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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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EDITORIAL

We all send out our heartfelt sympathy to all who have suffered so severely through flooding many losing their homes, farms and shops. We hope sincerely that they will soon be able to return to a degree of normality and comfort .

This year 2014 is according to the Chinese Zodiac, a year that everyone loves, the year of the horse. We have been told that this is a sign for a good year, for the horse represents prosperity, celebration and happiness, a good year for travel and opportunity according to our Chinese friends a year when what you wish for will (happily) manifest.

This a contrast to the last year — the year of the snake which was a very difficult and unhappy year for many people all over the world. Just now we are hearing about many breakthroughs advances in science and technology; especially in the fields of medicine and healing. We trust that the year of the horse will be propitious to healers everywhere

Maurice & Yetta Powell - Editors News & Views

Chairman's Report February 2014

Welcome to the Spring edition of News and Views. We have managed to keep our annual subscription at £23.00 for the last few years, but unfortunately, our expenses are increasing all the time and therefore I am sorry to say that there will be an increase next year (2015) which we will keep to the absolute minimum (probably about £2.00 more). We were very fortunate last year as we received an £1800.00 grant from the Ark of Noah Trust for future training and development, together with donations from Harry and the Edna Ashby Foundation amounting to £380.00, our grateful thanks to these supporters.

The British Alliance of Healing Associations held their Annual General Meeting at the end of November 2013, where we were told that a new standards booklet, put together by Sheila and David Holmes, was nearly ready for publication. Ken Baker is now Life President, Sheila Holmes the Chairwoman, David Holmes the Secretary, Jim Perkins the Treasurer, Therese Seward, Brenda Peace and myself completing the members of the Executive Committee. The BAHA constitution needs updating to include the latest legal and CPD requirements etc. They have a reasonably healthy bank balance with all their major debts paid, with just the expenses of the Secretary and Chair since 2012 to be covered in the near future. The Healing Trust is slowly getting back to normal running.

The Doctor Healer network held an interesting talk by Ron Bonewitz about crystal healing, how the various precious and semi precious stones were formed and the lessons of life, another followed a few weeks later by Jo Green about creative art, mind consciousness and meditation.

Hopefully, one day all the healing organisations will come under one banner with a National Occupational Standard throughout the UK for training purposes, this, of course, is extremely difficult to obtain as there are so many facets to the "healing diamond".

I hope you have not been too disrupted by the inclement weather we have endured over the last few weeks and I am sure you will join your committee with distant healing for all those who have suffered.

A reminder that your insurance cover expires 31st March 2014 if you have not renewed your annual membership subscription, having completed and signed the renewal form.

My thanks, as always, to your hard working committee for their dedication, time and expertise in keeping the Jewish Association of Spiritual Healers at the forefront of the healing movement and to you for your continuing support

I'll Help The World To Heal

I feel that I could heal the world
If it were left to me
I'd give everyone a roof over their head, clean water and their own lavatory
Why can't governments build factories to make prefabricated homes
Infrastructure instead of corruption
Where is it all going, the diamonds and the gold?
Selling to Dubai, so I've been told.
More rubbish.
Money spent on fast cars, designer clothes and nail bars.
I'm not a communist,
But how can the world bear to see,
So many people living in such poverty.
Governments so corrupt, they give people a little help,
A bit of this and that,
But what good does it do. When they send them back to a leaking shack?
There has to be a program.
'Homes for the poor'
In this age of technology,
We must do more
Places where most riches are in the ground
These are the places where the worst poverty is found.
Gold, diamonds, oil and all that.
At least in this country we try and give poor folk a council flat.
The governments say they are religious,
But how can that be?
It's not the sort of religious
I was brought up to be.

Tina Cohen

Memories.....

On this sad day I feel like a little piece of living history. I am one of a fairly small and dwindling number of people who knew Nelson Mandela before he went to prison.

We lived on a little farm outside Johannesburg called Liliesleaf in a place called Rivona. When I was nine years old Nelson came to live with us. He was on the run at the time and was presented to me and my brother as David who had something to do with running the farm. Even at nine years old he did not look much like a farm worker to me. A few days later I saw an article about him in the newspaper and confronted him about it. Nelson took me for a walk around the farm and explained to me in his own way the need for secrecy and the precariousness of our situation.

On the news last night there was a piece of film of Nelson which really brought it back to me. He was filmed giving an illicit radio broadcast and the filming was done in front of the fireplace in our living room – probably by my dad. I can remember passing the window of one of our outbuildings and looking in to find my father rehearsing Nelson for this speech and trying to improve vocal delivery.

