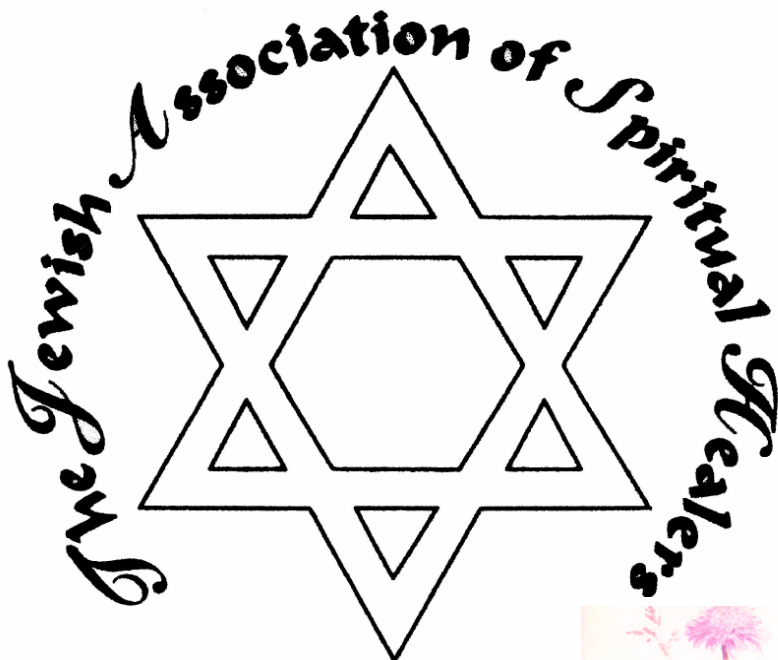


News & Views



**Registered Charity
No. 275081**



Early

Summer

2008

Issue No:- 44

THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONALLY)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

Registered Charity No. 275081

AFFILIATED TO THE ALLIANCE OF HEALING ASSOCIATIONS

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The daffodils, tulips and hyacinths have flowered and all is bursting into life. The everlasting cycle of growth and renewal reminds us of things past and more importantly of things to come; a time of hope of love, of joy, and peace.

Some readers may know about our recent visit to a Israel, where Yetta was asked to talk about the origins of and the work that JASH does. This took place, at the MPH conference in Ashkelon before a group of more than sixty dedicated 'Light Workers' and healers: a wide range of topics were covered and discussed. It was a truly exciting and worthwhile experience (*see the report on our visit on page 21*).

We are sometimes asked "how do you manage to fill twenty eight pages of 'News & Views' ?" ----- The answer, "With difficulty!"

It always seems to come together somehow! but we do need material from you, the readers of the newsletter, articles, poems, quotations, etc. Also it would be great to get feedback on anything that we print, or something you have read or heard about. We would like to know how you came to be a healer and also if you practice any other therapy. This is your magazine and your opportunity to write about anything that is relevant to healing.

Love and Light,

Maurice & Yetta Powell Editors.

Chairman's Report April 2008

Well done to David and Marion Robinson from the Peacehaven Healing Centre, Berriew, Welshpool, Powys, one of the Alliance of Healing Association members, who took on the responsibility of organising and manning the Healing Stand at the Vitality Show, on behalf of A.H.A. It took place over a four day period at the London Olympia Exhibition Centre at the end of March. The exhibition was well attended, although the response from the healing associations could have been better, as Marion and David were on their own for the first day. However, we still managed to give healing to sixty odd members of the public and twenty odd fellow exhibitors; some new to the power of healing and some "regulars". If any J.A.S.H healers are interested in helping out at future exhibitions, please contact me on 0208 866 9332. These major events are ideal places for the promotion of healing. We try to have the healers working for no more than two hours at a time, and then have some time to look round the exhibition. That's the theory, the practise may vary according to the amount of healers on the stand and how busy we are. This year there were only nine healers from different organisations who put themselves forward to share in the splendours of exhibition work.

AHA's second application for lottery funds to promote healing has been returned. This time because of the conflict of two people sharing the same really uncommon surname of Baker, one working for the lottery funding section and the other for AHA. 'We are unable to help you as you may be related', we were told. A disclaimer letter has now been forwarded to the lottery fund; watch this space! The AHA newsletter editor has requested a supply of interesting articles for possible inclusion, copy date 31st May 2008.

Our own editors, Yetta and Maurice also ask for articles, so, please put pen to paper or send e-mails, and have your stories and experiences put into print.

We are trying to promote healing by becoming regulated and working within the National Health Service. To do this, we have to have a structured and recognisable training programme, which has been, and is being implemented by the UK Healers, the standards of which are being accepted and recognised by the Skills for Health Council as a National Occupational Standard. When we are finally accepted, we will need to supply many more healers than are available at present. To give an example of numbers, ---currently the busiest Accident and Emergency hospital in Chingford North East London deals with approximately 170,000 incidents per year. This is only one hospital. They are becoming busier and busier, as Doctors' surgeries have longer waiting times for appointments. A wait as long as four or five hours at the local A&E is better than a couple of weeks for a Doctors' surgery appointment. Hopefully we as healers will be able to take some of the pressure from our overworked Doctors, always remembering the medics are always in charge, as per our Code of Conduct. Like Healing, the potential is limitless.

