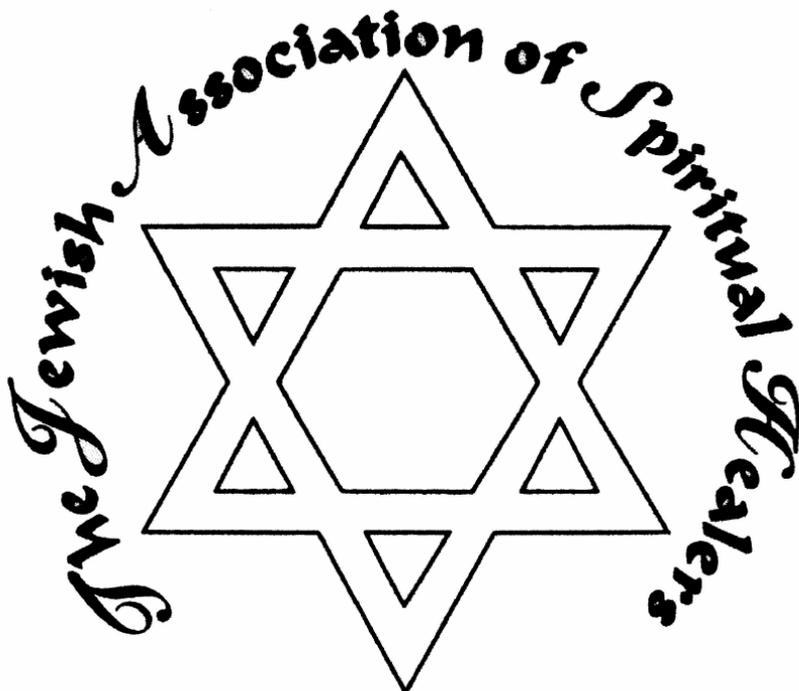


# *News & Views*



**Registered Charity**  
**No. 275081**



***Spring***  
**2005**

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Issue No:- 31

# **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

Chairman: Steve Sharpe

**Hon. Secretary & Membership Secretary:**

**Audrey Cane**

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Hon. Auditors: Ross & Co. Chartered Accountants - 17, Cecil Road, Southgate, London, N 14.

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**Audrey Cane Gerald Cane Brian Copeland Margot Garcia**

**Brenda Peace Yetta Powell Maurice Powell**

**Steve Sharpe Francine Benjamin Rita Vangelder**

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Winter / Spring 2005 and so much is happening. Legislation, on the way, aiming to ban certain classes of vitamins and supplements, which have been in use for many years, and in some instances their effectiveness can be traced back over a thousand years, all in the name of protecting the public. Can this be the real reason? Or could it be that the drug companies get worried when they see people rejecting their expensive drugs, often because of the damage that they can inflict on the patient? More often than not the damage being masked under the term *Iatrogenic Disorder and Disease* (it's worthwhile looking this up) no doubt, you will be shocked and surprised by what you discover, but Iatrogenic disease is a real health hazard.

So let your objection to such legislation be heard: for do remember spiritual healing is in the firing line too. That's not to say that some regulation isn't necessary, however, it's a question of the reasoning behind it and that there is no hidden agenda. Divine Healing, Light and Love to all in need.

*Maurice & Yetta Powell Editors.*

## **CHAIRMAN'S REPORT MARCH 2005**

Welcome to the Spring edition of News and Views. Looking through my window, at the tail end of a snow shower, I see that the daffodil buds are peeking through the greenery announcing the fact that the new spring season is well on the way, and the worst of our winter is now behind us. Hopefully this year will see a more peaceful and trouble free world with no repeat of the natural catastrophic events of the last few months. What a wonderful world we would live in, if only we could pool our resources to helping each other instead of fighting each other.

Our thanks to Brians' son Russell Copeland for his hard work in establishing our own web Site which will be on line in the very near future. The domain name address will be:

**www.jashhealing.co.uk** and E mail address is:  
**jashhealing@hotmail.com**

which will be linked to the British Alliance of Healing Associations web site: **http://www.bahahealing.co.uk** and the UK Healers web site: **www.ukhealers.info** and monitored by Brian Copeland.

The UK Healers will be holding a database of the names, town and post code of our registered healers, for members of the public to be able to enquire as to the validity of the healer. They will not have our full address and will only be allowed to state, whether or not the healer is a registered full healer member of one of the organisations belonging to the UK Healers. Ongoing practice and experience will, at the moment, be considered sufficient for Continued Professional / Personal Development (CPPD), as our training never stops. Our Brenda Peace will be Chair of the meeting for training the trainers within the British Alliance of Healing Associations, when it is arranged, it is our responsibility to ensure that our members are fully aware of the National Occupational Standards of good practice which are almost at the final stage before printing. Please refer to pages 13-14-15-16 of the winter 2004 edition of News and Views to obtain further information.

Thank you to all of you who have returned your membership renewal subscriptions and gift aid declarations so promptly, it makes Audrey and Gerald's lives so much easier. Your articles, incidents, poetry and short stories appertaining to healing are always welcomed by Yetta and Maurice, our editors.

Our Annual General Meeting will take place 22<sup>nd</sup> May 2005 at Glebe Hall, Glebe Road, Stanmore, Middlesex, at 2-30pm. I look forward to seeing as many of you as possible.

My thanks as always to your hard working committee for their time and expertise.

**Steve Sharpe**

## **LET'S HAVE MORE INTERESTING ARTICLES !!!:**

At our last committee meeting, Steve Sharpe said that he had received much praise from readers of 'NEWS & VIEWS', which is good to know, but Rita Vangelder said there was also a request for more interesting articles.

*Well do remember that it is YOUR MAGAZINE AND INPUT HAS TO COME FROM YOU.*

So if you want more variety and interest it is up to you; tell us about your experiences as healers and of the feedback from patients. Create that spark of interest that will bring young new probationer healers into JASH.

We would also like to include more pictures, and of course colour into News & Views, but this would require using better, more costly paper, also extra printing costs. Then there is the ever increasing cost of envelopes and postage, so donations towards the production costs of the magazine would be most welcome.

