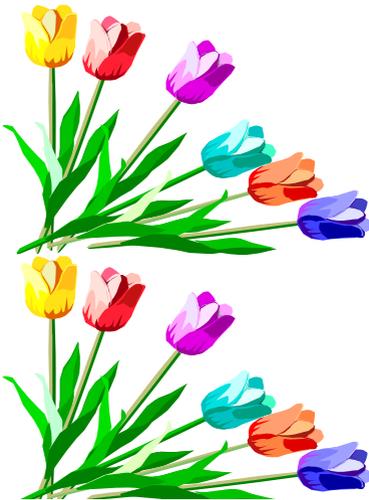


News & Views



Spring

February 2012

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THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

Registered Charity No. 275081

AFFILIATED TO THE BRITISH ALLIANCE OF HEALING ASSOCIATIONS

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Committee for 2011

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So its now 2012 the year of the UK Olympics, the year that celebrates the Queens 60th year on the throne. Also the year according to the Myan calendar the year that heralds change. Yet it will also be a year of great challenge.

So, where do we stand as healers? Well the answer has to be that we are as ever on call to help all who need healing.

As healers we can not, and, *must not promise to cure*; our role is to channel healing, and nothing else.

But such is the 'Source' we call upon, that hope is always present and healing happens. It manifests in many ways and eases the suffering of those in need who seek our help to combat ill health, disease and despair.

Wishing as ever Love and Light to healers everywhere...

Maurice & Yetta Powell - Editors News & Views.

Chairman's Report February 2012

Welcome to the Spring edition of News and Views. I start my report with the British Alliance of Healing Associations Annual General Meeting which I attended with Francine Benjamin, our Secretary, just after I had written my last report. BAHA now has a new Secretary, Maurice Burns (Complementary Healing Association) who has volunteered for the position and can be contacted at bahasecretary@btconnect.com. David Holmes (Pilgrim Healers) has also volunteered to be Assistant Secretary, to help sort the several boxes of old paperwork that they inherited from the outgoing Secretary when they took over, unfortunately most of the current information appears to have been mislaid during the change over and in many cases, they have had to start from scratch to rebuild the current files, they have done a splendid job so far, but if we are missing some statements or forms, they will probably turn up in the near future. Ken Baker and Brenda Peace remain as BAHA Trustees whilst Jackie Newcombe has resigned. Their financial position could be stronger, but I am sure they will rebuild their reserves over the next few years. All the Associations were asked if they could possibly help with their financial shortfall if they could afford it, The Jewish Association of Spiritual Healers chipped in £150 to the returnable rescue fund. Because of the missing information, it was decided to hold an Extraordinary General meeting in February 2012. At the EGM Kevin Wood was introduced to us as the new accountant for BAHA. All outstanding bills have now been paid and a set of accounts will be available in the near future. There has been some delay due to some missing documents. The BAHA Constitution will have to be updated, which means that our Constitution will also need some updates. David Holmes is now an acting Trustee and his position as Trustee will be ratified at the next AGM. BAHA core curriculum for training exceeds that required by the Complementary and Natural Healthcare Council. The Profession Specific Board for the CNHC now consists of Annie Hallet, Katrina Brook and Michael Dibdin. It was suggested that tutors should be given a certificate from BAHA.

Unfortunately, the new Board of NFSH the Healing Trust has not continued to support BAHA, but hopefully we will re-unite in the future. We will only be listened to by governmental departments when we talk with one voice representing the whole of the Spiritual Healing movement. NFSHTHT have gone through a very trying time over the last few months and I hope the next few months will prove to be much calmer, whilst their Spiritual roots are being re-established.

Our Annual General Meeting will be held 10th June 2012 from 2-30 pm at Glebe Hall, Glebe Road, Stanmore, where I look forward to seeing some old friends and possibly a few new ones. I will try not to waffle on too much, so that we can enjoy the refreshments afterwards without having to be concerned about the time.

Once again I thank your Committee for their time and expertise in keeping the Jewish Association of Spiritual Healers at the forefront of the Healing movement and all our members for their continuing support. Keep up your good work of helping others and have an enjoyable and productive year.

Steve Sharpe.

A Trip to remember and share!

In February 2011 we flew to South Africa, for a seventeen day holiday, with Saga Tours, taking a coach trip from Pretoria down to Cape Town.

We went to The Kruger Park and saw all the animals in their natural habitat , and to see how nature has an order for everything. From the insects to the vultures.

We went to one of the townships and saw how much poverty was around, but the children were smiling the adults were smiling. And although materially they had nothing and they knew no different; it was a humbling sight. We even visited the local school and there a message was hanging up on the wall. I was drawn to it and the teacher said “the children will sing it to you”.It went:-

‘I AM SOMEBODY

I MAY BE POOR BUT I AM SOMEBODY

I MAY BE YOUNG BUT I AM SOMEBODY

I MAY BE ON WELFARE BUT I AM SOMEBODY

I MAY BE SMALL BUT I AM SOMEBODY

I MAY MAKE MISTAKES BUT I AM SOMEBODY

MY CLOTHES MAY BE DIFFERENT BUT I AM SOMEBODY

MY HAIR MAY BE DIFFERENT BUT I AM SOMEBODY

I AM BLACK WHITE BROWN -----

**I SPEAK A DIFFERENT LANGUAGE BUT I MUST BE RESPECTED
PROTECTED BUT NEVER REJECTED**

I AM GOD’S CHILD, I AM SOMEBODY’

Also in the nursery school the children sang ‘ba ba black sheep’. Yet in this country you may no longer sing this song.