My thanks as always to your hard working Committee and I look forward to seeing many of you at our Annual General Meeting 29th June 2008 at Glebe Hall, Stanmore.

Steve Sharpe.

What is Energy?

Energy is life. It is the invisible force that animates the human body and permeates everything in the natural world, including animals, plants, trees and rocks, as well as the earth, sun, moon and stars.

The Life Force ...Throughout the course of history, cultures all over the world have acknowledged the existence of a universal energy force flowing through everything in the world, including the human body. It has been given many names. In India it is referred to as “prana”, in the Far East it is “chi” or “ki”, while in some shamanist traditions it is described as “chula” or “animu”. Today, many people refer to it as “spirit” or the “life force”.

Invisible like the air we breathe, the life force has a powerful influence on our health and well-being. It not only governs our physical health and survival, but it is also responsible for our mental and emotional well-being; it is the spark that fuels our ambitions, driving us to express our personal creativity and strive to fulfil our spiritual potential.

Good health is achieved when the life force is balanced and allowed to flow freely. When it is blocked or unbalanced, it leads to disturbances that will eventually manifest as “dis-ease” or a state of disharmony in the natural order. Energy healing is all about finding ways to strengthen, balance and free up this energy by using naturally occurring vibrations, such as light or colour, or the energies of natural forms such as plants and crystals.

A Universe of Energy ...The life force connects us to the world we live, weaving the fabric of life seamlessly together. Everything within the universe vibrates with energy and the world that we are part of is a vast web of energy patterns.

This idea has been verified by modern science. All matter, however dense it may appear, is made up of energy. It consists of atoms, protons, neutrons, electrons, waves and particles all vibrating together at different frequencies. We live in the electromagnetic energy field of the earth, surrounded by wave forms, from low frequency radio waves at one end of the spectrum to high frequency cosmic rays at the other. Everything in the universe is made up of energy, which becomes more dense (and vibrates at a lower frequency) as it forms into matter. We are energetic phenomena and our world is dynamic. Like everything else in our lives, our health is influenced by the invisible energies that flow through us and swirl all around us.

Nicola Sion - JASH Healer .

(Thanks Nicola for sharing your reading of this interesting article with us.)

The Gift of Inspiration

From a letter by **Mozart**

‘When I am, as it were, completely myself, entirely alone, and of good cheer ---it is on such occasions that my ideas flow best and most abundantly. Whence and how they come, I know not, nor can I force them.

Those ideas that please me I retain in memory, & am accustomed, as I have been told, to hum them to myself. If I continue in this way, it soon occurs to me how I may turn this or that morsel to account, so as to make a good dish of it, that is to say, agreeably to the rules of counterpoint, to the peculiarities of various instruments etc.

All this fires my soul. My subject enlarges itself, becomes methodised & defined, and the whole though it be long, stands almost complete and finished in my mind so that I can survey it like a picture, at a glance. Nor do I hear in my imagination the parts successively, but I hear them, as it were all at once.

What has been produced I do not easily forget and this is perhaps the best gift I have my Divine Maker to thank for.’

Mozart

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The most beautiful and most profound emotion we can experience is the sensation of the mystical.

It is the sower of all the true science.

He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead.

To know what is impenetrable to us really exists, manifesting itself as the highest wisdom and most radiant beauty which our dull faculties can comprehend only in the most primitive form, ---this knowledge, this feeling is at the centre of true religiousness.

Albert Einstein.

-----o0o-----

“I was always looking outside myself for strength and confidence but it comes from within.

It is there all the time.”

Anne Frank.

Shake Your Salt Habit



Even if you rarely season your food with it, you're still likely consuming too much salt, say the people at the Institute of Medicine (IOM), the group that recommends nutrient intake levels. Thanks to processed foods, most of us eat double the upper limit of salt, raising the risk of hypertension, heart attack, stroke, kidney disease and —as a recent study suggests —stomach cancer. The IOM has issued new guidelines. Currently, the percent daily value of sodium on nutrition labels is based on an upper limit of 2,400 mg a day. The new recommended amount is 1,500 mg for healthy 9-to 50-year-olds, and even less for others. But food labels won't reflect this change just yet, so look for low-sodium meals, and cut back on foods like cold cuts, dressings and canned soups.

‘Mobile Thoughts’

I miss my good friend Suzy, I think of her a lot,
She died 5 years ago today, I have not yet forgot.
She was only 23 years old, not yet begun to live.
She was the kindest, caring soul, always there to give.
One night while driving down a road, a man was on his phone
His wife and kids were chattering, “When will you be home?”
He lost his concentration, his car was veering right,
He was driving on the wrong side, that very awful night.
Chattering to his wife and kids, he didn’t see the car,
Where Suzy and her three young friends, had drove so very far.
It happened in a moment, too fast to make amends.
Dearest Daddy, husband, my Suzy and her three young friends.
Five souls went to heaven, and a phone lay on the floor,
Is that why to use your phone whilst driving, is against the law?
So I ask you please, turn it off, before you start to drive.
What could possibly be more important, than keeping you alive?
I miss my good friend Suzy, I think of her a lot,
She died 5 years ago today, I have not yet forgot.

Natalee Kutner.