Whilst on the subject of interesting developments, there is now a piece of news that will mean a lot to all our members ...JASH is about to have its own web site, those of you who have access to the web, will find the initial outline of this site on:

**[Http://free.angeltowns.com/healinghands/Index.htm](http://free.angeltowns.com/healinghands/Index.htm)**

*(Make sure you type in the computer 'address' bar, not the 'home' page)*

However, do appreciate that what is presently showing on the site is still only in an embryonic stage. But having said that, do let us have your suggestions about what you our healer and probationer members might wish to see on the JASH web pages.

When up and fully running it will have links to other healing organisations in the UK and abroad. People will get to know about the work that JASH does, and patients will be encouraged to contact our healer members. To enable this to happen, it is intended to list the names and location of all JASH healer members.

**Please note: There will be no charge for such listing; but should anyone not wish to be included in this list please write to our membership secretary Audrey Cane and request that your name is not to be included.**

More information about the new web site will be published in due course.

## **Carrots, Eggs and Coffee Beans ...which are you?**

A carrot, an egg and a cup of coffee... You will never look at a cup of coffee the same way again.

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling.

It seemed as one problem was solved, a new one arose. Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, "Tell me, what do you see?" "Carrots, eggs, & coffee," she replied. Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard boiled egg. Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma.

The daughter then asked, "What does it mean?"

Her mother explained that each of these objects had faced the same adversity ... boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Are you the carrot that seems strong, but with pain and adversity do you wilt and become soft and lose your strength?

Are you the egg that starts with a malleable heart, but changes with the heat? Did you have a fluid spirit, but after a death, a break-up, a financial hardship or some other trial, have you become hardened and stiff? Does your shell look the same, but on the inside are you bitter and tough with a stiff spirit and hardened heart?

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Or are you like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavour. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest, do you elevate yourself to another level?

How do you handle adversity? Are you a carrot, an egg or a coffee bean? May you have enough happiness to make you sweet, enough trials to make you strong, enough

sorrow to keep you human and enough hope to make you happy.

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

*Sent in by Jenny James*



**J.A.S.H. healing Venues**

**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  
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](mailto:Crystalhealer7@aol.com) or phone 07970 160372

## **ATTITUDE** by Charles Swindoll

The longer I live, the more I realise the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company., a church., a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day, We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude,.. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our ATTITUDES!

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## **CULTIVATING GARDENS OF PEACE AND LOVE**

For several years both of us have felt it helpful to look upon our minds as gardens to be cultivated and nurtured. The garden of love and peace that is in each of us needs constant nurturing. It needs to be watered by our love. Its sun is our appreciation for its beauty and the sharing of this beauty with all others.

At times, if we are forgetful or we fall asleep, weeds of anger, fear, guilt, judgement, and condemnation appear. These weeds serve us not at all. So the moment we notice a weed, we need to pull it out immediately so that love can have the space and the breathing room it needs in order to be experienced.

When we remember to nourish the soil with our forgiveness, we experience our gardens as beautiful, lovely, and majestic, with no weeds at all.

Gardening is one of the pure joys of life, a gift of love and a blessing for ourselves and all others.

The gardener of the soil and the gardener of peace and love are one and the same, pure beauty and love interspersed with purity of peace that is never ending.

*From USA --- sent by Gloria and Eli Gersten.*

## *Let's Dance .....*

Too many people put off something that brings them joy just because they haven't thought about it, don't have it on their schedule, didn't know it was coming or are too rigid to depart from their routine.

I got to thinking one day about all those women on the Titanic who passed up dessert at dinner that fateful night in an effort to cut back. From then on, I've tried to be a little more flexible.

How many women out there will eat at home because their husband didn't suggest going out to dinner until after something had been thawed? Does the word "refrigeration" mean nothing to you?

How often have your kids dropped in to talk and sat in silence while you watched 'Jeopardy' on television?

I cannot count the times I called my sister and said, "How about going to lunch in a half hour?" She would gas up and stammer, "I can't. I have clothes on the line. My hair is dirty. I wish I had known yesterday, I had a late breakfast, It looks like rain." And my personal favourite: "It's Monday." ...She died a few years ago. We never did have lunch together.

Because Americans cram so much into their lives, we tend to schedule our headaches.. We live on a sparse diet of promises we make to ourselves when all the conditions are perfect!

We'll go back and visit the grandparents when we get Steve toilet-trained. We'll entertain when we replace the living-room carpet. We'll go on a second honeymoon when we get two more kids out of college.

Life has a way of accelerating as we get older. The days get shorter, and the list of promises to ourselves gets longer. One morning, we awaken, and all we have to show for our lives is a litany of "I'm going to," "I plan on," and "Someday, when things are settled down a bit."

When anyone calls my 'seize the moment' friend, she is open to adventure and available for trips. She keeps an open mind on new ideas. Her enthusiasm for life is contagious. You talk with her for five minutes, and you're ready to trade your bad feet for a pair of Roller blades and skip an elevator for a bungee cord.

My lips have not touched ice cream in 10 years. I love ice cream. It's just that I might as well apply it directly to my stomach with a spatula and eliminate the digestive process.

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The other day, I stopped the car and bought a triple-Decker sandwich. If my car had hit an iceberg on the way home, I would have died happy.

Now...go on and have a nice day. Do something you WANT to.....not something on your SHOULD! DO list. If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting?

Have you ever watched kids playing on a merry go round or listened to the rain lapping on the ground? Ever followed a butterfly's erratic flight or gazed at the sun into the fading night? Do you run through each day on the fly? When you ask "How are you?" Do you hear the reply?