My father and Nelson used to go recruiting for the ANC in remote African villages. It was very dangerous for men of different races to be seen travelling together – particularly when one of them was public enemy number one – so Nelson had to act as the chauffeur on these journies. I was taken along with them – probably as further cover. We brought a bag of sweets with us and my job was to hand out sweets to the children while Nelson and my Dad talked revolution to their parents. I can also remember Winnie coming to visit while we played with their children around the farm.

This existence ended very shortly afterwards. Nelson had left us and was already in custody when the Special Branch raided the farm and arrested all the other leaders of the ANC including both my parents. My father was fortunate enough to escape with three of his comrades after a month in jail but my Mum served 87 days in solitary confinement with only a Bible for company and under heavy interrogation before she was released. The others who were not so lucky all served more than 20 years in jail.

There are very few people who get to change the world. And there are even fewer who can say they have changed it for the better. A small group of friends including my parents did that. They were led by one of the most remarkable men the world has ever seen.

Danielle Samuels
JASH Healer Member

THE UNIVERSAL NEED FOR SPIRITUAL HEALING

By a Doctor, M.R.C.S., L.R.C.P. B.A. (Cantab)

During the past few decades it has been made increasingly and abundantly clear that physical healing, in itself, is not enough. The need for spiritual healing is urgent and universal. There are few people who could not benefit from it, either because of physical ills, particularly those said to be "incurable," or because of emotional imbalance due to early spiritual injury which has persisted into adult life.

In view of so much proven authentic healing, why then is it that some people do not believe in its efficacy"? It can only mean that they do not want to. Perhaps they see it as tied up with religious dogma that they cannot accept. Perhaps they are afraid of what others will think and say if they give credence to what seems unreal, "spooky," even superstitious. It seems unreal only because they have been materialistically conditioned since birth; there are people who even believe that they do not have a soul.

They can see a surgeon's knife, or a dose of Epsom salts, but they cannot see a loving thought, so it does not exist for them. It is usually when all hope of physical cure has been abandoned that people are willing to give it a try, and such is the perversity of the human mind that even when cured they often refuse to give credit where credit is due, attributing cure to chance or good luck.

Most neurotic illness in the adult is a hangover from the feeling of insecurity felt in childhood, and it is only because of unconscious repression and the human need to rationalise that prevents this fact from being obvious to all. That is why it has to be stated over and over again.

If psychological injury is done to the child early enough and severely enough, the result is irreparable, leading at worst to delinquency or insanity, at best to neurosis. The neurotic adult may crave for alcohol or drugs just as the child craves for sweets and the infant for warm breast milk to give the sense of well-being, and stave off the tensions of hunger and loneliness. A child can get along without sweets, but the infant and the addict cannot live without their primitive needs—they feel that unless they get them they will be annihilated. The addict has a deeply repressed, regressive oral aggression - he would destroy" his environment if necessary to get relief from tension, to get the feeling of well-being, without which he cannot live.

When a criminal coshes an old lady and steals her handbag we are revolted by so evil and cruel an act — but is the aggression of nations at war any less evil and repulsive?

Whether tribulation seems to be physical or mental, the remedy lies in spiritual healing; but it is not sensible to eschew doctors and all medical treatment, though some medical remedies may be taken with a grain of salt.

The ideal situation should be the combination of the physical with the spiritual which together make up the whole person.

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Resonance by Heather Martin

Home
From whence we come
And to where we return
When life's work is done.
We carry within us this remembrance
Which resounds ceaselessly.
Silently,
Throughout our whole being.
Choose to nurture this;
Choose to harmonise our temporary and turbulent ways
With the resonance of endless, numinous, radiant bliss.
Sinking into the depths of peace,
Supported by buoyant vibrations,
Held in the fullness of the infinite,
Connected to the rhythm of the stillness.
As the ephemeral mist lifts,
Realisation floods my mind;
The dawn of truth
Smooths my furrowed brow;
Time stands still
For a moment eternal...
- Alone in birth
- Alone in death
The stark chasm of isolation
Bridged but by
Enfolding
Winding
Golden chords
Chords of love
Love, that redeeming energy,
Transcending all realms;
Love, that all graceful symphony,
According harmonisation of souls.

The above poem was submitted by our Patron -- Aubrey Rose C.B.E. D.Univ

‘Chinese Herbal Legends 50 Stories’

We were introduced to the above mentioned book which had fifty anecdotal stories about the discovery of various Chinese Herbs and their healing properties. The following is one such story, we hope you will enjoy.