The Benefits of 3% Hydrogen Peroxide

- 1.** Take one capful (the little cap that comes with the bottle) and hold in your mouth for a few minutes daily, then spit it out.
Use it instead of mouthwash. No more mouth sores and your teeth will be whiter without having to use expensive pastes.
- 2.** Soak your toothbrushes in peroxide to keep them free of germs.
- 3.** Use peroxide to clean work tops and table tops. It will kill germs and leave a fresh smell. Simply put a little on your dishcloth when you wipe, or spray it directly onto the work top and wipe.
- 4.** After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
- 5.** Suffering from ‘foot fungus’? A 50/50 mixture of peroxide sprayed on them (especially between the toes) every night and left to dry, is the answer.
- 6.** Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. Infections can be healed by soaking in peroxide.
- 7.** Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming like bleach or most other disinfectants will.
- 8.** Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, or plugged sinuses. It will bubble and help to kill the bacteria. Hold for a few seconds then blow your nose into a tissue.
- 9.** If you have a nagging toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for a few minutes several times a day. The pain will lessen greatly.
- 10.** Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.
- 11.** You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.
- 12.** Use peroxide to clean mirrors, there is no smearing which is great.
Peroxide, a little brown bottle no home should be without! With prices of most necessities rising, here's a way to save tons of money in a simple, healthy manner.

Becky Ransey USA

WHAT IS A GRANDPARENT?

(Taken from papers written by a class of 8-year-olds)

Grandparents are a lady and a man who have no little children of their own. They like other peoples.

A grandfather is a man & a grandmother is a lady!

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

They show us and talk to us about the colour of the flowers and also why we shouldn't step on "cracks."

They don't say, "Hurry up."

Usually grandmothers are fat but not too fat to tie your shoes.

They wear glasses and funny underwear.

They can take their teeth and gums out.

Grandparents don't have to be smart.

They have to answer questions like "why isn't God married?" and "How come dogs chase cats?"

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

Everybody should try to have a grandmother, especially if you don't have television because they are the only grown ups who like to spend time with us.

They know we should have snack-time before bedtime and they say prayers with us every time and kiss us even when we've acted bad.

A 6 year old was asked where his grandma lived. "Oh," he said, "she lives at the airport and when we want her we just go get her. Then when we're done having her visit, we take her back to the airport."

Grandpa is the smartest man on earth! He teaches me good things but I don't get to see him enough to get as smart as him!

It's funny when they bend over, you hear gas leaks and they blame their dog."

Honey Health Benefits

Not only is honey a sweetener; it also has many health benefits. Here are some of them.

Arthritis ...Take 1 tablespoon of honey to two tablespoons of lukewarm water. Add a small teaspoon of cinnamon powder. Make a paste and massage it on the affected part.

Constipation ...Honey is a popular laxative.

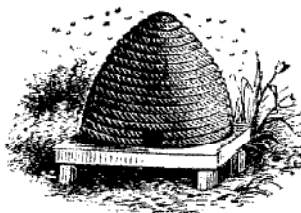
Headaches ...Two teaspoons of honey taken at each meal may prevent an attack.

Hair Loss ... Apply a paste of warm olive oil one teaspoonful of honey and 1 teaspoonful of cinnamon powder. Keep it on for 15 minutes before washing the hair.

As a Sedative ... Two table spoosnful of honey in a glass of hot milk.

The Immune System ... Daily use of honey strengthens the immune system and protects the body from bacteria and viral attacks.

Insomnia ... Two tea spoonsful of cider vinegar and two of honey in a glass of water before retiring.



Manuka Honey



Manuka honey is found only in New Zealand and contains ingredients that boosts its antibacterial properties. It has been licensed for use in NHS hospitals on post operative wounds to fight MRSA and help throat cancer patients. It has a unique active chemical component and can be used internally to ease heartburn, indigestion, and diarrhoea as well as externally for eczema, dermatitis, acne and sunburn.

An astonishing fact about honey, is what goes into its making, it has been established that a bee flies some 55,000 miles to make just a pound of honey. That's the equivalent of flying one and a half times round the world. What amazingly fantastic workers they are!

Interesting History! Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odour. Hence, we have the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all, the babies. By then, the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water"

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained, it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, "It's raining cats and dogs."

There was nothing to stop things from falling into the house.. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entryway. Hence the saying a "thresh hold".

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."

Those with money had plates made of pewter: food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Super Granny - Defender of Justice

The following is a true story reported in *USA Today*.

An elderly Florida lady did her shopping, and upon returning to her car, she found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her voice, "I have a gun, and I know how to use it! Get out of the car!" The four men didn't wait for a second invitation. They got out and ran like mad.

The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and get into the driver's seat. She was so shaken that she could not get her key into the ignition.

She tried and tried, and then it dawned on her why. A few minutes later she found her own car parked four or five spaces further down. She loaded her bags into the car and then drove to the police station.



The sergeant to whom she told the story doubled over on the floor with laughter.

He pointed to the other end of the counter, where four pale men were reporting a car-jacking by a mad, elderly woman described as

white, less than five feet tall, with glasses and curly white hair, and carrying a large handgun.

No charges were filed.

We thank Sussex Healers' Association for their kind permission to reproduce this article.