The South African scenery was out of this world. The mountains with crystal pure waterfalls running down them. Such a beautiful country and yet such contrasts.

It was one of the best holidays we have ever had. Oh and just to mention it, on our wedding anniversary I actually sat on an ostrich.

I did not want it to end ----- for who knew what the future would bring.

From RITA AND MARTIN VANGELDER.

JUST YOU!

“Peace does not belong to any nation.

Peace does not belong to any society.

Peace does not belong to any religion.

Peace belongs to people.

People like you and me.”

PREM RAWAT.

ENERGY – HOW WE USE AND ABUSE IT

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

WHAT IS ENERGY?

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

Stored energy, is said to be POTENTIAL

We all are aware of some of the many forms in which energy exists
HEAT, LIGHT, CHEMICAL. RADIATION etc.

In the living body energy is derived from the combustion of proteins, fats and carbohydrates and commonly expressed in calories. Theoretical science apart, personal energy is more often termed as :-

Vitality, enthusiasm, the urge to be up and doing: a quality that cannot be expressed in figures.

In the medical field the lack of energy that many patients report to their doctors has nothing to do with calories but rather a symptom of imbalanced health, including not only physical illness from infection, injury etc. but also fatigue, boredom, worrying and ageing as well as the over expression of certain emotions such as anger, fear, frustration in a negative fashion.

In complementary and alternative medicine “energy” is a kind of vital **force** said to circulate in the body by invisible channels or meridians and subject to blockages that can instigate imbalance and eventual disease. Other terms are life force, Qi, prana, essence. It is an accepted fact that if this energy can be rebalanced or recharged than there can be a marked improvement in the well being of the patient and their ability to challenge and confront the disease and catalyse the body into self healing

Continued on page 6

The “chakras” of the body are energy centres which receive and give out energy. These can get blocked in various ways and can seriously affect the energy of the body.

We can appreciate that energy does not appear only in the physical body. As holistic healing practitioners, we treat the whole being –mind, body and spirit which incorporates what we think, what we feel, how we are physically and our spiritual awareness.

Energy can manifest in many different levels and frequencies of vibration. Matter as we know it, is simply energy transformed at various levels of frequency, concentration and density within the range of human consciousness.

Energy in its manifestation as matter is the basis of all life and form. Within the human form we can consider two basic types of energy.

The energy we inherit from the joining of our parents at conception. This is the energy which determines a person’s basic constitutional make-up, strength and vitality. It is what makes a person unique and generally it cannot be changed, although it can be affected either negatively or positively.

The energy that we create from food, drink and air. This can be affected by the way we live, the food we eat and the fluid we drink. This is where the expression “you are what you eat” comes into play. As food, drink and how we take in air is closely related to how we think, then the expression “how you think so you will be” can be seen to also be true and opens up the consideration of the psychological aspects of our being.

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

Energy can be transformed changed, transported, it exits, enters, rises, descends and disperses and is in a constant state of transformation and transmutation within the psyche.

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

These needs are in simplistic terms,

Oxygenation – needs correct breathing

Absorption – of nutrients – this needs relaxation

Hydration – intake of fluids

Transformation – movement to encourage cellular growth

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

HOW WE ABUSE IT...

It can be seen from the above how easy it seems to maintain the cells and yet how often they energy systems are abused and misused creating a subsequent loss in energy. This leads to an weakening in your auric field. The stronger your electromagnetic field, the more effective your energy system is and the less chance of disease.

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

Stress – major factor . Lack of exercise. Over eating Under eating

Poor quality nutrition Over indulgence in alcohol, sex, drugs

Polluted environments Over work Unsupportive relationships

Irrational emotions No “self time”. Briefly we need to take care of ourselves.

HOW WE USE IT

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

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

SELF CARE

As practising healers it is wise to have a comprehensive and aware system of self care. We too need to use it wisely. Too often therapists/healers end up suffering from “burnout” in that they have depleted their own energy resources. This can happen in a number of ways. Those factors mentioned previously on abuse are areas which most of us are aware of.

However, energy is like water, constantly flowing and finding its level.

Between people who are linked together energy can easily flow from one to the other. Those who have less energy can draw it from those with lots, mostly with unawareness from both sides.

If you are picking up a lot of negative vibes (or worse) on a regular basis take a good look at your diet, lifestyle and way of working. It is likely that your aura needs to be strengthened.

Everyone can benefit from using some level of psychic protection in their lives, but if you work a lot with people, particularly with the vulnerable, or as a psychic or healer, then you should build psychic protection into your daily routine.

Stay grounded. Visualise roots growing deep down into the Earth from the soles of your feet. Being ‘well grounded’ offers a great deal of protection. Practice your grounding visualisation every morning and whenever you feel ‘spacey’

At its most basic, ‘psychic protection’ is about keeping healthy. People with a robust constitution are much less likely to pick up negativity. If the aura is kept strong and resilient any negativity will bounce off and it will be much harder to ‘get at you’. All the usual health advice- regular exercise, a healthy diet, enough rest and relaxation, no smoking or drugs and very moderate or no drinking will help to keep you well at every level.

Limit the time you spend in close proximity to electromagnetic fields. Sit further from the television and don’t leave electrical equipment on in the bedroom, even on ‘standby’- these energies are harmful and can weaken your energy field over time.