The Mulberry Leaf ... story

A long time ago, on a mountain called Yaoshan, there lived a single mother and her son, a nice lad named Damu. Being a dutiful son he always took good care of his mother.

Mother and son made their living by growing crops, and their life was good. One autumn however, after a lot of rain, the mother fell ill. She was coughing every day, felt dizzy and had to stay in bed.

To find a cure for his mother, Damu went everywhere to trying to find the right medicines. Nearly a month passed, yet his mother was still very ill, and Damu was very upset.

One day, Damu was told that there was a monk who practiced medicine and who lived in a temple on mount Yaoshan who might help her.

Hearing the good news, Damu was so pleased with it that he wanted to carry his mother on his back to see the monk. However, his mother would not go because she thought it was too far to travel and that it would definitely hurt her son's back to carry her.

“My son, you're already too tired from searching for herbs to help me, and Yaoshan is a big mountain; the road to the temple is steep, and it's impossible for you to carry me all that way by yourself.”

“That's no problem, Mum, if I am tired, we could rest, and I have heard that that monk is really good at medicine. He knows lots of prescriptions.” Said Damu.

“Son, I believe you.” Answered his mother, “But I couldn't walk there by myself, and the temple is much too far away for you to carry me. Maybe you can go to see the monk first, and bring back the herbs. Let's try that, ok?”

“But Mum !...” Said Damu.

“No arguments” said his mother. “Just do as I say and go. Don't worry about me. I can take care of myself while you're away.”

So, before starting out, Damu boiled water and put it in a big container for his mother to drink from. However, because he left in a hurry he forgot to put the lid on the container . A few hours later, the mother was thirsty and wanted to drink some water. When she reached the container, she found there were several mulberry leaves inside it. She told herself: ‘The wind in autumn is really strong; it blew so many leaves into this water.’ However, after drinking the water, the old lady fell asleep. When she woke up, she felt better, and the pain in her head was greatly relieved. So she drank another cup of the water. And once again fell asleep.

When she next awoke it was sunset. The white clouds in the sky were dyed almost red by the sunlight, as was mount Yaoshan it was a beautiful scene! At this time, Damu arrived back home. Sweat was pouring down his face

when he opened the door. "Are you ok. Mum?" Were the first words he uttered.

"Yes", replied his mother, "I feel better now. Did you get the medicine?"

"No", said Damu, "The monk wasn't in the temple when I got there. He had gone somewhere else. I will go to see him tomorrow."

"You look tired, eat your dinner and go to bed early." Said his mother.

"No Mum I'm ok, let's have our dinner together." Answered Damu.

"No", said his mother, "I don't want to eat. It's strange, I feel better after drinking the water, you left for me and I want more of it."

The next morning, after getting up, the mother told Damu she was recovered and wanted to take a walk. Damu was totally confused: "Mum, did you take some medicine?" he asked.

"Not at all", replied his mother, "I just drank some of the water you left me."

"Did you put something into the water?" He asked

"No, nothing but there were a few mulberry leaves, which had been blown into the container." Said his mother.

Looking at the leaves in the water, Damu couldn't help but wonder that maybe the mulberry leaves cured his mother's illness.

After eating breakfast. Damu boiled more water, picked some leaves from the mulberry tree and put them into the water. He then went off to see the monk.

The monk first asked a lot of detailed questions about his mother's illness.

Then the monk told Damu that he could put some 'Frost' mulberry leaves (leaves gathered after a frost) into water and boil it and let his other drink the infusion.

Damu was so excited when he was told this prescription because he finally understood that the 'frost' mulberry leaves were actually an effective herb, and that was why his mother had recovered by drinking the water.

"To see a world in a Grain of Sand
And Heaven in a Wild Flower
Hold Infinity in the palm of your hand,
And Eternity in an hour."

From Blake's Auguries of Innocence

ORIGINS OF EVERYDAY EXPRESSIONS

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are 'limbs', therefore painting them would cost the buyer more. Hence the expression, 'Okay, but it'll cost you an arm and a leg'.

As incredible as it sounds, men and women took baths only twice a year (May and October)! Women kept their hair covered, while men shaved their heads (because of lice and bugs) and wore wigs. Wealthy men could afford good wigs made from wool. They couldn't wash the wigs, so to clean them they would carve out a loaf of bread, put the wig in the shell, and bake it for 30 minutes. The heat would make the wig big and fluffy, hence the term 'Big Wig'. Today we often use the term 'here comes the Big Wig' because someone appears to be or is powerful and wealthy.

In the late 1700's, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The 'head of the household' always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the 'chair man'.