**TO FORGIVE IS DIVINE.
A KIND-HEARTED ACT MAY BENEFIT YOUR
HEALTH !!**

According to a study conducted at the University of Tennessee, researchers found that people who forgive report less stress and illness and fewer visits to the doctor than those who hold grudges. In addition, experts have found that letting bygones be bygones can help lower your heart rate and blood pressure.



Some Interesting Facts:-

1. The brain consists of 60% white matter and 40% grey matter.
2. The cat has been a domestic animal for at least 9,500 years.
3. A human could survive 40 days without food, but only 3 days without water.
4. Elephants are the only animal that cannot jump.
5. Only 10% of the Earth's surface is habitable. Around 70% is water, the rest is desert or ice.
6. Mosquitoes kill more people every year than any animal including mankind.
7. A tooth left in a glass of coca cola will dissolve without trace.
8. An aretophile is someone who collects Teddy Bears.
9. Even identical twins don't have the same finger prints.
10. Admiral Lord Nelson suffered from sea sickness all of his life.
11. Michelangelo painted the Sistine Chapel when he was 71.
12. On average we breathe 23,000 times a day.
13. The world's first crossword puzzle appeared in New York World on December 21st 1913. The first clue was: 'What bargain hunters enjoy'. Answer: 'Sales'.
14. Neil Armstrong stepped on the moon with his left foot first.
15. The most expensive gold coin was a 1933 double eagle sold in New York for \$7.59 million.
16. A hair's breadth is about one 48th of an inch.
17. If someone tells you you're looking neamorphic, it means you look young for your age.
18. Water expands by about 8% as it freezes.
19. India is the world's biggest consumer of gold, accounting for half of mined output.
20. All the tea in China' would be about 800,345 tons.

Recollections of Harry Edwards And his visit to South Africa in the 1960's.

Harry Edwards was invited to give healing to the Prime Minister of Rhodesia, whose facial injuries were giving him constant pain and discomfort.

When the Healing Association in Johannesburg heard this, they acted promptly. We knew that to reach Rhodesia, he would have to fly via Johannesburg.

So he was invited by the association to give a public healing demonstration.

Accordingly a hall in nearby Germiston, was taken for the evening and a few hundred people were invited to attend.

Harry Edwards came to the meeting with Olive Burton, who worked with him. They came in smiling and their warmth and energy radiated all over. After an introduction he 'went to work.' Volunteers were invited to come up, one by one.

It was a moving experience.

We witnessed a crippled woman, walk out of her wheelchair. A 'blind man' read the time on a clock at the back of the hall. A woman with skin growth between her fingers, could suddenly open her fingers ---people with back problems, walking difficulties, migraines and depression were helped.

While Harry Edwards, worked with energy and touch, Olive worked on the patients back and spine.

They were so gentle, quiet, organised and serious while they did their service to humanity.

I took my Mom-in-law with me and she had the evening of her life. She was astonished at what she saw.

Bobbe said this was the most amazing evening of 'miracles'.

All the ladies of South Africa Wizo and Benevolent, heard about this event.

I was inspired and grateful to have been part of the group who were privileged to see the joy on people's faces after treatment. Harry Edwards was truly an 'instrument of God'.

Miracles happen daily and living ones life in gratitude and appreciation, enriches each day. People who have this kind of soul, can reach out and touch others ---and give meaning to life.

I wish you love and light.

Rona Kruger - Israel.

Albert Einstein

While in Jerusalem in March, we visited the Science Museum there, which is primarily designed for children and has lots handles to turn, and knobs and buttons to push and things to discover.

However there was an exhibition of Einstein's life and works --his letters, photographs, Nobel prize, literary estate and notebooks etc., all of which he bequeathed to the Hebrew University in Jerusalem which he helped to establish.

This prompted me to find out more about this great man, recognised in his own time as one of the most creative intellects in human history.

It is said that he had a passionate sense of social justice and social responsibility and championed the causes of Zionism and pacifism and he gave an entirely new concept of space, time and gravitation.

Ironically his equation $E=mc^2$, which states that a particle of matter can be converted into an enormous quantity of energy, led to the creation of the atom and hydrogen bombs ---the most destructive weapons ever know to mankind.

He was born in Ulm Germany on March 14th 1879. He found his school in Munich 'intimidating' and showed little scholastic ability, but he was fascinated (through his Uncles' influence) by Science and Mathematics and developed a consuming curiosity. He left school at 15 with poor grades, then resumed his studies in Switzerland, to where his family had moved.

He studied Physics at the Polytechnic Academy in Zurich and graduated in 1900.

He briefly worked as a Maths teacher, then as an examiner in the Swiss patent office in Berne and married his University sweetheart Mileve Marie, in 1903.

In 1903 he published a paper 'A New Determination of Molecular Division' which won him a PhD. Other papers followed.

In one paper he postulated that light is composed of individual quarks (photons), that in addition to wave like behaviour demonstrate certain properties unique to particles. Thus he revolutionised the theory of light.

His special theory of relativity 'On the Electrodynamics of Moving Bodies' had its beginnings in an essay he wrote when he was 14. It states that if, for all frames of reference, the speed of light is constant, and if all natural laws are the same, then both time and motion are found to be relative to the observer.

Continued on Page 15.

