Samurai were important, there was a powerful Japanese Emperor who needed a new Chief Samurai. So he sent out a declaration throughout the entire known world of that time that he was searching for a Chief Samurai. A year passed, but only 3 people applied for the very demanding position;

1. a Japanese Samurai
2. a Chinese Samurai
3. a Jewish Samurai (You snicker!? It is, apparently, possible!)

The emperor asked the Japanese Samurai to come in and demonstrate why he should be the chief Samurai. The Japanese Samurai opened a match box, and out popped a bumblebee. Whoosh! went his sword, and the bumblebee dropped dead on the ground.

The emperor exclaimed "That is very impressive!" The emperor then issued the same challenge to the Chinese Samurai, to come in and demonstrate why he should be chosen.

The Chinese samurai also opened a match box and out buzzed a fly. Whoosh, Whoosh! Whoosh! Whoosh! And the fly dropped dead on the ground in four small pieces.

The emperor exclaimed: "That is VERY impressive!" Now the emperor turned to the Jewish Samurai, and asked him to demonstrate why he should be the Chief Samurai.

The Jewish Samurai also opened a match box, and out flew a gnat. His flashing sword went Whoosh! But the gnat was still alive and flying around. The emperor, obviously disappointed, said: "Very ambitious!, but why is that gnat not dead?" The Jewish Samurai just smiled and said: "Circumcision is not meant to kill."

A rabbi parked his car in a no-parking zone in town because he was short of time and couldn't find a space with a meter. He put a note under the windshield wiper that read: "I have circled the block 10 times. If I don't park here, I'll miss my appointment. FORGIVE US OUR TRESPASSES."

When he returned, he found a parking ticket along with this note:

"I've circled this block for 10 years. If I don't give you a ticket, I'll lose my job. LEAD US NOT INTO TEMPTATION."

Continued on Page 25

A LESSON FOR EVERY COMPUTER OWNER!!!!

Mike was having trouble with his computer. So he called Nick the computer expert, to come and fix it.

Nick arrived, clicked a couple of buttons and solved the problem in less than a minute. He then gave Mike a bill £30 for a minimum service call.

As he pocketed his fee, Mike asked him, "So, what was wrong?"

Nick smiled and replied, "It was an ID ten T error."

Not wishing to appear stupid, Mike inquired: "An ID ten T error? What's that, in case I need to fix it again?"

As he left, Nick turned and grinned.... "Haven't you ever heard of an ID ten T error before?"

"No," Mike replied.

"Well write it down," Nick said, "and I'm sure you'll figure it out."

So he wrote down I D 1 0 T

A father was approached by his small son, who told him proudly,
"I know what the Bible means!"

His father smiled and replied, "What do you mean, you 'know' what the Bible means?"

The son replied, "I do know!"

"Okay," said his father. "So, what does the Bible mean?"

"That's easy, Dad. It stands for 'Basic Information Before Leaving Earth.'"

They Say Exercise is good for you ...

I joined a health club last year, spent about £350. Haven't lost a pound. Apparently you have to go there.

I have to exercise early in the morning before my brain figures out what I'm doing.

I like long walks, especially when they are taken by people who annoy me. Walking can add years to your life. It enables you at 85 years old to spend an additional 5 months in a nursing home at £700 per month.

My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where on earth she is.

The advantage of exercising every day is that you die healthier.

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.*

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

THE LAVENDER SPA GROUP

(2 minutes from Grange Hill Stn.)

*Relaxation/Meditation Group every other Tuesday 8.30pm - 10pm
Under guidance of Heather Prince.*

For further information on the Group or healing please contact -
Crystalhealer7@aol.com or phone 07970 160372

So you thought you knew the answers

Well the answers are:

- 1) All of them. Every month has at least 28 days.
- 2) 1 hour. If you take a pill at 1 o'clock, then another at 1.30 and the last at 2 o'clock, they will be taken in 1 hour.
- 3) 1 hour only. It is a wind up alarm clock which cannot discriminate between a.m. & p.m.
- 4) 70. Dividing by half is the same as multiplying by 2.
- 5) 9 live sheep.
- 6) The match.
- 7) White. If all walls face south, the house must be on the North Pole.
- 8) None. It was Noah, not Moses.

PERSONAL

Condolences

To JASH healer member Maurice Powell
on the sad loss of his dear brother Peter.

To JASH healer member Shirley Stockman
on the sad loss of her dear husband Martin.