Today in business, we use the expression or title 'Chairman' or 'Chairman of the Board'.

Personal hygiene left much room for improvement. As a result, many women and men had developed acne scars by adulthood. The women would spread bee's wax over their facial skin to smooth out their complexions. When they were speaking to each other, if a woman began to stare at another woman's face she was told, 'mind your own bee's wax'. Should the woman smile, the wax would crack, hence the term 'crack a smile'. In addition, when they sat too close to the fire, the wax would melt. Therefore, the expression 'losing face'.

Ladies wore corsets, which would lace up in the front. A proper and dignified woman, as in 'Straight Laced' wore a tightly tied lace.

THE ORIGINS OF EVERYDAY EXPRESSIONS, continued

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to 'go sip some ale' and listen to people's conversations and political concerns. Many assistants were dispatched at different times. 'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the term 'Gossip'.

At local taverns, pubs, and bars, people drank from pint and quart-sized containers. A bar maid's job was to keep an eye on the customers and keep the drinks coming. She had to pay close attention and remember who was drinking in 'pints' and who was drinking in 'quarts', hence the term 'minding your P's and Q's'.

One more: bet you didn't know this!

In the heyday of sailing ships, all war ships and many freighters carried iron cannons. Those cannons fired round iron cannon balls. It was necessary to keep a good supply near the cannon. However, how to prevent them from rolling about the deck? The best storage method devised was a square-based pyramid with one ball on top, resting on four resting on nine, which rested on sixteen. Thus, a supply of 30 cannon balls could be stacked in a small area right next to the cannon. There was only one problem, —.how to prevent the bottom layer from sliding or rolling from under the others. The solution was a metal plate called a 'Monkey' with 16 round indentations.

However, if this plate were made of iron, the iron balls would quickly rust to it. The solution to the rusting problem was to make 'Brass Monkeys'.

Few landlubbers realize that brass contracts much more and much faster than iron when chilled. Consequently, when the temperature dropped too far, the brass indentations would shrink so much that the iron cannonballs would come right off the monkey. Thus, it was quite literally, 'Cold enough to freeze the balls off a brass monkey'. (All this time, you thought that was an improper expression, didn't you.) Submitted by Dr.Eli Gersten USA

***It's true that we don't know
What we've got until it's gone,
But it's also true that we don't know
What we've been missing until it arrives.***

The Challenge of Change

As a healer for many years I have always been aware of the limitations in my ability to attune to the universal healing energy. I am also aware, as most of you will also be, that the more I am able to develop and grow as a person, the more I know myself and, the more I can reach out to the highest and best in myself, the more I can develop my sense of oneness with my spirituality. In this way I find it easier to attune to those healing energies and give the best possible healing to my patients.

As we grow, changes are inevitable and usually quite a challenge. You may know yourself, which is a wonderful realisation but it is often harder to change what we know because we don't for the most part always like and accept who we are.

In some areas of life we may take a long time to change and in others we may move through the stages very quickly and achieve immediate changes. Regardless of how long each stage lasts, it can challenge your character, ethics, morality and self respect.

We have to work to discover ourselves and understand why we behave and think the way we do – why we have addictions, why we are afraid, why we are angry, why we blame and judge others, often for our own errors, why we can't give or receive a compliment, why we have low self worth. We need to feel comfortable to be proud of our accomplishments and to recognise our boundaries and where we will draw the line – if we really do. Creating an identity for ourselves is based on self-discovery and acceptance and not on biological and ethnic inheritance.

The following technique is what I often find helps me to reassess myself in order to reconnect with more awareness to my spiritual self.

Stage One: Revolution

Developing self change requires an act of revolution. When situations in our lives get too much so that our quality of life is taken from us; when we feel threatened by circumstances out of our control; when the pain gets too much to bear; when everything seems to get in our way; when we feel at our lowest ebb and everything seems to be against us - it is then that we may begin to want to change, not other people, but ourselves – and so the revolution begins. We begin to realise that the responsibility for how we are and how we live our lives, is ours. We begin to look at who we really are – not on the outside but inside ourselves. We may suddenly realise that we hold an opinion different from our family, friends or peers but we find it difficult to

free ourselves from the group influence.

We may feel we need more respect and freedom or we may wish to change a pattern of behaviour, which causes us to feel bad about ourselves. Many of our roles, standards and values have been part of childhood conditioning and we continue to allow them to be the norm, regardless of the fact that some may be attacking our self worth and self-esteem. When we feel we are really ready to change our negative situation, we will find the inner strength needed and begin the revolution.