Keep your thinking positive- negative thinkers are less healthy generally and can’t repel challenges to their systems as effectively- whether it’s a cold bug or a negative thought form.

Get outside! Some places are particularly cleansing and recharging. A walk by the sea invigorates mind, body and spirit. Alternatively any other stretch of clean running water is cleansing. Hilltops are usually healthy places to go, aim for somewhere with clean air, where the breeze can blow through your aura and refresh you. Even in a City it is good to get away from the streets and into a park. Natural energies, particularly from trees can really perk up your aura. If the sun shines take the opportunity to sit or stand in it for a while-you can feel the rays topping your batteries up!

Signs and Symptoms:

Feeling down or angry with no real cause- especially if this is out of character for you.

Feeling really drained or tired for no reason.

Having odd thoughts that just don’t sound like you.

You have feelings of being out of control.

Bad dreams

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

Vedant Wood 2011.

The Gift.



A gift can consist of many things,
Flowers and perfume and diamond rings,
Chocolates and candies, your boyfriend brings.
But the best gift of all is love.

Someone to cherish someone to share,
Someone who cares, and will always be there.
Your friend and your lover, a lifelong affair,
Proves the best gift of all is love.

by Ivor Segal.

‘Love has nothing to do with what you are expecting to get,
it’s what you are expected to give — which is everything’

Anon

A Chat with God

Hi God, it’s great to meet you at last
But I have a few questions I really must ask.
Why if you’re really benevolent and good,
Are there millions of people who go without food?

Why are wars being fought?
Why are slaves being bought?
Why are children abused?
Wife-beaters excused?

And God, in his wisdom, gives answers to me;
I gave you a soul and let you go free,
I gave you two eyes to help see your way,
I gave you religion and taught you to pray,

I gave you a heart and taught you to love,
And offered you guidance from heaven above,
But you turned down my offer and went your own way
And that’s why the world is in turmoil today.

by Ivor Segal.

HUMAN VALUES IN DAILY LIFE

The time must come in the history of the human race when so large a number of people have awakened to the finer spiritual issues and values that the old attitudes and activities will be rendered eternally impossible on a large scale.

The goal of the world in the coming era is surely that every nation, large and small (with minorities given equal and proportionate rights) should pursue its own individual culture and work out its own salvation, but that each and all should develop the realisation that they are organic parts of one corporate whole and should consciously and selflessly contribute to that whole. This realisation is already present in the hearts of countless numbers all over the world; it carries with it great responsibility. When intelligently developed and wisely handled it will lead to right human relationships, economic stability based on the spirit of sharing, and a new orientation of person to person, of nation to nation, and of all to that supreme power to which we give the name *God*.

Translated into national terms, these realisations take the conflict and competition out of the many facets of society. While each group fights for itself and its own self-interest there can be no "social harmony", no tranquillity, no security or unity, no freedom or well-being.

The fundamental human value needed today as the basis for a better life in the society in which we live is the simple, practical use of the energy of *goodwill*. Goodwill is an inclusive, co-operative attitude of mind; it is "love in action"; it encourages justice and integrity in those with influence and authority. It is truly the cornerstone of a human society responding to the values of the new age.

Reproduced from... 'VALUES TO LIVE BY' Published by Lucus Trust

SUCH DEVOTION !!!

James Crane worked on the 101st floor of Tower 1 of the World Trade Centre. He is blind, so he has a golden retriever named Daisy. After the plane hit 20 stories above, James knew that he was doomed, so he let Daisy go, out of an act of love. She darted away into the darkened hallway.

Choking on the fumes of the jet fuel and the smoke, James was just waiting to die. About 30 minutes later, Daisy comes back along with James' boss, who Daisy just happened to pick up on floor 112. On her first run of the building, she leads James, James' boss and about 300 more people out of the doomed building. But she wasn't through yet, she knew there were others who were trapped. So, highly against James' wishes, she ran back in the building. On her second run, she saved 392 lives. Again she went back in. During this run, the building collapses. James hears about this and falls on his knees in tears. Against all known odds, Daisy makes it out alive, but this time she is carried by a fire-fighter. 'She led us right to the people, before she got injured', the fireman explained. Her final run saved another 273 lives. She suffered acute smoke inhalation, severe burns on all four paws and a broken leg, but she saved 967 lives. Daisy is the first civilian Canine to win the Medal of Honour of New York City.



Reproduced from edition 108 of The Sussex Healer magazine 2012

Understanding the importance of Vitamin D3 ...

Adequate levels of vitamin D3 are essential to many of our body functions. Good levels of D3 throughout the body reduces the likelihood of developing a wide range of illnesses, from osteomalacia (rickets) to cancer and diabetes, and from osteoporosis to dementia, multiple sclerosis and even autism. Because the body needs relatively large amounts of D3, there is no practical food source. The only way to get sufficient D3 is to expose your body to direct sunlight or take a vitamin D3 supplement. This is one vitamin that both young and old should take on a daily basis.