**“There is no death
There is no separation
There is only love”**

Author Unknown

*I am the daughter of Earth and Water
And the nursling of the Sky;
I pass through the pores of the ocean and shores
I change, but I cannot die,
For after the rain when with never a stain
The pavilion of Heaven is bare,
And the winds and sunbeams with their convex gleams
Build up the blue dome of air,
I silently laugh at my own cenotaph
And out of the caverns of rain
Like a child from the womb, like a ghost from the tomb
I arise and unbilled it again.*

PERCY BYSSHE SHELLEY

THE WAY OF LIFE.

The Earth is a small planet going around the Sun. The Sun and Its planets are In a system called "the Milky Way" and this is a part of a greater system in which there are countless stars (or suns).

The Earth and the Sun and its planets are limited in its size and time. We are surrounded by limitations.

I believe that the Universe of which we are a part Is not limited and had no beginning and will have no end. It is constantly expanding and changing.

I believe that God is not a limited being as so often conceived by Man. Not a father figure who is concerned with our welfare but a mighty power which is integral with and part of all life. "

The very essence of life is spiritual. The way to spiritual growth and development is simple yet very profound.

The path of spirituality is easy to follow but the path to evil is equally easy.

I believe that although we are living on a small, limited planet called Earth we are not here just for a few short years but the essential part of us is eternal. At the end of our physical life we pass on to a spirit world which is attached to this earth. In our Spirit world we meet and re-meet kindred souls. Because we cannot learn all our lessons in one earth life we come back again and again.

Again - I believe our lives are planned. Yet it is not God who plans our lives but we ourselves. We are advised and helped all along the way but the final decisions are our own.

Our advisors and helpers are often souls or individuals who through spiritual growth have reached the state where they *are* Godlike *or* semi-gods.

I have no doubt that if we wish, we can experience life In other physical worlds. If we live selfish or un-spiritual lives we are not condemned nor punished. Rather do we come to realise our mistakes and we work harder to redeem our ways. Should we then not pray because we learn that our father God is not what we thought?

To pray is good. We should lift our thoughts to the God who is always ready to help us. One who has attached themselves to us to guide and help us along this difficult path.

DENNIS FARE, MNHR, MBHA.

Some more about supplements that help keep us healthy

When bacteria and germs attempt to enter the body the body's first defensive barriers are the skin and mucous membranes. The mucous membranes are the inner linings of the nose, throat and lungs and respiratory tract. Most germs are unable to pass these barriers, but those that do then come up against the body's protective cells --- antibodies and lymphocytes which circulate through the bloodstream (as part of the immune system) and are programmed to seek out these intruders and potential enemies to health and destroy them.

When our immune system is weak we tend to suffer more colds and infections. When it is strong our immune system is able to eliminate the intruders before they cause us health problems.

The following supplements can strengthen our natural immunity.

Beta carotene --- The Vitamin A ---cell protector.

Beta carotene is a natural substance found in carrots, sweet potatoes, tomatoes and other vegetables. It is a powerful antioxidant cell protector, particularly valuable for the health of the skin, eyes, teeth, bones and hair. It helps maintain resistance to respiratory infections and protect us from damage caused by environmental pollutants, and assists in expelling the many carcinogenous substances to which we are exposed daily.

Fish Liver oils (Cod and Halibut)

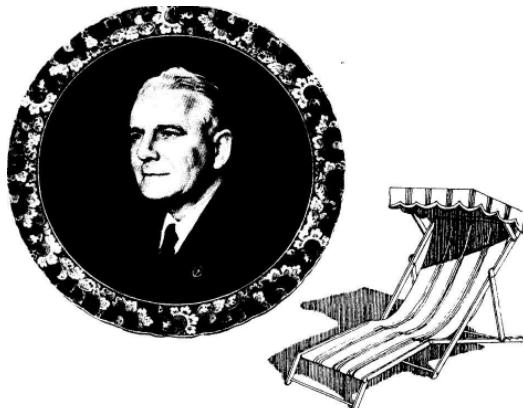
These oils are an excellent source of Vitamins A and D. Necessary to maintain healthy body tissue, bones and teeth. Fish oils are particularly useful in keeping the mucous membrane linings of the respiratory tract moist and healthy so that they are able to resist bodily invasion by harmful bacteria etc.. Gram for gram cod liver oil and halibut oil supply ten times more vitamin A & D than vegetable sources of these essential vitamins and approximately 200 times more than milk.

Bee-Propolis

The brown residue collected by bees which bees use to seal gaps in their hives, is known to increase resistance to infections and illnesses. It is an antibiotic stimulator of the immune system. Gives excellent results in combating inflammatory conditions, such as tonsillitis, coughs, bad breath, and gastrointestinal infections.

Garlic ... Natures Antibiotic

The number one remedy for prevention and cure! Garlic has long been known for its ability to destroy harmful bacteria and viruses. Its therapeutic use dates back over 4000 years. More about this remarkable herb in our next issue.