Stage Two: Involution

This is when the journey begins and we start the involution. We start the process of becoming more involved with ourselves and looking at all our hopes, fears, needs, desires, strengths weaknesses. We begin to ask ourselves questions and examine why we do what we often don't want to do. When situations occur, whether they are new or old ones, we ask ourselves why we do what we do, such as

Why do I do it like that?

How can I do it differently next time?

What else do I believe?

Where am I going in my life?

We begin to examine our outer world and see how well it is giving us what we want. Often people prefer to “cop out” so to speak, when asked to look at themselves. Many say, “I don't know, I never thought about that”. This kind of reply is common because self-examination requires you to make choices and take action. Many people feel unready to do this and are quite willing to stay wherever they are at – no matter how non-nurturing and painful it may be.

Stage Three: Narcissism

This stage has been given the title “Narcissism” after a handsome young man called “Narcissus” in Greek mythology. He was doomed by the gods to fall in love with his own reflection in a pool of water.

This is not quite what this stage expects of you, but to develop your self acceptance you need to kind of “fall in love with yourself”. You may start thinking this is self-centred, but if you intend to do any self-examination then you certainly need to pay more attention to yourself and how you operate. This is when you start, sometimes for the first time, to like yourself to the degree when you can justify putting yourself first, to fulfil your needs and desires, to start to look at what you want to do and who you really want to be

and to perhaps follow the many dreams that you have locked away because you thought that perhaps you did not deserve them. This is when you can plan the changes you want to see happen in yourself and in your lifestyle.

However before these things can begin to happen you have to start by learning to love yourself.

Stage Four: Evolution

In this stage the new you begins to grow and evolve. Things around you begin to change for the better. People who knew you before this will be quite shocked and confused about the changes in your behaviour and thinking. Those who really love you will be very happy for you. All the old negative patterns will fall away to be replaced by new positive ideas. Instead of just hoping and wishing, you will be able to choose and create the life you wish to have.

Of course this will not happen overnight and you will have to work at it and put in the effort to change, but when you reach this stage you will instinctively know that you have begun your evolution.

Vedant Wood - Healer Member JASH.

Sow the seed of love, and you will be rewarded with the most incredible feeling of love dancing in your heart.

Prem Rawat

HOW TO STAY YOUNG

1. Try everything twice. Be like the woman who said she wanted this epitaph: 'Tried everything twice ...loved it both times'!
2. Keep only cheerful friends. The grouches pull you down, (keep this in mind if you are one of those grouches.)
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's!
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with HIM/HER.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. LIVE while you are alive.
7. Surround yourself with what you love: whether it's family, pets, keepsakes, (elephants), music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve by yourself, get help.
9. Don't take guilt trips. Take a trip to the shopping mall, even to the next town, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.
- 1 1. Forgive now those who made you unhappy or made you cry. You might not get a second time.

And if you don't share this to at least 4 people - who cares? But do share this with someone.

'It seems to be becoming harder and harder in this age to stick to what, we believe - or feel. We are told constantly that we have to live in "the real world"- but "the real world" is within us.

The reality is that "Truth, Goodness and Beauty" in the outer, manifested world are only made possible through the inner, invisible pattern - the unmanifested archetype.'

HRH The Prince of Wales

Love —

“Moses Mendelssohn, the grandfather of the well known German composer, was far from being handsome. Along with a rather short stature, he had a grotesque hunchback.

One day he visited a merchant in Hamburg who had a lovely daughter named Frumtje. Moses fell hopelessly in love with her. But Frumtje was repulsed by his misshapen appearance.

When it came time for him to leave, Moses gathered his courage and climbed the stairs to her room to take one last opportunity to speak with her. She was a vision of heavenly beauty, but caused him deep sadness by her refusal to look at him. After several attempts at conversation, Moses shyly asked, "Do you believe marriages are made in heaven?"

"Yes," she answered, still looking at the floor. "And do you?"

"Yes I do," he replied. "You see, in heaven at the birth of each boy, the Lord announces which girl he will marry. When I was born, my future bride was pointed out to me. Then the Lord added, But your wife will be humpbacked.'

"Right then and there I called out, 'Oh Lord, a hump - backed woman would be a tragedy. Please, Lord, give me the hump and let her be beautiful.'

Then Frumtje looked up into his eyes and was stirred by some deep memory. She reached out and gave Mendelssohn her hand and later became his devoted wife'.

Story by Barry and Joyce Vissell and published in 'Chicken Soup for the Soul' - Compiled by Jack Canfield and Mark Victor Hansen. - who we wish to thank for allowing it to appear in 'JASH News & Views'.