In his fourth paper, of his special theory of relativity, the mathematical formula established the equivalence of mass and energy expressed as $E=mc^2$. This was not fully understood by many. With this, Einstein had won a place among Europe's most eminent physicists.

He returned to teaching first in Switzerland, then Prague, where he was awarded a full professorship, then to Zurich and then to Berlin in 1914.

Einstein abhorred the war and spoke out about German militarism. He became more and more committed to pacifism. He travelled widely in Europe, South-America, the Orient, the Middle-East, Japan, Ceylon and China. In Shanghai, a cable reached him announcing he had won the Nobel Prize for physics. It is said that his work merited three Nobel Prizes.

1929 saw his 50th birthday also the New York Stock Exchange and World Market Crash, the Nazis gaining strength in Germany, and savage attacks by Arabs on Jewish settlers in Palestine. Einstein resigned from the League of Nations, which he felt had become impotent. He communicated with other scientific and renowned men of his day, such as Sigmund Freud. With Tagore the poet he discussed philosophy and truth.

He firmly denied atheism and expressed a belief in a God who reveals Himself in the harmony of existence.

In 1933, when Hitler became Chancellor of Germany, Einstein left the country for the USA, and Nazis Storm-Troopers ransacked his house and possessions. Einstein warned the world that Germany was preparing for war, but he was largely ignored.

While in Princeton New Jersey at the 'New Institute for Advanced Study', news was brought to him of the splitting of the uranium atom in Copenhagen, following experiments by two German chemists in Berlin. Einstein was persuaded by a colleague to write to President Roosevelt urging him to take quick action on the part of USA on atomic bomb research. This recommendation marked the beginning of 'The Manhattan Project', Einstein took no part in this and did not learn that a nuclear fission bomb had been made until Hiroshima was razed in 1945.

He joined other scientist seeking ways to prevent any future use of the bomb, and urgently pleaded for the establishment of a world government under USA, Britain and Russia. He tried to devote his last years to bring harmony to the world.

Continued on Page 16.

Einstein had become interested in Zionism in 1921 when he visited the USA with Chiam Weizman the Zionist leader and other Zionists. They toured the USA to promote the cause for the Jewish National Home, and to raise funds for the establishing of The Hebrew University in Jerusalem ---thousands of people proclaimed Einstein a hero. He made only one trip to what was then Palestine, and on Mount Scopus in Jerusalem he delivered the Hebrew University's first lecture. Later Einstein wrote ' A University is a place where the universality of the human spirit manifests itself'.

On April 8th 1955 Einstein died in his sleep at Princeton Hospital, New Jersey USA.

'A giant of science, his contribution to man's understanding of the Universe is matchless'

YETTA POWELL.

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From 'Esoteric Psychology' by Alice Bailey

'The fact of God will be established, and men's questioning in this respect will end. Such a God will not be a national or radical God, not Christian, Hindu or Buddhist.

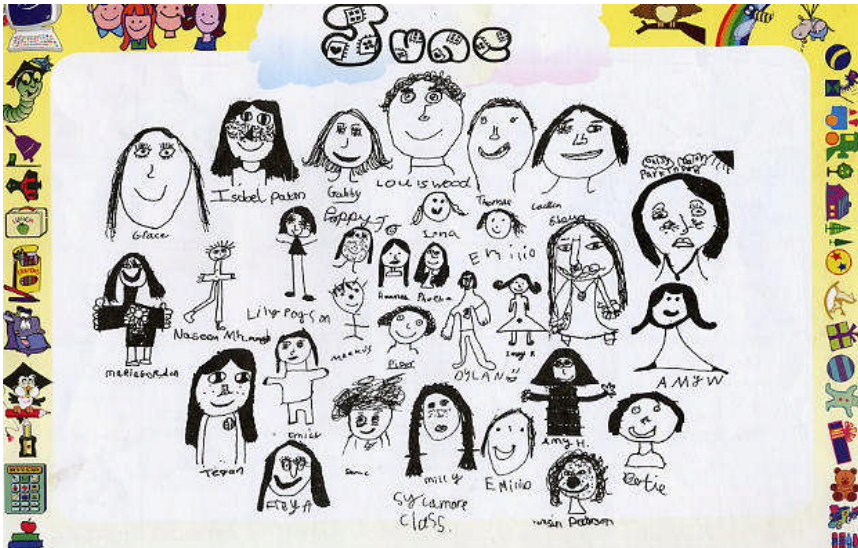
Such a God will not be a figment of man's creative imagination, or an extension of his own consciousness, but a Deity of essential life, who is the sum total of all energies, the energy of life itself, the energy of love, the energy of intelligence, of active experience, and that energy which produces the interplay between the seen and the unseen, a God most surely transcendent, but at the same time most assuredly immanent, a God of such immensity that the Heavens proclaim Him, and so intimate that the humblest child can recognise him'.

Within the next few years the fact of persistence and of the eternity of existence will have advanced out of the realm of questioning into the realm of certainty.

There will be no question in anyone's mind that the discarding of the physical body will leave a man still a living conscious living entity. He will be known to perpetuating his existence in a realm laying behind the physical.

He will be known to be still alive and aware.

Smile ... It's Very Healing!



More Self Portraits by 5 to 6 year olds' as they see themselves.