Vitamin D halves risk of developing MS

A study by Cassandra Munger and colleagues at Harvard School of Public Health (US) suggests that taking a daily vitamin D supplement (of strength at least 400 international units) may halve the risk of developing multiple sclerosis (MS). The study analysed the diets across 20 years of the 187,563 women participating in Harvard's Nurses' Health Studies. No significant reduction of risk was found with high vitamin D levels in food. Cassandra cautions that the link was found with vitamin D taken in *multivitamin* pills so it was impossible to say that it was definitely vitamin D alone which had done the trick. Further research is needed. The study from America lends weight to other research into the "sunshine vitamin" and MS. This suggests that people living closer to the equator are at less risk compared to those living at more distant latitudes. Another separate study confirmed that higher exposure to sunshine - which creates vitamin D in the body - reduced the risk of MS.

The British Medical Journal 2003:327:316).

Elderberry Extract knocks out flu ...

Placebo-controlled research into the effectiveness of a standard elderberry extract for 'flu found it to be very effective. The dosage was four tablespoons daily for adults and two tablespoons daily for children. Within two days there was significant improvement in 93% of the elderberry group, compared to six days needed by the placebo group to attain the same recovery. Around 90% of the elderberry group were completely cured within three days, compared to six days, again, for the placebo group. The anti viral properties of elderberry were also demonstrated in vitro.

Watercress is among the most highly nutritious vegetables !!!

So, wrote many of the great herbalists of the revitalising power of watercress.

The health benefits of watercress are attributed to its nutrient content.

Watercress is an excellent source of vitamins B1, B2, B6, C, E, manganese, and carotene. It is also a good source of calcium, fibre, iron and copper. Watercress livens up raw salads and it also makes a valuable juice. For optimal health benefits, eat watercress raw and as fresh as possible.



Health Benefits:

Watercress contains anticancer properties. Watercress helps protect the eyes because it contains a high level of two carotenoids, lutein and zeaxanthin. Watercress helps to normalise cholesterol and blood pressure. It increases sexual energy and enhances fertility. Watercress can help improve memory, mental function and to retard ageing. It is a powerful cleanser of the body, especially the bloodstream. Watercress can help increase production of breast milk. It is low in calories and high in potassium, which is valued for weight loss, as its diuretic action draws excess fluid down and out of the body. Watercress helps improve digestion by regulating the flow of bile. It is valued for clearing and improving the complexion. The chlorophyll-rich leaves may be chewed to absorb breath odours and can help to cure bleeding gums. Watercress leaves can be used to make a poultice to treat swollen feet and sprained ankles. Watercress is a good source of iodine, which is important to the function of the thyroid gland. It is rich in calcium, which can strengthen the bones and teeth. *So, if you are looking to strengthen your resistance against disease and to fight urinary and chest infections make sure you are eating plenty of watercress.* Originating from the Nasturtium family, it contains a benzyl mustard oil that is a powerful antibiotic, yet friendly to your gut bacteria.. Watercress also contains an antioxidant called sulforaphane, which is known for its powerful cancer-fighting and can also protect the delicate retina from UV damage.

Reproduced from edition 107 of The Sussex Healer magazine 2011

The Rainbow Healing Academy

A 2 year professional healing course accredited with the British Alliance of Healing Associations.

The course is held on the 1st Sunday of every month for 3 hours.

The venue is Glebe Hall, Glebe Road, Stanmore, Middlesex, HA7 4DA

Details and administration, 51 Roxborough Road, Harrow, HA1 1NS

Telephone: 07939144174 e-mail: vedantwood@aol.com or www.rainbowhealingacademy.com

The true story of a NEAR DEATH EXPERIENCE

by Anita Moorjani February 2nd 2006 .

This is the original NDE description that Anita Moorjani submitted to The Near Death Research Foundation in August 2006. The owner of the site, Dr. Jeffrey Long, an oncologist, contacted Anita within hours of her submitting it, asking follow up questions. Shortly after, this story went viral, spreading to hundreds of thousands of people all over the world via e-mail

EXPERIENCE DESCRIPTION:

I had end stage cancer (Hodgkin's Lymphoma), and was being cared for at home. I was connected to an oxygen tank, and had a full time nurse. But on this morning, February 2nd 2006, I did not wake up. I had fallen into a coma. My husband called my doctor who said I needed to be rushed to hospital. The senior oncologist looked at me and told my husband that it was now the end, and that my organs were now shutting down. I would probably not make it beyond the next 36 hours. However, the oncologist said he would do whatever he could but prepared my husband that I would most likely not make it, as my organs were no longer functioning. They determined this because my body started to swell up, and I had open skin lesions. They started me on a cocktail of medication on a drip, and poked me with tubes and pipes for nourishment, drugs and oxygen.

I thought that I was drifting in and out of consciousness during this time, because I was aware of everything that was going on around me. But it was confirmed to me later by my family and the doctors that I was in a coma the whole time. I saw and heard the conversations between my husband and the doctors taking place outside my room, about 40 feet away down a hallway. I was later able to verify this conversation to my shocked husband. Then I actually "crossed over" to another dimension, where I was engulfed in a total feeling of love. I also experienced extreme clarity of why I had the cancer, why I had come into this life in the first place, what role everyone in my family played in my life in the grand scheme of things, and generally how life works. The clarity and understanding I obtained in this state is almost indescribable. Words seem to limit the experience – I was at a place where I understood how much more there is than what we are able to conceive in our 3-dimensional world. I realised what a gift life was, and that I was surrounded by loving spiritual beings, who were always around me even when I did not know it.