Your editors sincerely recommend that in regard to Healing, CHICKEN SOUP FOR THE SOUL should be part of every healers library.

On Being Yourself

You must learn that you may not be loved by all people. You can be the finest apple in the world - ripe, juicy, sweet, succulent and offer yourself to all. But you must remember that there will be people who do not like apples.

You must understand that if you are the world's finest apple and someone you love does not like apples, you have a choice of becoming a banana. But, be warned, if you choose to become a banana you will be a second-rate banana. Remember, you will always be the finest apple. You must also realise that if you choose to be a second rate banana, there will be people who do not like bananas. Furthermore, you can spend your life trying to become the best banana - which is impossible if you are an apple - or you can seek again to be the finest apple.

AUTHOR UNKNOWN

The Gradual Process of Spiritual Healing by RAY BRANCH

With healing, no one case be considered a precedent for another

A PATIENT has asked to be told more about why some healings are gradual. We find that with certain conditions the healing does take time and there are many factors that can account for this.

In general, however, while we see the quick and "instantaneous" healing's, these are not the rule, but that in most cases some period of time is needed to remove the CAUSE and then the SYMPTOMS.

One can only speak in generalities, for every healing must be considered individually. If it should be that the effects of the disease have consolidated, as with arthritis, and the joints have become locked or semi-locked or distorted, then a longer time is needed than with a patient who has a mild form of arthritis.

If the complaint is a form of paralysis and wastage has followed, a time period is needed to restore the wastage through the natural recuperative powers of the body aided by the healing.

With healing, no one case can be considered to be a precedent for another. With even similar conditions one patient may respond quickly while another needs longer time.

Perhaps it is also well to consider the nature of the CAUSE of the disease, for this must first be removed before the symptoms go. If the character of the cause is deep-seated and of long duration, then the time factor will vary for its removal.

Perhaps in this connection when the affliction results from a long-standing physical injury or from some very deep-seated emotional disturbance the healing influences can only make progress slowly.

Next we have to consider the way of life of a patient. If he suffers from arthritis and he is living in a damp condition or the water is very hard then these physical effects tend to maintain the disease, for the cause is sustained. If one has eye weakness and one's employment causes eyestrain we shall again see the ill-effects carried on, or with nerve pains and the patient lives under continual stress, once more the trouble is protracted.

Another factor to be considered is the receptivity of the patient to healing. Some people are more receptive than others; why this is may be obscure, and may concern the total make-up of the individual.

Then, again, one trouble may induce others and it is only when the primary disturbance is removed that the associated conditions will be mastered.

Thus it will be seen that there are many factors that can affect the healing progress, but we have found the following to be true. With many patients who have had a period of

healing and with no remarkable progress, the time does come when the ill-conditions disappear rapidly. In these cases it appears that it has taken time to bring about the removal of the cause and with it being overcome the symptoms are soon disposed of.

Healing produces a state of change, either in outlook (mental easement) or in an organic or chemical form, and it is from these changes the healing results. We are convinced that no matter how long-standing or chronic the disease may be, help is given in some way to every patient. It may be in checking the distress, in improving resistance and general health, in the giving of strength or mental comfort and easement. Help is always there in some form and these are often the preliminaries to assisting the body and mind to overcome the causes, and then the stresses.

Lastly we have to recognise that within the laws that govern us all there are some ill-conditions that may be superior to corrective changes, such as deafness due to age alone. Even these patients can be greatly helped in other ways - so that it can be truly said "Healing is always well worth while," even though we do not see all our wishes fulfilled. On our part, we never limit in our minds the power of Spirit to heal, no matter how grave an ill-condition may be.

Love begets love!

Love can move mountains! There is no problem, hurt or grievance that cannot be solved with love. It is much easier to live with love than with hate.

Valentine's Day signifies love, forgiveness, and caring. Forgiveness clears the air, brings peace of mind, and stops ulcers from starting. When you forgive someone for a grievance you also help yourself. If you are tortured emotionally due to the loss of a loved one, a home, a job, etc., Bring some joy into your life by sending valentines or messages of love in all directions. Like soft drops of rain or cold pellets of snow, they will melt in the heart of the receiver. One can't give love away. It becomerangs. It comes right back. Love begets love!

GLORIA GERSTEN ----MIAMI USA

GRANDPARENTS' ANSWERING MACHINE

Good morning . . . At present we are not at home, but please leave your message after you hear the beep. beeeeeppp

If you are one of our children, dial 1 and then select the option from 1 to 5 in order of "birth arrival" so we know who it is.