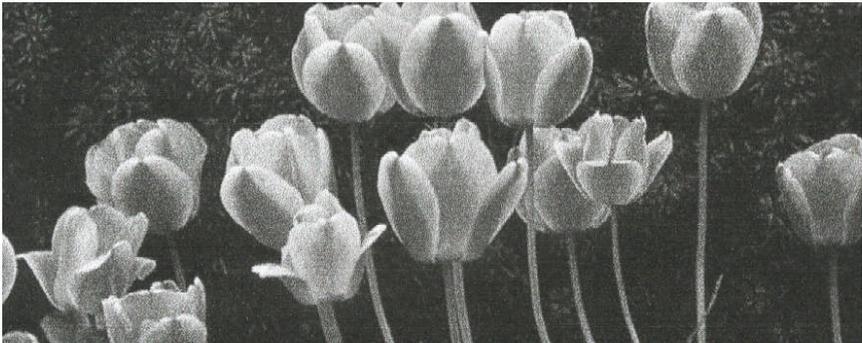
When the day is done, do you lie in your bed with the next hundred chores running through your head? Ever told your child, "We'll do it tomorrow." And in your haste, not see his sorrow? Ever lost touch? Let a good friendship die? Just call to say "Hi"? When you worry and hurry through your day, it is like an unopened gift .... thrown away... Life is not a race. Take it slower. Hear the music before the song is over. **"Life may not be the party we hoped for... but while we are here we might as well dance."**

GLORIA GERSTEN.

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“My mind seems to have become a kind of machine for grinding general laws out of large collections of facts .--- If I had to live my life again I would have made a rule to read some poetry and listen to some music at least once every week; for perhaps the parts of my brain now atrophied could thus have been kept active through use. The loss of these tastes is a loss of happiness”.

CHARLES DARWIN.



# Healers 'World Healing' Gathering

Healers across the country are invited to join in a celebration of their art, gathering in cities, towns and villages across the UK on Sunday 3rd July 2005. But the Gathering is much more than just a social event.

**It will include a ceremony intended to help heal our connection to the Earth and inspire world leaders.**

The ceremony has been created to appeal to people of all spiritual paths and will focus the skill of the healers on global dis-ease.

Plans for a London gathering have just been announced. London healers (and friends) will gather on Parliament Hill, Hampstead Heath for a ceremony at 3pm. An optional march from Regents Park to Hampstead Heath will meet at 1pm for a 1:30pm start in Queen Mary's Gardens, near the Open Air Theatre (Baker Street tube). Bright banners will mark the assembly and lead the march.

Healer Nathalie Nahai, who was inspired to call for the gathering, said:

“This is a celebration of our work, but it's open to everyone - You don't have to be a healer to attend. Bring the whole family along!”

Dancing, music, juggling and feasting will follow the ceremony, so participants are invited to bring what they would like to find.

Healers across the UK are invited to organise similar events.

Co-organiser Adrian Harris said:

“Just imagine healers gathering in every city, town and village Harmonising our many voices for positive change. We've kept the format simple so that anyone can create a local event. Why not join in?”

Full details of the World Healing ceremony and how to organise a local event are available online.

## **Summary**

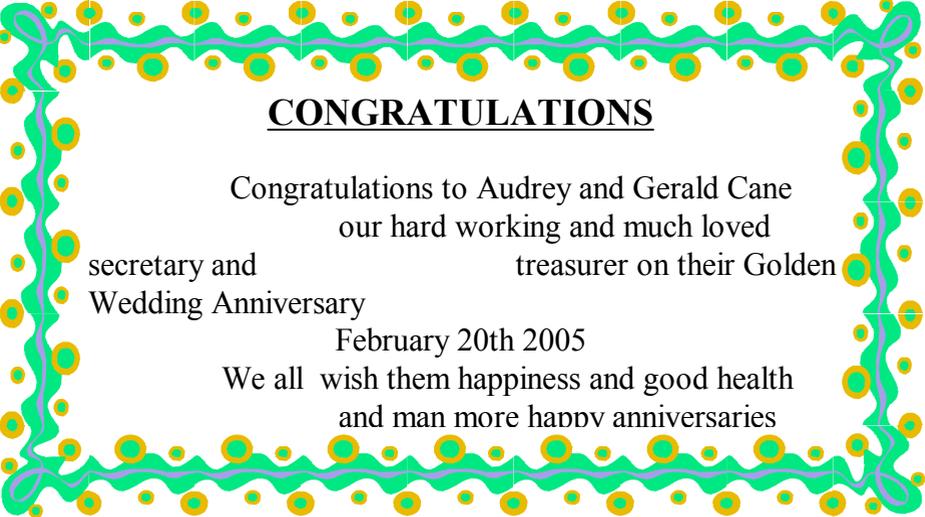
**The World Healing Ceremony** will take place at **3pm** on **Sunday 3rd July 2005**.

The **London Gathering** begins with an optional march from Regents Park to Hampstead Heath, which meets at 1pm for a 1:30pm start in Queen Mary's Gardens, near the Open Air Theatre (Baker Street tube).

The **London Ceremony** will take place on Parliament Hill, Hampstead Heath (Hampstead Heath tube).

**People are encouraged to organise synchronised local events.** Full details of how to organise an event are available online

([www.thegreenfuse.org/healers](http://www.thegreenfuse.org/healers)) or by e-mail from [adrian@gn.apc.org](mailto:adrian@gn.apc.org)



## CONGRATULATIONS

Congratulations to Audrey and Gerald Cane  
our hard working and much loved  
secretary and treasurer on their Golden  
Wedding Anniversary

February 20th 2005

We all wish them happiness and good health  
and man more happv anniversaries

### **Subject Dioxin carcinogens...**

John Hopkins University Medical Research Centre has recently sent this out in their newsletters

This information is being-circulated at Walter Reed Army Medical Centre.

Dioxin carcinogens cause cancer. Especially breast cancer. Don't freeze plastic water bottles with water in them as this also releases dioxin from the plastic. Dr. Edward Fujimoto from Castle hospital was on a TV program explaining this health hazard. (He is the manager of the Wellness Program at the hospital.) He was talking about dioxins and how bad they are for us. He said we should not heat our food in the microwave using plastic containers. This applies particularly to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxin into the food and ultimately into the cells of the body. Dioxin are carcinogens and highly toxic to the cells of our bodies. Instead, he recommends using glass, Pyrex, Coming Ware, or ceramic containers for heating food. You get the same results... without the dioxin. So such things as TV dinners, instant foods and soups, etc., should be removed from their plastic container and heated in something else. Paper isn't bad but you don't know what is in the paper, it's just safer to use tempered glass ware, etc.

Remember when some of the fast food restaurants moved away from the foam containers to paper? The dioxin problem is one of the reasons. To add to this: Saran wrap placed over foods as they are bombarded with the high heat, actually drips poisonous toxins into the food, use paper towels instead.