The amount of love I felt was overwhelming, and from this perspective, I knew how powerful I am, and saw the amazing possibilities we as humans are

Continued on page 14

capable of achieving during a physical life. I found out that my purpose now would be to live “heaven on earth” using this new understanding, and also to share this knowledge with other people. However I had the choice of whether to come back into life, or go towards death. I was made to understand that it was not my time, but I always had the choice, and if I chose death, I would not be experiencing a lot of the gifts that the rest of my life still held in store. At first, I did not want to come back, because my body was very sick, and I did not want to come back into this body as the organs had already stopped functioning and I had all these open skin lesions. But it seemed that almost immediately, I became aware that if I chose life, my body would heal very quickly. I would see a difference in not months or weeks, but days! I then started to understand how illnesses start on an energetic level before they become physical. If I chose to go into life, the cancer would be gone from my energy, and my physical body would catch up very quickly. I then understood that when people have medical treatments for illnesses, it rids the illness only from their body but not from their energy so the illness returns. I realised if I went back, it would be with a very healthy energy. Then the physical body would catch up to the energetic conditions very quickly and permanently. I seemed to become aware that this applies to anything, not only illnesses – physical conditions, psychological conditions, etc. I became aware that everything going on in our lives was dependant on this energy around us, created by us. Nothing was real – we created our surroundings, our conditions, etc. depending where this “energy” was at. The clarity I felt around how we get what we do was phenomenal! It’s all about where we are energetically. I somehow knew that I was going to see “proof” of this first hand if I returned back to my body.

It felt as though I was drifting in and out between the two worlds, this physical world and the other side, but every time I drifted into the “other side”, I seemed to go deeper and experienced more “scenes”. There was one where I saw how my life had touched all the people in it – it was sort of like a tapestry and I saw how I affected everyone’s lives around me. There was another scene where I saw my brother on a plane, having heard the news I was dying, coming to see me (this was verified to me as when I started to come round, my brother was there, having just got off a plane). I then saw a glimpse of my brother and me and somehow seemed to understand it was a previous life, where I was much older than him and was like a mother to him (in this life, he is older than me). I saw in that life I was very protective towards him. I suddenly became aware he was on the plane to come and see me, and felt “I

Continued on page 15

Continued from page 14 The true story of a NEAR DEATH EXPERIENCE

can't do this to him – can't let him come and see me dead". Then I also saw how my husband's purpose was linked to mine, and how we had decided to come and experience this life together.

If I went, he would probably follow soon after. In addition, I seemed to understand that, as tests had been taken for my organ functions (and the results were not out yet), that if I chose life, the results would show that my organs were functioning normally. If I chose death, the results would show organ failure as the cause of death, due to cancer. I was able to change the outcome of the tests by my choice!

I made my choice, and as I started to wake up (in a very confused state, as I could not at that time tell which side of the veil I was on), the doctors came rushing into the room with big smiles on their faces saying to my family "Good news – we got the results and her organs are functioning – we can't believe it!! Her body really did seem like it had shut down!"

After that, I began to recover rapidly. The doctors had been waiting for me to become stable before doing a lymph node biopsy to track the type of cancer cells, and they could not even find a lymph node big enough to suggest cancer (upon entering the hospital my body was filled with swollen lymph nodes and tumours the size of lemons, from the base of my skull all the way to my lower abdomen). They did a bone marrow biopsy, again to find the cancer activity so they could adjust the chemotherapy according to the disease, and there wasn't any in the bone marrow. The doctors were very confused, but put it down to me suddenly responding to the chemo. Because they themselves were unable to understand what was going on, they made me undergo test after test, all of which I passed with flying colours, and clearing every test empowered me even more! I had a full body scan, and because they could not find anything, they made the radiologist repeat it again!!!!

Because of my experience, I am now sharing with everyone I know that miracles are possible in your life every day. After what I have seen, I realise that absolutely anything is possible, and that we did not come here to suffer. Life is supposed to be great, and we are very, very loved. The way I look at life has changed dramatically, and I am so glad to have been given a second chance to experience "heaven on earth".

Readers can find out more about Anita Moorjani on the Internet, as well as other well documented Near Death Experiences.

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Readers should note that JASH cannot be held responsible for some of the views and articles expressed in News & Views.

Please use your own judgement and discretion or consult your medical advisor where appropriate.

A LAUNDRY TALE ...

BRINGING SPIRIT BACK INTO MEDICINE

by **Dr. Bernard Brom MB ChB (UCT), CEDH France , Dip. Acup.**

As I recognised clearly that all is perfect and okay, what we seek cannot be found by the seeker, the blind cannot find the light or the deaf the sound.

It's a long story why we don't have a washing machine at our home and perhaps that story will unfold in its own time, but for more than a year now we have gone to a laundry in Stellenbosch to do the washing. It has become something of a ritual. First a visit to the organic market where we often have our breakfast under the oak trees, then some shopping in Stellenbosch and finally the laundry.

It's not a busy laundry or a very big one. Most people are either doing something else on a Saturday afternoon or have their own machine so we usually have the little room to ourselves. I sat down to read Oriah Mountain Dreamer's latest book that I had bought as a present for a friend and casually opened the book to page through it before handing it over, when a sentence caught my eye, forcing me to read further. In a strange way I identified with the story, in a way that had never happened before.

She was describing a vision quest in which she had journeyed into the wilderness, eating little and even going without water for days. A vision quest is a journey into the wilderness, usually undertaken on one's own, in search of spiritual truth. The fourth day was painful and she suffered from headaches, nausea, vomiting, muscle aches and was also pestered by flies and mosquitoes. As she shouted out for an answer, a voice within said 'go home' it's enough now, this is not the way of Spirit.