When to Relax HARRY EDWARDS offers some timely advice on a subject of interest to us all. . .

So many people say to me: "I just simply cannot relax," or "I try so hard to relax—but I never can," that I think a few words on this subject may be of interest.

We have printed quite a number of articles on the HOW of relaxation, and it should be of assistance to consider the WHEN. No one can MAKE himself relax, for the simple reason that the act of inducing restfulness then becomes an effort, and relaxation entails that there should be no conscious effort at all.

With some healers time appointments are made for absent healing, during which the patient is requested to be in a relaxed condition of prayerful meditation.

Now, if the person has to hurry through household or other duties in order to be free for the appointed time, a condition of stress is promoted, and the object will be defeated. And this largely applies to any other person who disciplines his conduct to a timetable for prayer, attunement or relaxation.

Whilst it is not a necessity, it will be found that to relax mentally and physically one must be in a restful position; and perhaps the best posture is when one is in a very comfortable chair, lying on a settee or, better still, in bed. The body should be purposefully relaxed of all muscular tension, and the consciousness of this state should be realised. The mind should be happy in this condition. *Relaxation is a condition of mental equanimity.*

On retiring at night, compose the body and limbs in a natural and comfortable position. Enjoy the relaxed comfort with the mind also . . . then continue to enjoy it. If your mind continues to relive the day's events, then turn your thoughts to happy things which have happened, and the pleasant things you would like to happen on the morrow.

Continued on Page 31.

If, like the writer, you enjoy those last few minutes before you have to rise, defer them as long as practicable: this blessed period of time can also be used for happy relaxation and contemplation.

But whether it be in an armchair, a sofa or a bed, consciously stretch and then relax the limbs, and permit the mind to dwell on and enjoy the induced comfort of relaxation. This is frequently the natural and happy prelude to sleep, for with the body relaxed the mind finds it easier to "let go" and consciousness drifts easily into deep refreshing sleep.

A lady once wrote to say that at about three o'clock every afternoon she left her work in a factory and retired to the ladies room —to relax. If you smile when you read this, remember there is much sense in it. She left behind her the rattle and noise of machinery, the gossip of her work mates, and the alert tension of her particular work.

She found the complete opposite of all this in the ladies room. There she relaxed completely, and the bustle of the workroom gave way to a quiet and peacefulness that she consciously enjoyed.

When one sits down in a chair with the purpose of browsing through a newspaper, one is halfway towards relaxation. Personal problems are forgotten. The news is read and the pictures observed with a feeling of impersonal detachment.

With such a superficial scanning of the news there comes a feeling of escape from personal worries and concerns. And sometimes, if this takes place after dinner —and the washing up —the eyes will close and the newspaper will fall unheeded.

This is relaxation.

Strangely enough, one is rarely conscious that one is relaxed, other than by the appreciation of bodily comfort. Real relaxation is not the result of mental effort but the effect of liberation of all physical and mental tensions.

No matter how pressing one's immediate anxieties, it is always beneficial to induce natural relaxation by resting the body. One can reflect on the thought: "***This trouble will pass as all troubles pass***".

Take advantage of those odd moments, wherever you may be, and let all mental stresses and bodily discomforts drop away. You cannot compel yourself to relax; if you can remember that important fact, you will have overcome the chief barrier to full and complete relaxation.

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The Journal of the Harry Edwards Healing Sanctuary.*

Quotes to Inspire

“The scenery of mountains painted in the ever - changing azure canvas of the sky, the mysterious mechanisms of the human body, the rose, the green grass carpet, the magnanimity of souls, the loftiness of minds, the depth of love in all these things, remind me of a God who is beautiful, and noble.”

PARAHAMSSA YOGANANDA.

“Every human being, simple by virtue of his or her humanity, is a child of God and therefore in possession of rights that even kings must respect.”

HUSTON SMITH.

“I am committed to a nuclear - free world --- the twentieth century must be seen as a century of warning, a call to mankind for the necessity of developing a new consciousness and new ways of living and acting.”

MICHAIL GORBACHEV.

*Heaven and earth are one ---
Part of the venture of God
Around all the earth the deep Heaven lies and is Part of it
The dark beautiful night
Becomes dawn and glows transformed in light.
Puts on the garment of Eternity
That comes from no earthly sun --- a light to be worshipped.*

JOHN MUIR (American naturalist).

“There is a force within that gives you life.
Seek that.
In your body there is a priceless jewel.
Seek that
Oh, wandering Sufi,
If you are in search of the greatest treasure,
Don’t look outside,
Look within, and seek that.”

RUMI.