***Please pass this on to your family, friends & those who are important in your life.***

*Sent in by: DR. ELI GERSTEN USA.*

**I**F I could catch a rainbow  
I would do it just for you and share with you its beauty  
On the days you're feeling blue.

If I could build a mountain  
You could call your very own;  
A place to find serenity,  
A place to be alone.

If I could take your troubles  
I would toss them in the sea,  
But all these things I'm finding are impossible for me.  
I cannot build a mountain  
Or catch a rainbow fair,  
But let me be what I know best,  
A friend who's always there.

ANON.

## **IMPORTANT NOTE FOR YOUR DIARY**

**Will all JASH members please note, our next AGM will  
take place on Sunday 22nd May 2005 at 2.15 pm.  
at  
The Glebe Hall, Glebe Road Stanmore**

**Do try and attend this most important meeting. There is much to  
discuss. Also please let Audrey Cane, our membership secretary  
have nominations for Chairman of JASH and your  
committee for the ensuing year.**

**Tea and refreshments will, as usual, be served after the meeting,  
so do join us.**

## *A letter from J.A.S.H. Healer Member Lou Park (D. Th., F. Ph. S.)*

I was privileged in being asked to be a Speaker at the.. "Universal Angel Day for Peace" in Athlone, Ireland in October last. The Venue was a splendid Hotel on the banks of the River Shannon, and about 250 Spiritually Hungry Folk paid 110 Euros to attend.

Whilst I was due to speak for an hour, the preceding Speaker only spoke for about 15 minutes, and announced ..."I think I'll hand over to Lou...", so quickly mentally rearranging my thoughts, and asking , or placing a quick plea-to Spirit I felt that I should divide my talk into thirds, A third Angel, a third Spiritual, and a third Healing....

When I began to talk about Healing, I felt that I should ask IF anyone there needed healing.... 250 Hands shot up--- happily there were two other Healers in the audience, and not one person was missed out. I had a great opportunity to mention JASH, and although my Hostess, and Chauffeuse said that we MUST leave BY 6.15pm ...at 8.45pm folk were still queuing to talk with me, or ask questions etc., ...so, quite a day.

Since then, My Friend Margaret Neylon, Author and Medium/ Healer has purchased 8 acres of beautiful land, on which she intends to build a Residential Healing Centre which will be opened in about 5 years, and it seems that Spirit has told her that I am to run it !

Our Local Clinic has now moved premises, although we were happy at the Quaker Meeting House, it was JUST slightly out of town Centre, so we are now in the United Church Hall, slap-bang at the Town Centre, a most beautifully refurbished premises, and we hold forth each Wednesday 10 am till 12 Noon. Football has increased, and many contacts made each week.

Recently I had a telephone call from an Egyptian Lady now living in Wales, and who got my name from Ireland to ask -for Distant Healing for her brother, still in Egypt and with leprosy, now attacking his face. Myself, my Students and Healing Partners sent much healing energy, and after about six weeks, the Lady phoned to say that Her Brother's face was healing up wonderfully. **NEVER underestimate the POWER OF Distant healing!!**

Kindest wishes and thoughts to you,

**Lou Park.**

## **Making medical magic** --Judy Siegel-Itzkovich --- Jerusalem Post.

*A magician at Jerusalem's Alyn Hospital conjures minor miracles - a smile, a laugh, a step forward.*

Any clown worth his salt can make children smile, even if they are hospitalised. But it takes a magician to induce a five-year-old boy with a rare neuromuscular disease to start walking, restore the will to live in a 19-year-old debilitated by cystic fibrosis, and give a sense of power to a nine-year-old-girl attached to a respirator who has to be waited on hand and foot.

The "medical magician" at Alyn Hospital (the national paediatric and adolescent rehabilitation centre in Jerusalem) who has accomplished this is Michael Tulkoff (aka Magic Michael). Making the rounds with doctors and nurses as he carries a violin case full of balloons, packs of cards, musical instruments and gadgets, Tulkoff tries to make patients happy, but is focused mainly on their empowerment and rehabilitation. Thus, while the famed Patch Adams book and movie inspired many hospitals to hire clowns to entertain young patients, the 41 year-old does not regard himself as a clown. A once-traditional and now -haredi immigrant from Baltimore, Tulkoff eschews red noses, wigs, ruffled costumes and face paint. Instead, he exchanges his black haredi garb for a butterfly-print baseball cap and vest, lens-less floral-patterned spectacles, a hanging harmonica, white shirt, black trousers tucked into sports socks, mismatched sneakers and a plastic balloon pump.

The only remaining signs of religiosity are the short side curls behind his ears and his ritual fringes.

"I'm all for hospital clowns," says Tulkoff, who lives in Rehovot with his wife Debbie (a special-education teacher) and six children aged 10 months to 16 years. "But I don't want to be a hit-and-run clown who makes a joke and gets a laugh but has no long-term effect. Can you imagine if I did clown antics before a disabled teenager or young adult. He would tell me, and justifiably, 'Get outta here! This isn't for me.' The difference between what I do and what a clown does is that I don't come just to lift spirits. I have regular meetings with the doctors to discuss the various cases and brainstorm about the most effective way to achieve our goals. For example, a child with a severely degenerated nervous system who would otherwise sit around like a vegetable is motivated through my relationship with him to pull himself up and take a few steps each day."

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Tulkoff's once-a-week sessions with patients at Alyn are sponsored by generous donors, as are his service in the general paediatric wards of Dana Children's Hospital in Tel Aviv and the Safra Children's Hospital at Sheba in Tel Hashomer. He claims he is the only "medical magician" (his own term) in the Middle East and probably the world,

"Magic Michael" began performing for youngsters in 1974, when he was only 11. "I was hooked when I saw a performance in my public school," he says, pausing during rounds in Alyn's respiratory rehabilitation unit with its director, paediatrician Dr. Eliezer Be'eri. It was Be'eri -who served as Tulkoff's foil during a performance at the annual dinner of the Jerusalem Fund for Alyn at the Inbal Hotel a few weeks ago - who decided to bring the magician to the hospital 18 months ago.