If you need us to stay with the children, press 2.

If you want to borrow the car, press 3.

If you want us to wash your clothes and do ironing, press 4.

If you want the grandchildren to sleep here tonight, press 5.

If you want us to pick up the kids at school, press 6.

If you want us to prepare a meal for Sunday or to have it delivered to your home, press 7.

If you want to come to eat here, press 8.

If you need money, press 9.

If you are going to invite us to dinner or take us to the theatre, press star.

WHAT IS A GRANDPARENT? (some answers 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 people's.

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 colours 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 grownups who like to spend time with us.

They know we should have a snack time before bed time, and kiss us even when we've acted bad.

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.

Make A Special Note In Your Diary

Sunday 22nd June 2014 at 2.30 pm

The J. A. S. H. Annual General Meeting

at

Glebe Hall

Glebe Road, Stanmore, Middlesex HA7 4EL

All members of JASH are invited to attend.

This meeting is very important, so do come along and bring your friends too. Tea and refreshments will be served followed by a lively discussion on the power of healing. The names of JASH members who are willing to serve on the management Committee should be submitted to -- Francine Benjamin Secretary by June 15th.

VISUALISATION

Do this now. Close the eyes and as you breathe in, feel the breath expanding your energy system. Going into your lungs it also enters the etheric, astral energies of your make up. Breathe freely in and out seven times. Continue then to feel your seven energies that enter your physical body. You may see the colours. From there you may deduce what the mineral and vegetable make-up of your body are.

Allow yourself to become very still as you enter into the golden silence. Stay there for a while and then return to the earth body and the earth way.

Be so blessed as you do this.

Feel so enriched with the power of the light and unconditional love that you are then enabled to change that part of you as you wish or will to become. Feel relaxed and joyous on your re-entry into earth life.

From 'THE GOLDEN WAY' written by Menorah Charney.

OUR INTUITION by Dr. Fran Mandell

Each of us has four intuitive skills. They are Intuitive Vision, Hearing, Feeling, and Double Intuition. Although we are unaware of it, we unconsciously use these skills at every moment of our lives. We use our intuition to make decisions about the world around us by tapping one or more of our intuitive senses.

The Intuitive Sense of Vision:- This is the sense that allows us to see the possibilities of how situations might work out. "I can see that will work out as planned."

The intuitive Sense of Hearing:- This sense is the unexplained voice in our heads that helps us think and understand. "I was on the train and suddenly had a thought that made everything clear."

The Intuitive Sense of Feeling:- This is the sense that can cause an uncomfortable feeling telling us that something is wrong when all seems to be right. "My brain says yes but my gut feeling says no go."

The Intuitive Sense of Intuition:- This is the most elusive of all the senses. It is what we have come to think of as true intuition. It is simply knowing that a situation is right or wrong. It usually occurs as a sudden flash or insight. "I knew that everything would work out by September."

All of us have all four of these intuitive senses. Each of us has a unique way of using them, however. See if you can identify these intuitive personality types in yourself and in those around you.

Reprinted from L'Chaim - To Life! The JASH News Letter USA.

INVOCATION TO HEAL THE EARTH

**I invoke the force-field of light
that surrounds the Earth
to now be absorbed
into the very depths of the Earth
I invoke the force-field of healing
to now establish itself deep within the Earth
renewing the earth energies
I invoke the force-field of light
to cleanse the hearts and the minds
of all who live on this Earth
I invoke the force-field of light
to cleanse me
that I may be a true instrument of light
So be it**

reprinted from MESSAGES OF LIGHT - Israel.

Being Aware of Our Environment ...

Checking out at the store, the young cashier suggested to the older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized and explained, "We didn't have this green thing back in my earlier days."

The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

She was right -- our generation didn't have the green thing in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the green thing back in our day.

Grocery stores bagged our groceries in brown paper bags, that we reused for numerous things, most memorable was the use of brown paper bags as book covers for our schoolbooks. This was to ensure that the books provided by our school, were not defaced by our scribbling's. Then we were able to personalize our books by using brown paper bags.

But too bad we didn't do the green thing back then.

We walked up stairs, because we didn't have escalators in every store and office building. We walked to the grocery store and didn't climb into a car every time we had to go two blocks.

But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's nappies because we didn't have the throwaway kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts -- wind and solar power really did dry our clothes back in our early days. Kids got recycled clothes from their brothers or sisters, not always brand-new clothing.

But that young lady is right; we didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a wall size screen. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn petrol just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

Being Aware of Our Environment ...