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

1. When your mum is mad at your dad, don't let her brush your hair.
2. If your sister hits you, don't hit her back. They always catch the second person.
3. You can't hide a piece of broccoli in a glass of milk.
4. You can't trust dogs to watch your food.
5. The best place to be when you're sad is on Grandma or Grandpa's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:

1. Raising teenagers is like nailing jelly to a tree.
2. Wrinkles don't hurt.
3. Families are like fudge ---mostly sweet, with a few nuts.
4. Today's mighty oak is just yesterday's nut that held its ground.
5. Laughing is good exercise. It's like jogging on the inside.

GREAT TRUTHS ABOUT GROWING OLD:

1. Growing old is mandatory: growing up is optional.
2. Time can be a great healer, but it's a lousy beautician.
3. Wisdom comes with age, but sometimes age comes alone.
4. It's frustrating when you know all the answers but nobody bothers to ask you the questions.

HEALERS WHAT DO YOU THINK???

The scenario has been the same throughout history, one or two get into a position of trust, then they hunger for power, and then how to find the money to support that new found power and position.

Could this be happening in healing?

One or two, or more have gained positions of trust and acceptance as healers, and now, the question arises as to how to keep those positions, enhance their standing, and persuade others to accept their new 'self important' standing ---and what better way to accomplish this than to say that anyone who wishes to do similar work as healers, must now become recognised by some special ruling body or other that they have set up.

As usual, the newly formed body demands that all must join and that an additional annual subscription fee for membership of their exalted new set up has to be paid.

This is a dangerous and slippery slope, and should be resisted by all who would keep healing out of the hands of those whose true aim is self aggrandisement at the cost of others.

It is up to all healers everywhere to say no to those who say that for anyone to continue as a healer, it is necessary that they pay a £45 annual fee to some new quango set up by them.

JASH, along with all other responsible healing organisations, already vet and qualify its healer members and take great pains to see that they are fully trained, and work within a strict code of conduct.

This being so, JASH, along with other highly esteemed and respected healer networks, must say ---**that this must stop. We have to say no to anyone attempting to thrust yet another money making scheme on healers.**

Furthermore it should be recognised that, as it stands now, such a foolish scheme of compulsory registration would enable any charlatan, who could afford to pay a registration fee, to gain backdoor recognition, as somebody qualified to treat the public simply because they are on the registration list.

Your comments please on this important issue.

Maurice Powell.

Meditation :

‘Meditation can simultaneously calm the mind, promote hormonal balance, sharpen thought, release the imagination, lift the emotions, and open ways to greater states of consciousness.’

On Angels :

‘Early Hebrew writers believed that angels were born afresh each day like morning dew.

In the Talmud it is claimed that every Jew is assigned 11,000 of them.’

The Influence of Cosmic Energies on Life on Earth

A message from Menorah Charney about the Gathering in Ashkelon

‘The year 2008 is a pivotal year. There is an acceleration of the energies. Workers of the light are called to empower these incredible creative love energies, by gathering together and becoming part of the energy chain linking Earth, Life and the Cosmos.’

The focus this year ... ‘Freedom to grow within the amazing new energies we now receive, freedom to lift to the heights of love sharing, each acknowledging the marvellous differences in all. We come together in unity of light awakening all life, to truly be and live, and in so doing heal the Earth.’

Light and Love.

To All JASH MEMBERS

Do Make a special diary note!!

**Our Annual General Meeting will be held
At the Glebe Hall, Glebe Road, Stanmore.**

On 29th June 2008

The meeting will start at 2.30pm.

Tea and biscuits will be served afterwards.

**Do be sure to attend and please let our secretary
have your nominations for the election of
committee members for the ensuing year.**

UNDERSTANDING 'SELF HEALING'

Everyone has that amazing power known as the subconscious, a power that blindly obeys the directions we give it through our ordinary thinking. It is a truly amazing power, which when activated, can be either beneficial or harmful, depending how we or instruct it. Consequently, if you think of yourself as tired and frail, your body will reflect this perception by becoming weak. On the other hand, if you consider yourself a strong, healthy person who has loads of energy, your body will function like that..

So we should train our minds to constantly think healthful thoughts and avoid the unhealthy ones — by letting go of them by instructing yourself to dismiss such negative thinking.

Health, like happiness, is above all a mental habit.

So we owe it to ourselves to think positively in terms of our health and well-being.

If you want to feel better about yourself, try this.

Stand in front of a mirror, give yourself a big smile, and say out loud ---"Every day, in every way, I'm getting better and better!"

Why this phrase? Because this 'self affirmation', for that is what it is works as a marvellous act of self-hypnosis.. Frequently repeating this phrase aloud will permit your subconscious mind to fill your life with positive thoughts and to direct your conscious and subconscious forces in the direction that's best for you.

How and why does this work?

It relies on two simple facts.

1. You can only think about one thing at a time, so when you're thinking positive thoughts, you are chasing all negativity away.

2. When you focus on a positive thought, that thought becomes real because your mind brings it into being.

So if you're looking to make a change that will bring immediate results, just repeat the affirmation "Every day, in every way, I'm getting better and better! " Say it at least twenty times in a row, once in the morning and once in the evening, or whenever: then, sure enough, you WILL get better and better, each and every day!

“Change your thoughts and you change your world.”

NORMAN VINCENT PEALE.