"We wanted more than a clown. We wanted to use him as an integral part of our medical team along with doctors, nurses, physiotherapists and occupational therapists. I interviewed various professional clowns, but they were not appropriate. They made loud noises and were aggressive, and this would scare our children. Michael is outgoing but gentle, and combines therapy with entertainment. We thought that once he came, he'd be able to teach our physical and occupational therapists his arts, but it's very difficult. You have to have a unique personality to do such work," the Alyn paediatrician notes.

Tulkoff, who was president of the Society of American Magicians' Baltimore chapter and has been published in professional magic publications, ran a successful children's educational/entertainment business serving schools, day care centres, libraries and civic organisations in Virginia and Washington, DC.

He also volunteered regularly at Johns Hopkins Medical Centre, where he honed his medical magic skills before coming on aliya less than four years ago.

While he enjoys his work at Dana and Safra, his audience there suffer from acute conditions from which they will almost always recover. The children at Alyn suffer from usually permanent disability from trauma (especially road accidents and tenor attacks) and congenital or genetic diseases such as muscular dystrophy, brittle bones, spinabifida, arthrogryposis (in which the bones shrink, pressing on the lungs and diaphragm) or from acquired infections. Many of those in the respiratory rehabilitation department have

*Continued on Page 16*

a tracheostomy in their necks, through which they breathe with the help of a respirator. Some can speak, while others can only blurt out a few words. Numerous children and teenagers are pushed along in wheelchairs by hospital personnel, but some manoeuvre the wards using Joysticks.

When Tulkoff wanders through the wards, he greets every patient by name, and is greeted in return with the widened eyes of those who cannot answer. Mohi, a five-year-old Arab who looks like he's only three, has no immediate family. Born in Jerusalem with congenital myasthenia gravis (an auto immune disease in adults and a very rare condition in new-borns that causes severe muscle weakness throughout the body), he has spent his entire life at Alyn, as his mother abandoned him; so far, Be'eri says, no Arab family has been found to adopt him. Sitting on a wheeled "chair, Tulkoff holds the speechless boys hands and "lures" him forward with his harmonica music and tricks. As Mohi's respiratory muscles weaken quickly, the magician manually forces air into the plastic tube in his throat like a man pumping a bicycle tire. Thanks to these exercises, Mohi actually walks - a feat he was unable to perform only a few weeks ago.

"This is my aim - *tikkun olam* [repairing the world bit by bit], Tulkoff explains. Although his Hebrew is weak, he performs in that language as well as in English and Spanish, and has a growing vocabulary in Arabic, Russian, Georgian and Amharic.

Dalia, a nine-year-old with arthrogryposis, wheels herself into the hall and is delighted to see Magic Michael. "What balloon do you want today?" he asks. "Pink," she says breathily over the noise of her ventilator, "like my blouse." Able to move only her index finger, she curls it around the pink deflated balloon in his bag and he inflates it. "Would you like a dog, a rabbit, a snake?" he asks. "A hat!," Dalia insists, and he obliges after measuring her head size. He then pulls out a compact mirror and, joyfully seeing the balloon hat she chose, the girl rolls away. Alyn has 93 inpatient beds, as well as 60 day-care beds and an outpatient clinic that receives over 11,500 patient visits a year.

Tulkoff believes there is a need for more "medical magicians" in the country, and hopes there will someday be a place where he can teach others. He doesn't feel he is missing training in psychology or occupational therapy. "I don't have the patience for that, and I'm an outgoing guy. I have a natural feeling for what the patients need," he says, as Be'eri nods in agreement.

The magician may blow some air on a child's toe, set up plastic bowling pins to get a child to roll a ball at them, give them a kazoo or slide-whistle

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to blow so they breathe on their own and overcome their fear of asphyxiating without the respirator. Teaching them how to twist a balloon into animal shapes improves their motor skills. He tries to work on all available senses, even pulling out a bar of lemon soap for a -child to smell. Every Monday, Be'eri and the nurses steer Magic Michael toward young patients who need immediate help. Many are depressed about the hopelessness of their disability.

"They sent me to 'David' because he was not doing well. Seventeen years old, he was severely disabled by cystic fibrosis. When national service girls gave him a communications board, he laboriously spelled out: I want to die!" He was a living skeleton with curled hands, who was attached to a respirator and couldn't stand up or feed himself. He needs suction to clear the phlegm from his mouth and throat; a long tube has to be inserted to vacuum it out. He can't even wipe his own mouth, scratch his nose or wipe a tear from his cheek."

After asking permission to sit with him and the young man's rabbi, Tulkoff did some magic and optical illusions with balls and paper rainbows. "I told him a story he really liked. I gave him some paper rainbows to choose and contributed to his self esteem and empowerment. I told him he could show the rainbows to others. We progressed to some balloon twisting. I asked what his favourite colour was. With great effort he raised his arm slightly and chose one. I put a plastic fish on a rod that he was able to grab. Then, before saying goodbye, I put my hand on his -under the circumstances the closest thing to a handshake."

As Tulkoff turned, the rabbi grabbed him by the forearm with tears in his eyes. "I thought I had done something wrong; but the rabbi explained: 'You made him smile, you made him laugh. I never saw him do that before!'

"Working with such patients is a challenge and, sometimes, a triumph," Tulkoff says.

*Submitted by: Children's Hospital Nurse, Miriam Bornblum, Jerusalem - Israel.*



## **Back to basics** *By JOHN BENZAQUEN*

Medical studies show that 80% of all adults will at some time suffer from back pain. Many of them will suffer sporadic attacks, but a substantial number will suffer recurring pain.

In this day and age, back pain occurs more frequently than ever before. Many people live sedentary lives, glued to a computer or a TV set. A healthy back or spinal cord needs movement activity. Sitting opposite a TV or computer is the opposite of leading a healthy, mobile life. What's more, spending a lot of time-sitting in an easy chair may distort the spinal cord.

Strain and abnormal movement of the body also cause back pain, as well as a herniated disk, a protruding disk, or insufficient cartilage.

Back pain is a major medical problem. Most experts believe that in most cases, it is not possible to eliminate the cause of the back pain; the most that can be achieved is to alleviate the pain.