But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the green thing back then.

Back then, people took the railway, underground, tram or a bus –not their car and kids rode their bikes to school or walked instead of turning their mum's into a 24-hour taxi service. We had one electrical outlet in a room, (and usually only for an electric light socket) not an entire bank of plug sockets to power a dozen appliances. And we didn't need a computerized 'sat-nav' gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest burger joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

Submitted by Rita Vangelder

Sir George Trevelyan ~

'The New Renaissance'

“I want to talk tonight about change of consciousness. I submit to you that what happens in history can best be understood if we realise that the events are really symptoms of evolving consciousness. Everything is in evolution, and the most important feature is the evolution of consciousness.

The great turning points in history can really be seen as symptoms thereof. What is happening in our time is the experience of such a shift in human consciousness, a paradigm shift, a shift in world view, particularly in the West.

The greatest of our scientists are now arriving at views which are almost identical to the world view of the ancient mystery traditions. This is an extraordinary phenomenon. The ancient wisdom, called sometimes the Hermetic wisdom, gave us a picture of life where the universe was Mind, a Divine source from which poured out an ocean of thought, of intelligence, of living ideas.

The Universe is seen not as a mechanism but an affair of consciousness, as a great creative source from which the forms of Nature have been derived”.

Learn more about Sir George on www.sirgeorgetrevelyan.org.uk

Reprinted from issue 116 of The Sussex Healer

Social and Personal

Best wishes to:

Rita and Martin Vangelder on the move to their new home. We all wish them, joy happiness and hope that Martin has now fully recovered from his bad fall and that he and Rita are now in good health.

Congratulations to :

Daphne and Graham Cowan on celebrating their Ruby wedding anniversary.

Congratulations to:

Francine and Richard Benjamin on celebrating their Ruby wedding anniversary.

Congratulations to :

Joyce and Denis Ambrose on the birth of their new granddaughter **Rina**

Congratulations to :

Heather Prince on the birth of her granddaughter

Our Sincere Condolences to:

Vicky Kaye and her family on the sad loss of her husband.

JASH members should inform our Secretary - Francine Benjamin of news items for inclusion in social and personal.

Reminder:-

JASH Membership subscriptions were due to be paid by 1st January 2014

— also, do remember that your completed disclaimer form must be returned before updated membership certificates can be issued.

Our secretary, and treasurer would greatly appreciate your prompt attention this so that your insurance status is up to date.

Views expressed in this publication do not represent the views of JASH. or those of the editors —. Patients should at all times seek the advice of their GP or medical advisers, healing being a complimentary therapy, not an alternative to qualified medical advice or treatment.

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

THE WHITE DOVE HEALING SANCTUARY

BUCKHURST HILL area

For further information contact Rita 020 8257 9325

SOUTHGATE HEALING

at Pure Health - Health Food Shop,
56, Chase Side, Southgate, N14 5PA

Contact Francine 07956 261 738

Monday 1.00 pm 2.00 pm

Also available by appointment

PINNER VILLAGE HEALING CENTRE

Pinner Village Hall, Chapel Lane, Pinner, HA5 1BA
(rear of car park)

Contact Steve 0208 866 9332

Thursdays 2.00 pm - 4.30 pm

STANMORE HEALING CENTRE

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

Please remember !!!!.

***Patients should tell their GP or medical advisor about any healing or
complementary treatment***

Quotes to inspire

“In the end these things matter most;
How well did you love?
How fully did you live?
How deeply did you learn to let go”?

THE BUDDHA

“Do not struggle. Go with the flow of things, and you will find yourself at one with the mysterious unity of the Universe”

CHUANG TZU

“Joy is not in things; it is in us.”

CHARLES WAGNER

White Eagle sayings from

THE LIGHT BRINGER

“Thoughts can do anything in the world. Thoughts of anger, fear and hate form the root of all suffering and of wars. Thought can also bring forth beauty and harmony, and brotherhood, and all else that men and women long for. We know that by seeing only good, by creating good, by positive thought, we can help to bring about that which is desirable and good.

If you do what you can to purify your own physical atoms by right thinking, right speech, right action, right living, judging no one for what they do but looking to yourself: if you follow these precepts, then imperceptibly you will find that your consciousness is raised, and will uncover a happiness of which you have not dreamed. You will know peace in your heart, joy beyond earthly comprehension, and a gracious and gentle power which will enable you to open the prison doors of your life.”

‘Always put yourself in others' shoes.
If you feel that it hurts you,
It probably hurts the other person, too.’