Social and Personal

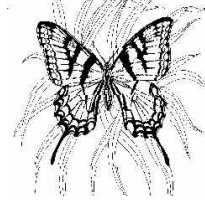
Congratulations to:

Sarah Jane Wood

Eloise Furst

Susy Bloomfield

On becoming full JASH healers.



Condolences to:

Joyce Adams on the loss of her mother.

Alicia Gilbert on the loss of her grandmother.

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The MPH Ashkelon Conference Israel

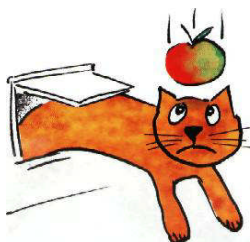
On February 29th and March 1st, Yetta and Maurice Powell attended a gathering in Ashkelon, Israel, of the MPH group (Meditation for Peace, Harmony and Creative Living) with Menorah Charney (who is a healer member of JASH). There were over 60 people present. Yetta spoke about the origin and work of JASH. Her talk was simultaneously translated into Hebrew, and was well received. There were other very interesting talks, including a presentation with slides titled 'Countdown to 2012'. A talk on 'Feng Shui', a talk on Astrology, and Numerology, and a talk on crystals amongst others.

It was an interesting, informative and inspiring gathering of some 60 or more 'Light Workers' ---mainly from Israel, but also people from Europe, USA, South Africa, England and Scotland.

We found it a wonderful experience to meet so many delightful 'like minded' and spiritually aware men and women.

Despite the rockets from Gaza ---one falling very near our hotel, we actually saw it hit a building just a few hundred yards away, it was a valuable and worthwhile learning experience with meditation, channelling and multi-language communication.

For those interested, there is an International MPH Conference scheduled for December 2008 which will take place in Eilat to which we hope ---'God willing', to go to. We hope that other members of JASH will also attend. For further information on this event please contact us. *Tel: 0208 954 0787.*



Some unusual facts

- Newton invented the cat **flap**.
- Between 1962 and 2002, life expectancy in the middle east and north Africa increased from around 48 years to 69—the strongest performance of any region in the world.
- 52 percent of Korean infants between the

ages of three and five use the Internet. They spend an average 4 hours a week online.

- 11 out of the 12 men to have walked on the moon were in the Boy Scouts.
- Ireland is the second richest country in the OECD, behind Japan.
- There are more tigers in the US than in any other country.
- In 2002 Bangladesh became the first country to ban plastic bags.
- Windscreen wipers, laser printers and bullet-proof vests were all invented by women.

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Maimonidies obviously knew a thing or two when he suggested drinking chicken soup to combat a cold !!.

- ◆ Chicken soup the natural remedy of natural remedies, offers more than comfort for colds and flu.
- ◆ Modern scientists have confirmed that chicken soup stops certain white blood cells -neutrophils - from congregating and causing inflammation, which in turn triggers the body to produce copious amounts of mucus. It also thins mucus more effectively than plain hot water. Home-made soup is best - especially if it's made by someone with love. You can also add fresh chopped garlic to chicken soup to further enhance its healing power.

The Egyptian pharaohs used garlic to fight infection and its healing powers are legendary. Among its active compounds are allicin and allin, shown in laboratory studies to kill germs outright. Garlic also appears to stimulate the release of natural killer cells, part of the human immune system's arsenal of germ-fighters.

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

THE WHITE DOVE HEALING SANCTUARY

REDBRIDGE and ILFORD area

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

under guidance of Rita Vangelder,

for further information on this clinic please phone 020 8551 5289

THE PHOENIX HEALING SANCTUARY

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

*All are welcome, no appointment necessary --- for further information
please phone 020 8954 0787.*

SOUTHGATE LEISURE CENTRE

Winchmore Hill Road - Southgate N14

**Healing Mondays 1.00 p.m. - 2.30 p.m. (no appointment
necessary)**

Also available by appointment phone Francine 07956 261 738

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Recommended reading

- **The Friendly Guide to Music** by Darren Henley (paper back) published by Hodder Arnold ---(a disc is included).
A friendly overview of classical music from the earliest times to the present day for those interested in developing a greater understanding. It has all the composers and is an easy read.
- **The Kite Runner** by Khaled Hasein published by Bloomsbury.
This is the writers first novel (now an acclaimed film). A beautifully told story ---simple and intense ---sometimes sad with a background of Afghanistan's turbulent history. An absorbing read.
- **Life From Light** by Michael Weiner published by Clairview (Is it possible to live without food?)
An intriguing real life study in which Dr. Michael Weiner gave up eating all food in his fifties to live on light (prana). Previously he had various health problems but is now in perfect health. He has been observed and examined by doctors in hospital and found to be perfectly fit.
Apparently there are approximately 6,000 people world wide who live on light alone which comes through the crown chakra.
For further information read '**In Resonance**' by Jashmaheen.

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I would like to write about a great book that I read sometime ago called '**Love Yourself**' by Eve-Maria Zurhorst. Obtainable from www.hayhouse.co.uk £8.99

In this book I found some really fantastic ideas and challenges for healing partnerships and relationships and I established that our partners either female or male, are actually mirrors to how we feel ourselves without even realising it.