**HERNIATED DISK** The most painful cause of backache is a herniated disk. The pain is so intense that it puts the sufferer out of commission for weeks on end. The only serious treatment is surgery, which is not always effective. Massage or drugs are often used to alleviate the pain. ' A herniated disk is caused when one of the spinal disks is damaged and consequently the liquid that forms inside the spinal column leaks out and creates inflammation and pressure on the nerves, causing excruciating pain. Those who want to risk it can undergo surgery in which an attempt is made to 'lug the leak.' If successful, the problem is solved. If not, the pain will recur.

According to Rabbi Yacob Adler, an alternative medicine practitioner who also specialises in back problems and natural herbal drugs, "Herniated disk is very hard to cure. Attacks, come in waves, lasting weeks, with long intervals in between that can last months. I treat my patients with herbal drugs and electromagnetic pulses. This helps but does not remove the cause of the problem. I wish I could do more for them. But as things stand, my treatment reduces pain and alleviates suffering. For anyone who has suffered from a herniated disk, that is a lot."

**PROTRUDING DISK** Another disk problem, that causes back pain is a protruding disk. This is caused by a spinal disk which due to strain or abnormal movement of the body, protrudes from its natural position, puts pressure on the nerves and the spinal column, and is very painful. The pain can also extend to the feet and hands and can cause numbness to the fingers. Methods to treat this problem are surgery, massage and pain killing drugs.

While a protruding disk is very painful, it causes fewer problems than a herniated disk.

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**INSUFFICIENT CARTILAGE** Another cause for back pain is insufficient cartilage. This is the substance that lubricates the disks of the spinal column and prevents chafing. With middle age, the metabolism of the body slows down, cartilage is less able to renew itself, and its performance as a lubricant is impeded. This causes pain.

Michael Gidron, an alternative medicine practitioner, says the best way to treat this problem and to rejuvenate the cartilage is by a massage treatment called the Bowen Technique. He says this treatment, which resembles the light plucking of a musical string instrument, is very effective. It causes the integration of the body's nervous and muscular systems and sharpens the natural reflexes of the body. It relieves pain and tense muscles, and it helps the metabolic process of the body.

But the best way to prevent this problem is by changing one's lifestyle because unhealthy eating and drinking habits, little or no sporting activities, and mental stress also cause deterioration of cartilage.

**ABNORMAL MOVEMENT** Problems caused by abnormal behaviour of the body and insufficient bodily movement are more of a modern malady. It affected past generations to a degree, but the number of people who could afford to sit all day on a soft sofa was very limited. It is true that many people had to do hard, backbreaking work that affected the back and caused pain, but our forefathers were a mobile lot compared to their sedentary descendants.

The best way to prevent back pain is to engage in sporting activities such as swimming or jogging. One must not go to extremes, but the best way to have a pain-free back is to be physically active.

The human body has not evolved to sit all day long opposite a screen. The computer causes not only back problems but other maladies as well.

Modern men sit for hours in unhealthy and unnatural positions and move their fingers and hands in a repetitive, mechanical way..

This results in what is called repetitive strain injury (RSI). In the hi-tech age, it is reaching epidemic proportions.

And no wonder. We are not using the body the way nature meant it to be used. The body was meant to be in constant movement, to stand and walk to be in constantly changing positions with the weight distributed on a gravity line, which falls from head to foot.

This is not a common occurrence nowadays. Consequently, connective tissues shorten, muscles degenerate, joints are under worked, nerves are confused, and the whole body radiates non-acceptance through aches and pains.

# TREATMENT OF APATHY AND INERTIA

By HARRY EDWARDS

***"If he would only leave his business troubles behind his office door..."***

Apart from the main families of disease, perhaps one of the greatest needs of today is the granting of new strength and energies to the many who feel over tired and "fed-up" with life.

This inertia is not a minor matter, for it is weakening to the body's physical resistance, thus making more easy the approach of an illness. It also means that the body systems and especially the bloodstream are affected, preventing their proper functioning. It is a vicious circle, and we have proved in many thousands of cases that the way to break this circle is through spiritual healing.

When absent healing is sought for a patient, the first phase of the healing is seen with a feeling of inner strength and new vitality. This is the prelude to the major healing by building up the body's resources and health tone, thus enabling the ill-condition to be more readily mastered.

Many people may think it is not worth while to seek a healer's time for healing such an unimportant condition as lassitude, but, as we have so often said, no condition is too trivial for healing. If many of those unfortunate chronic sufferers from rheumatism, arthritis and other diseases had sought spiritual healing when the troubles were first seen, the probabilities are that they would never have developed into the deep-seated complaints they now endure.

Anaemia is one of the pernicious troubles that medicine finds hard to overcome, but which yields to spiritual healing. This trouble often builds up from tiredness, loss of energy, and neglect to make the most of life. Healing can restore strength and vitality and so overcome the weakness in the beginning.

If it is advanced, the healing can still restore lost energies, but then it may need more time.

There are ways, of course, in which patients can assist the healing; let me give you two common examples. The husband is having a difficult time at his employment, his responsibilities are heavy and nothing seems to go just right. So he arrives home tired and worn-out, spends the rest of the evening worrying about tomorrow and suffers from sleeplessness.

If he would only leave his business troubles behind his office door and for the remainder of his day enjoy his home life, and seek some other forms of

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relaxation, he would enjoy refreshing and invigorating sleep that would restore his depleted energies and equip him to cope with tomorrow's problems so much better. Then there is the common circumstance when a wife feels housebound, and her children become a trial rather than a happiness. This is mainly an ill-condition of outlook, which can be so easily changed if she will begin to look for enjoyment in the small things of life, having a smile for herself as well as for every other person she meets. If she will do this, the blanketing of her good will soon fall away.

I know just how useless it is to tell anyone so tensed just to relax, for they cannot induce it. But with the healing effort this energy naturally flows. It directs soothing influences to the tired mind, and gives that inner strength and new vitality that enables the happier outlook to naturally follow, as the health tone improves.

As a rule this sensing of relief quickly comes with the commencement of distant healing, and it is then up to the patient to take full advantage of it, to hold-on to it, and enjoy life's purpose once more.

The psychological approach is, of course, bound up with the healing effort; and patients who write to us for help to overcome tiredness of both mind and body are advised to help themselves in every way they can by seeking enjoyment in life. By taking care and pride in their personal appearance and dress, enjoying outings, visiting people, helping their neighbours and relatives in any way that can be, they are helping themselves.