As I read I saw my own journey unfolding. The loneliness of myself as a child, the painful struggle through school, the long hours sitting at a desk, the rebel seeking a different journey, travelling around the world on a vision quest seeking a personal truth ... and suddenly, the years of searching and seeking welled up inside me like a great fountain of water bursting through the ground, and my eyes filled with tears of compassion for myself, for the struggle and the search, for the pain and the loneliness, for the frustration and the anger.

Uncontrollable tears and a deep sobbing came from somewhere deep within the memories stored in my body; and then just as suddenly like an ancient echo the sound of laughter rippled through the tears and I was aware of the comedy in which we live our lives, taking all too seriously the story with which we surround ourselves. And the tears came again as I saw the little boy standing alone in the playground, and all the moments of loneliness, failure, frustrated goals, poor self image, feelings of abandonment, and then the laughter full and deep as I recognised clearly that all is perfect and okay, what we seek cannot be found by the seeker, the blind cannot find the light or the deaf the sound.

As the crying and laughing met, a great stillness overcame me and a lightness of being filled a void that I did not know existed. I feel that for the moment the long search is over.

Continued on page 17

When one truly knows that one does not know, and can never know everything then trying to find the unknown no longer makes any sense.

Perhaps the best we can do is to love, to have compassion for ourselves and others and to rejoice in simple things. The great One, the great mystery, Grace will fill the void within each one in its own time.

*There is no where to go
There never was
The sound you hear
Is the creaking of the oak tree
And the beating of your heart
Each is a whisper of the divine
There is no other*

DR. BERNARD BROM.

Rely on Divine Grace

A bird sits on a tiny twig in perfect confidence. Where does it get the confidence from? Not from the twig but from the wings which can take it aloft at the slightest sign of danger.

The twig is Prakriti, the world. Sit on it lightly, gaily, confidently but rely more on the wings, namely, Divine Grace which can lift you aloft away from Prakriti at the slightest premonition of danger.

The twig is not very reliable but the wings are always there to save you.

SAI BABA.

Endorphins ---the body's own (non-addictive) stress and pain medication.

The brain produces its own neurotransmitters, the endogenous opiates (e.g. beta-endorphin). These chemicals are produced in the brain in response to a variety of stimuli. And we can train ourselves to tap into this remarkable feature.

Endorphins were discovered in 1975. Stress and pain are the two most common triggers for release of the endorphins. Activation of the opiate receptors in the brain by the body's own endorphins do not cause addiction or dependence, whereas exogenous opiates, such as morphine and codeine, do lead to addiction and dependence.



Life through the eyes of a child

Teacher Debbie Moon's first graders were discussing a picture of a family. One little boy in the picture had a different hair colour than the other members.

One of her pupils suggested that he was adopted. A little girl said, 'I know all about adoption, I was adopted....'

What does it mean to be adopted?' asked another child.

'It means,' said the girl, 'that you grew in your mother's heart instead of her tummy!'

An eye witness account from New York City, on a cold day in December, some years ago: A little boy, about 10-years-old, was standing before a shoe shop on the pavement, barefooted, peering through the window, and shivering with cold. A lady approached the young boy and said, 'My, but you're in such deep thought staring at that window!'

'I was asking God to give me a pair of shoes,' was the boys reply.

The lady took him by the hand, went into the shop, and asked the assistant to get half a dozen pair of socks for the boy. She then asked if he could give her a basin of water and a towel. He quickly brought them to her.

She took the little fellow to the back part of the shop and, removing her gloves, knelt down, washed his little feet, and dried them with the towel.

By this time, the assistant had returned with the socks

Placing a pair upon the boy's feet, she purchased him a pair of shoes ...

She tied up the remaining pairs of socks and gave them to him

She patted him on the head and said, 'No doubt, you will be more comfortable Now...'

As she turned to go, the astonished child caught her by the hand, and looking up into her face, with tears in his eyes, asked her:

'Are you God's wife?'

Whenever I'm disappointed with my lot in life, I stop and think about little Jamie Scott.

Jamie was trying out for a part in the school play. His mother told me that he'd set his heart on being in it, though she feared he would not be chosen.

On the day the parts were awarded, I went with her to collect him after school.

Jamie rushed up to her, eyes shining with pride and excitement...

'Guess what, mum,' he shouted, and then said those words that will remain a lesson to me 'I've been chosen to clap and cheer.'

Reproduced from edition 108 of The Sussex Healer magazine 2012 .

FREEDOM

Like everything else, our understanding of concepts such as “freedom” has evolved over time through personal, societal and cultural experience. Centuries back, people saw liberty simply as freedom of personal action, in other words “to do as one pleases,” but today an altogether deeper understanding allied to a growing sense of responsibility and respect for others has evolved. Great thinkers have seeded spiritual ideas concerning freedom and responsibility in human consciousness which have guided humanity forward to the point where they are now recognised by many as the essential cornerstones of a more just and happier world.

One such thinker was Aristotle, who posited that the main purpose of politics is not the imposition of law and order, the facilitation of economic transactions or the prevention of personal injustices, but more the cultivation of virtue and the unfolding of ‘the good’. Aristotle argued that the cultivation of virtue is its own reward as it leads to true happiness and a happy person.