These challenges are a fascinating insight into our own personality and relationships and I learnt through this book that it's never too late to salvage a relationship or partnership, as working on your self first enables us to understand & develop, & allows us to be profoundly happy. Once we are happy with ourselves and love ourselves as we are, so we can learn to grow and accept others too as they are.

As the saying goes, we cannot love and accept another until we love and accept ourselves. *Nicola Sion Healer Member, JASH*

Tsunami Volcano, Earthquake Tornado, Flood, Hurricane

Why is Planet Earth trembling?
Why is she shaking?
Why is she weeping?

Planet Earth is weeping for all the orphans
The widows, the disfigured, the bereaved,
Earth is weeping for all beseeching help
Who have been so deceived.

She is crying for all those suffering
From famine, thirst and disease
For clean water and food to stay alive
Can't we hear their desperate pleas?

Earth weeps for her despoiling and ruin
For the worship of profit and of greed
When millions and millions are so bereft
Of every basic human need.

For the emphasis on material things
And its adulation by the Press
For poverty of the Spirit
And lack of care for the oppressed.

Earth weeps bitterly at the violence
Terror, fear, hypocrisy
For the promotion of all that's false
And the death of integrity.

Yet a new light is dawning
And it will come to be
A time of peace and joy and love
For all humanity.

Yetta Powell AUGUST 2006.

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“The heights to which we climb, and the depths to
which we fall, are the measure of us all.”

DEAN TILLYARD.

“Don't judge a person by what they have in the
bank, but by what they have in their heart.”

DEAN TILLYARD.

SOME DEFINITIONS

THE SOURCE - The source of all creation in the Universe and of all energy, the Divine, God the Creator, Universal Energy.

SPIRITUAL HEALING - channelling energy by attuning or locking in to the Source of healing energy, using the energy to help those in need by the 'laying on' of hands or hands held a little off the body.

HOLISTIC - the whole person on every level.—physical, mental, emotional, spiritual.

TO ATTUNE - To link with the Source to allow you to be a clear and pure channel for healing and to ask the patient's higher self for permission to give him / her healing.

Also to ask the Source for blessing & protection for you and the patient.

TO GROUND - earthing the healing energy circuit, visualise light flowing through the crown chakra, down through the body, to the feet, to the ground. Visualise roots from feet into the ground.

TO PROTECT - To visualise a sphere of white light surrounding you completely.

AURA - the human energy field seen or sensed as a glow of light around the body.

CHAKRA - an energy centre - a 'wheel'.

MERKABAH - (**Merkavah from the Hebrew**) - a vehicle of light (mentioned in the Bible by Ezekiel). *MER-light KA-Spirit BA-Body.*

Merkaba means the Spirit / Body surrounded by counter rotating fields of Light - (spirals of energy) which transports Spirit / Body from one dimension to another.

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WHY?

Why is this world so full of pain?
Why one man's loss another's gain?
Why do people claim they care
When all they do is sit and stare?

The evil's there for all to see
The fruits of inhumanity
So why do people claim they care
When all they do is sit and stare?

IVOR SEGAL

Give us a sense of humour, Lord,
Give us the grace to see a joke,
To get some humour out of life,
And pass it on to other folk

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Lovers of the English language might enjoy this.

There is a two letter word that perhaps has more meanings than any other two-letter word, and that is “UP”.

It's so easy to understand.

UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP and why are the officers UP for election and why is it UP to the secretary to write UP a report?

We call UP our friends. And we use it to brighten UP a room, polish UP the silver, we warm UP the leftovers and clean UP the kitchen. We lock UP the house and some guys fix UP the old car. At other times the little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing but to be dressed UP is special. And this UP is confusing: A drain must be opened UP because it is stopped UP. We open UP a store in the morning but we close it UP at night.

We seem to be pretty mixed UP about UP! To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4th of the page and can add UP to about thirty definitions. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more. When it threatens to rain, we say it is clouding UP. When the sun comes out we say it is clearing UP.

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There is no need to dwell
On self doubt and our fear to be
And wish we were as others
Who seem more wise than we.

We each are born with wisdom
And have a part to play
Each of us is special
Look within; you'll know the way.

Quotes to Inspire



“Man does not live by bread alone
He has to handle some hot potatoes
Know his onions, and be worth his salt
Little wonder man is in a stew.”

GILL STEIN.

*“We can cure physical diseases with
medicines but the only cure for loneliness,
despair and hopelessness is love. There are many in
the world who are dying for a piece of bread, but there
are many more dying for a little love.”*

MOTHER TERESA.

“A baby is a thing of beauty and a joy forever.”

MARK TWAIN.

*“Teach only love for that is what you are
Love is the way I walk in gratitude.”*

GERALD G. JAMPOLSKI.

“Each man is truly an ambassador of God.”

SIR GEORGE TREVELYAN.

“The way I see it if you want the rainbow you gotta put up with some rain.”

DOLLY PARTON.

“A man can succeed at almost anything for which he has unlimited enthusiasm.”

CHARLES M. SCHWAB.

“The only thing stopping me from learning is my education.”

ALBERT EINSTEIN.

“My religion is kindness.”

THE DALAI LAMA.

*“You gain strength, courage and confidence for every
experience in which you really stop to look fear in the face.
You must do the thing you think you cannot do.”*

ELEANOR ROOSEVELT.-