It is truly said that spiritual healing is the best preventative of sickness, and so when one does feel that some extra help would be good to impart new life and energy, it is available for the asking.

Thus it will be readily observed that the overcoming of these states of weakness can so well be the means of restoring radiant health and thus prevent the continuance of inertia and forestall sickness.

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*“The source of love is deep in us and we can help others realise a lot of happiness.*

*One word, one action, can reduce another person's suffering and bring that person joy”.*

**THICH NHAT HANH.**

## **ANOTHER KIND OF THERAPY**

Most of us try to be strong, sensible, helpful people but when something overwhelming occurs, we feel we want to just run and hide. Don't want to play anymore. I don't presume to even try to imagine how those involved in the Tsunami Disaster must have felt or how the survivors still feel but for those of us just hearing about it, that, if we are honest, was our initial reaction. Of course many brave people have gone to offer assistance, others are doing what they can from here with a strong sense of compassion. But to be brave, by definition, one first has to be afraid. When we recover from that fear, we are able, sometimes more so, to help others. But first we need help to recover ourselves. Our equilibrium.

Whether it's you or someone else who you know or feel needs help, overkill can be a danger. Forcing help where it is not sought. It's one thing allowing someone the space to talk things through, being supportive and kind and compassionate, saying little but being a presence for love and healing to take place. So the person can find their own way. Yet some believe that by asking direct questions to the point of interrogation is a way to get people to talk, but it is worse than useless if no compassion or understanding is there. Gentle assistance yes, but when a person feels vulnerable they need to go at their own pace. When the time is right, talking things out is a way of helping to sort things out in the mind but not if it is forced out. Some things are so awful to us; seem to have no end or solution that they are for a time, unspeakable. Sometimes it is an intrusion to have another voice searching your mind before you are ready.

It's good to get away from your usual environment, to allow things to mull in your mind, to be peaceful; to let the hurt and pain flow through you and out, without examining it all too much. Go by yourself to a favourite place in nature. Allow time for quiet reflection, non-doing. Then meditate, let your mind have a holiday.

One source of help that is too often overlooked is to be around elderly people, yes, some elderly people are locked in a web of demanding self-pity, but there are many whose presence can be comforting. They have a wealth of experience and knowledge have "been there, got all the Tee shirts" they are the Elders. In other communities, Elders are accepted, acknowledged and respected, turned to in times of trouble and fear. Somehow, we have lost that; we tend to put old people on the scrap heap, ignore them or treat them as nuisances. Don't reject them, - they have a lot to give. They have the wisdom to help us awaken our own wisdom. Many older people will surprise you if you just spend some time around them, soak up some wisdom, and listen. I have several Elder friends

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#### ANOTHER KIND OF THERAPY

and am an Elder to some others) and just being with them steadies me.

It's good to be around someone who has been on the planet longer than you. Elders are down to earth, having learned the secrets of how to go on; something we are in danger of losing as we try to buy reassurance in neat packages. It's not in chocolate, nor a new DVD or latest fashion accessory or non stop binge drinking; it's in little everyday things. Oh boring can I hear? Yes, sometimes these things seem boring, when we are 'up' on a high, confident and happy, then we do seek more exciting things to do, and there's nothing wrong with that. But when things go wrong, we all suddenly feel small, like children and need someone older and wiser to look to. There's nothing wrong with that either. A steadying hand while we try to regain our balance. This is a time when we do not want the quick fix, the psychobabble the long-drawn out therapy (which are all invaluable in their right time and space) we just want to feel reassured, loved and SAFE. This is where Elders come in. We recognise on a deep level that they do have more wisdom. Having been shoved to the back isn't it time the Elders were once more respected? And all you Elders out there, please step forward! It is time. Were you not the loving, free thinking children of the sixties? All that was gained then can be used now. And what about those who survived the wars and are still around? you know about coping.

"Time will heal" and other sayings which we tend to turn away from with a yawn; if you hadn't heard them a thousand times, they would have the impact, they once had. Listen with fresh ears; Elders' words are wise, even if they sometimes seem "old hat" boring or trite.

I remember spending time with a community who lived deep in the countryside, in a tiny village. No matter what was going on in my life, these people were always the same. They never asked questions, just accepted my presence. Just being around them as they went about their homely tasks at their wonderfully gentle pace I would gradually feel myself slowing down from the frenetic town speeds and general busy-ness that might be surrounding me, becoming balanced and steady once more. It was a real haven. Their wordless sympathy and unspoken compassion soothed and healed. Sometimes one of them would come out with a simple but apt phrase or word that just seemed to put things back into perspective. Always I would return home refreshed, renewed and yet without really having worked the particular problem through. It had somehow dissolved amongst the warmth and simplicity of those people.

Another great source of healing and comfort is from the animal ones. If you have a pet of your own, you will know this; if you haven't,

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*Continued from page 23.*

#### **ANOTHER KIND OF THERAPY**

go and visit one! It doesn't matter whether it's stroking a dog or a cat, watching them at play, talking to them or just gazing into their wonderfully soft eyes. One of my favourite places is a cowshed -the warmth from the cows' bodies, their velvety noses and liquid brown eyes, even the smell of the straw and milk has a timeless earthiness that connects us to an ancient and more peaceful past. A very feast for the senses.

You will find your peace not only alone but also by asking for help. The older generations amongst us have a storehouse of wisdom to pass on, so come on guys and gals (remember Jimmy Saville?) get passing! To the younger readers I would say don't be afraid to ask! You won't lose your street cred. You have all your mobile phones and personal stereos, TVs and personal PCs which provide such a wealth of information and entertainment from all over the world but there's not really a substitute for human being passing knowledge to human being. Its in the very core of all cultures - storytelling to illustrate how to live. However much fun your gadgets provide, they can also be isolating - so break off now and again from the latest CD and get mingling with the oldies!