From WORLD GOODWILL Newsletter N° 3 2011

“**Y**our time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma --- which is living with the results of other people’s thinking. Don’t let the voice of others opinions drown out your own inner voice. And most importantly, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.” STEVE JOBS.

Pomegranate ... A Powerful All-round Health Fruit

Time magazine recently profiled the exceptional health benefits of pomegranate under the heading ‘Pomegranate Power’ because of its anti-inflammatory properties, its ability to inhibit growth of cancer cells and improve symptoms of coronary heart disease and overcome periodontitis (gum disease) Israel’s Institute of Technology found that it contains almost three times the antioxidant ability of red wine, green tea, cranberry juice and orange juice.

In recent studies pomegranates & their juice have been shown to contain a number of powerful antioxidant compounds, including poly-phenols and anthocyanidins, which help prevent free radical molecules from disrupting proper circulatory function. Of particular note is the poly phenol Ellagic acid that has been shown in several studies to help support the life span of healthy cells. Consequently it’s main health benefits are as an anti-viral treatment, a treatment for cancer, cardiovascular diseases, diabetes, gastrointestinal problems, sore throats, ulcers, for liver and kidney disorders.



SPRING

I'm looking forward
To the Spring
For the Spring to come again
To admire the golden daffodils
And feel the gentle, soothing rain.

To the Cherry Tree's glorious pink blossom
And the blackbird's sweet refrain
To the fresh new buds and green leaves
To Earth's wakening again

I'm looking forward to sunshine
To rainbows in the sky
To seeing my weeping willow
In green splendour reaching high

To watching all the parent birds
As they build nests for young
And each and every morning
Their joyful song is sung

To watch the joyful miracle
Of flowers come forth to bloom
In yellow, pink and blue and white
Oh, spring can't come too soon.

So Earth will soon awaken
From Winter's cold bitter grasp
The ice will melt, our hearts will lift
Spring come again at last.



ANGELS

‘Every time you see someone in distress, you have the opportunity to work as a team with Heaven’s angels. You become the channel for your angels to provide loving care to those in need.’

DOREEN VIRTUE.

‘What is an angel? The two words that come closest to a true biblical answer are *manifestation* and *servant*.’

CHARLIE W. SHEDD.

‘Chanukah falls around midwinter and is ruled by the Angel of Miracles. The miracle of lights thus suggests, an inner level, that no matter how dark or tragic an event may be, our inner light is eternal and never dies.’

AMBIKA WAUTERS.

‘May your days be blessed with the presence of an angel watching over you.’

DOUGLAS PAGELS.

‘The Talmud is full of references to angels occupied with tasks both large and small ---exhorting blades of grass to grow and leading nations in battle.

In Jewish mysticism, angels fashion wreaths from the words of prayer and adorn God with the crowns.’

ANNE UNDERWOOD.

‘Where does that quiet voice, that subtle feeling, come from that whispers to us within, advising us, warning us, giving us a superior insight, a wisdom that does not seem to come from ourselves? Some see in this inner intuition the subtle urging of an outside guardian angel.’

JOHN RUNNE. .

Know Truth

Look into the light to know the truth, look deeply within yourself to know the truth, feel inside your very soul the will of God, feel his unconditional love as you have never felt it before.

Understand when others cry out for help as you have done, only then will they understand the reality of life because without their own pain they never will feel anothers.

Only when you truly understand how others feel will you be of help to them, let them know you cry with them because you have been there before.

Let them see how you have risen from the depth of despair because of the pathway you are now on and that God and the spirit world always hear sincere prayer that comes from the soul.

Tell them to be patient and in time they will greet with open arms the help that comes their way.

Then is the time to say "Thank you Lord for all that is good."

Shelia Goldsmith

Will all members of JASH please note!

The Annual General Meeting of JASH will be held on Sunday 10th June 2012 at Glebe Hall, Glebe Road Stanmore at 2.30 p.m.

Followed by tea and refreshments.

Come along meet your fellow healers.

Nominations for committee members should be sent to Francine Benjamin JASH secretary at least fourteen days before the AGM.

In search of that healing smile ... This collection of notes left in milk bottles should help.

Dear milkman: ‘I’ve just had a baby, please leave another one.’

‘Please leave an extra pint of paralyzed milk.’

‘Cancel one pint after the day after today.’

‘Please don’t leave any more milk. All they do is drink it.’

‘Milkman, please close the gate behind you because the birds keep pecking the tops off the milk.’

‘Sorry not to have paid your bill before, but my wife had a baby and I’ve been carrying it around in my pocket for weeks.’

‘Sorry about yesterday’s note. I didn’t mean one egg and a dozen pints, but the other way round.’

‘When you leave my milk please knock on my bedroom window and wake me because I want you to give me a hand to turn the mattress.’

‘Please knock. My TV’s broken down and I missed last night’s Coronation Street. If you saw it, will you tell me what happened over a cup of tea?’

‘My daughter says she wants a milkshake. Do you do it before you deliver or do I have to shake the bottle?’

‘Please send me a form for cheap milk, for I have a baby two months old and did not know about it until a neighbor told me.’

‘Please send me details about cheap milk as I am stagnant.’

‘Milk is needed for the baby. Father is unable to supply it.’

‘From now on please leave two pints every other day and one pint on the days in between, except Wednesdays and Saturdays when I don’t want any milk.’

‘My back door is open. Please put milk in ‘fridge, get money out of cup in drawer and leave change on kitchen table in pence, because we want to play bingo tonight.’