Love and Peace,

**LYN.**

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#### ***WHERE IS LOVE?***

*Where is love?  
To fill my heart  
To warm my body  
To open my wings  
Free me from my cage.*

*Where is love?  
To make me alive  
To give light to my life  
To rescue my soul and body  
To enable me to dance and fly.*

*Where is love?  
To give me hope and strength  
To pour my life with happiness  
Where is love?*

**FERY ARCHIN.**

## ***In the interest of that ‘Smile that Heals’.....***

***...From around the world... Here are some genuine mis-translation’s, as seen in hotels, restaurants, stores, and service literature:-***

***Hotel brochure, Italy:*** This hotel is renowned for its peace and solitude. In fact, crowds from all over the world flock here to enjoy its solitude.

***Hotel elevator, Paris:*** Please leave your values at the front desk.

***Hotel in, Vienna:*** In case of fire, do your utmost to alarm the hotel porter.

***In Moscow hotel, opposite a Russian Orthodox monastery:*** You are welcome to visit the monastery cemetery where famous Russian and Soviet composers, artists, and writers are buried daily except Thursday.

***In a laundry in Rome:*** Ladies, leave your clothes here and spend the afternoon having a good time.

***Doctor’s office, Rome:*** Specialist in women and other diseases.

***At Budapest zoo:*** Please do not feed the animals. If you have any suitable food, give it to the guard on duty.

***A Tokyo hotel’s rules and regulations:*** Guests are requested not to smoke or do other disgusting behaviours in bed.

***Car rental brochure, Tokyo:*** When passenger of foot heave in sight, tootle the horn. Trumpet him melodiously at first, but if he still obstacles your passage then tootle him with vigour.

***Hotel notice, Tokyo:*** Is forbidden to steal hotel towels please. If you are not a person to do such a thing is please not to read notis.

***In a Bangkok temple:*** It is forbidden to enter a woman even a foreigner if dressed as a man.

***Hotel room notice, Chiang-Mai, Thailand:*** Please do not bring solicitors into your room.

***Hotel lobby, Bucharest:*** The lift is being fixed for the next day. During that time we regret that you will be unbearable.

***In an airline ticket office in Copenhagen:*** We take your luggage, and send your bags off in all directions.

***On the door of a Leipzig elevator:*** Do not enter the lift backwards and please you can enter only when properly lit up.

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***In a hotel elevator, Belgrade:*** To move the cabin, push button for wishing floor. If the cabin should enter more persons, each one should press a number of wishing floor. Driving is then going alphabetically by national order.

***In a Yugoslav Hotel:*** The flattening of underwear with pleasure is the job of the chambermaid.

***In a hotel, Japan:*** You are invited to take advantage of the chambermaid.

***Information booklet about using the hotel air conditioner, Japan:*** Cooles and Heates: If you want just condition of warm air in your room, please control yourself.

***A sign posted in Germany's Black Forest:*** It is strictly forbidden on our Black Forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for this purpose.

***Sign in a Paris dress shop window:*** Dresses for street walking.

***Inside a dress shop, Hong Kong:*** Ladies please have your fits upstairs.

***In an East African newspaper:*** A new swimming pool is rapidly taking shape since the contractors have thrown in the bulk of their workers.

***Hotel, Zurich:*** Because of the impropriety of entertaining guests of the opposite sex in the bedroom, it is suggested that the lobby be used for this purpose.

***Detour sign in Kyushu, Japan:*** Stop! Drive sideways.

***Dry cleaner's, Bangkok:*** Drop your trousers here for the best results.

**These amusing notices have been collected and circulated via e-mail.**

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***“If you open your eyes, you will see that the world is full of so much that deserves your gratitude. When you have become the embodiment of gratitude, think about how pure the water that fills your body will be. When this happens, you yourself will be a beautiful shining crystal of light.”***

Gabriel Rosenthal, an advanced structural integration practitioner who specialises in RSI, believes that strain and chronic pain can be treated by elongating the connective tissues and realigning the vertebrae in a way that neutralises the harm done by wrong bodily movements. “My system is very much an actively participating exercise on the part of the patient. They learn special exercises, which they then have to practice daily at home. These structural integration exercises create a more efficient use of muscles, create more economic movements, and thereby make efficient use of energy and reduce chronic stress,” he says. *Sent in by Mrs. S. Leigh --*

*This article reprinted from THE JERUSALEM POST*

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If Spirit is all ....in All  
Is All good, and perfection too ?  
A question posed by many whether...  
Christian, Muslim or Jew...  
Is light the same as darkness....  
When alighting on the eye?  
And Heaven and Earth a combination...  
Of mere soil and sky ?  
Is life the same as death as.....  
Living , yet beyond ?  
Is red and black and grey hair... .  
Just the same as blonde ?  
Are there no contradictions--.  
Is everything the same ?  
Feelings of love and, joy, and peace..  
Are they the same as pain ?  
Is Faith the same as unbelief- - -  
And black the same as white ?  
And....NO...is the strong answer...  
And, Day in never night....  
So.....all-in-all.--all 's well. - - -  
For both, learned and neophyte. *LOU PARK*

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“This is the true joy of life, the being used for a purpose recognised by yourself as a mighty one; ... the being a force of nature instead of a feverish selfish clod of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do what I can.”

GEORGE BERNARD SHAW.

*The following was written after news of the dreadful destruction caused by the Asian Tsunami disaster, --- 26 December 2004. ...*

## **What Can I Do ?**

Send thoughts of peace and love, and give  
To those many whose world's grown dark as night  
It may seem little, but you have the power  
To change darkness into true golden light

We have kindness and care and compassion to share  
Giving help with sincerity and healing  
To ease the horror, the grief and suffering  
Our fellow human beings are feeling

Let us hope now that this Planet's millions  
Have become more aware, and have begun  
To realise that life, so short, is precious  
And that on this Earth, we are all one !

YETTA POWELL.

*“The greater the will, the more inexhaustible the energy.”*

PARAMHANSA YOGANANDA.

“O infinite Alchemist! Transform our dark ignorance into golden wisdom. Transmute all base ores of worldly disqualifications into liquid streams of spiritual gold, steadily rushing for thy shore”.

PARAMHANSA YOGANANDA.

*“It is love that fashions us into the fullness of our being - not our looks, not our work, not our wants, not our achievements, not our parents, not our status, not our dreams. These are all the fodder and the filler, the navigating fuels of our lives; hut it is love: who we love, how we love, why we love and that we love which ultimately shapes us”.*

DAPHNE ROSE KINGMA.