‘Please leave no milk today. When I say today, I mean tomorrow, for I wrote this note yesterday.’

‘When you leave the milk please put the coal on the boiler, let dog out and put newspaper inside the screen door. P.S. Don’t leave any milk.’

‘No milk. Please do not leave milk at No. 14 either as he is dead until further notice.’

Social and Personal

Sincere condolences to the family of Shirley Waldorf on their sad loss.

Congratulations to Carol and Martin Landsman on the birth of your grandchild

We extend a warm welcome to all those who have joined JASH as members.

THE LAKE

The fish glide silently, soothingly, gracefully along in their dim, dark peaceful environment.

Swallows, thrushes, blackbirds and myriad's of different birds fly constantly high and low, back and forth over the lake, looking for food for their young, materials for their nests, singing and calling to one another.

The waters ripple with bubbles; an occasional insect, frog or beetle disrupts fractionally the deep, dim, dark depths. Above, jewel like dragonflies and brilliant butterflies hover and flutter above the lush, green reeds and stalwart bulrushes. Deep pink water lilies grow here, like lotus flowers, their roots in the muddy, murky water, but their beautiful flowers always rising above to the clear pure air, no matter how high the dirty water rises.

Here come the Canada Geese with their three downy babies, hungry always, and the Mallards and the mother Coot, putting food into the mouths of her little ones.

But with nonchalance and serenity and grace, surrendering in complete confidence, the fish glide on.

Promise Yourself

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best, and to expect only the best

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

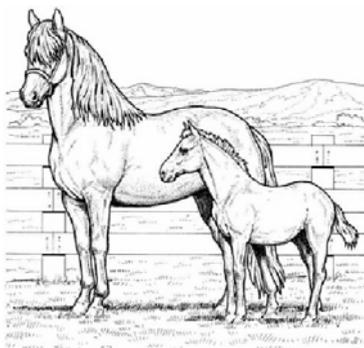
To give so much time to the improvement of yourself that you have no time to criticise others .

To be too large for worry, too noble for anger, too strong for fear; and too happy to permit the presence of trouble.

To think well of yourself and to proclaim this fact to the world, not in loud words but in great deeds.

To live in the faith that the whole world is on your side so long as you are true to the best that is in you.

ANON



Gems and Jewels there may well be ...

.....but what about these priceless items taken from children's classroom tests and examination papers --- to bring on that smile that helps to heal.

The skeleton is what's left after the insides have been taken out and the outside taken off. The purpose of the skeleton is something to hitch meat to.

For asphyxiation, apply artificial respiration until the patient is dead.

Eiffel Tower is a pudding.

Barbarians are things put into bicycles to make them run smoothly.

Q. What qualifications are required for a special constable?

A. Any respectable man is illegible.

A fossil is an extinct animal. The older it is the more extinct it is.

A phlegmatic person is someone who has chronic bronchitis.

Acrimony (sometimes called holy) is another name for marriage.

Edward III would have been king of France if his mother had been a man.

The cause of the Peasants Revolt was that a shilling poultice should be put on everybody over sixteen.

Polonius was a mythical sausage.

Infants' department, singing morning hymn: "We can sing full though we be!" (weak and sinful though we be.)

Taken from and reprinted by kind permission of THE SPIRITUAL HEALER.

To all our readers, do send in those priceless gems, heard whilst healing or wherever. Share the moment with us.

Send such material in time for the next edition of 'News & Views', it would be much appreciated.

Material submitted should be in its original form, be clear and legible (typed if possible) and please remember, if taken from magazines, newspapers, newsletters or other published sources, this should be made clear so that the source may be acknowledged.

Maurice & Yetta Powell Editors of 'News & Views'

Venues where members of J.A.S.H. Practise healing

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Contact Francine 07956 261 738

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(rear of car park)

Contact Steve 0208 866 9332

Thursdays 2.00 pm - 4.30 pm

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Glebe Hall, Glebe Road, Stanmore, HA7 4EL

Contact Bernard 0208 958 9565

or

Steve 0208 866 9332

Wednesday 7.00 pm - 9.00 pm

RAINBOW HEALING CENTRE NORTHWOOD

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

Contact Pat 0208 866 9084

or

Vedant 0208 863 0261

Wednesday 2 pm – 4.15 pm

**We ask all readers of News & Views,
to send love, light and healing to all those in need.**

Quotes to Inspire

“Nothing in life is to be feared. It is only to be understood.”

MARIE CURIE.

“It is hard to fail but it is worse never to have tried to succeed.”

THEODORE ROOSEVELT.

“All our dreams can come true if we have the courage to persue them.”

WALT DISNEY.

**“There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle.”**

ALBERT EINSTEIN .

‘We are not human beings having a spiritual experience. We are spiritual beings having a human experience.’

PIERRE TELIHARD DE CHARDIN.

“We must become the change that we want to see.”

M AHATMA GANDHI.

“Neither fire nor wind, birth nor death can erase good deeds.”

BUDDHA.

“Pleasure in the job puts perfection in the work,”

ARISTOTLE.

“Wrinkles should merely indicate where smiles have been.”

MARK TWAIN.

“It is under the greatest adversity that there exists the greatest potential for doing good for oneself and others.”

DALAI LAMA.

***“The less you open your heart to others,
the more your heart suffers.”***

DEEPAK CHOPRA.