

News & Views



Spring
2017

Issue Number 71

**THE JEWISH ASSOCIATION OF SPIRITUAL
HEALERS** (non denominational)

**A HEALING ORGANISATION FOR PEOPLE OF ALL
FAITHS**

Registered Charity No. 275081

**FOUNDER MEMBER OF THE BRITISH ALLIANCE OF
HEALING ASSOCIATIONS.**

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and

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Committee for 2016/2017

**Francine Benjamin, Harry Luck, Margot
Garcia, Yetta Powell, Rita and Martin
Vangelder, Latha Kathirkamathamby, Pat
Greenberg, Teresa Smith and Steve Sharpe.**

Chairman's Report

Welcome to the Spring edition of News and Views. Hopefully by the time you read this winter will be behind us and the flowers will be showing their colours. The Healing Forum, representing the majority of registered Spiritual Healers and consisting of the British Alliance of Healing Associations, the Confederation of Healing Organisations, the UK Healers and the Spiritualist National Union have been sitting round the table in an endeavour to promote Spiritual Healing to the general public, as you probably already know, and as a result have decided to hold a HEALING AWARENESS WEEK from 1st May to 7th May 2017 where information in the way of leaflets will be handed to the public, healing given at your usual venues or wherever you find the opportunity to join in, with any proceeds going to various charities. Hopefully we will have some radio coverage as well. Keep an eye on your e-mails for further information nearer the beginning of May as to what is happening and where, as details at the time of writing are a little thin on the ground. Our Annual General Meeting will be held on Sunday 25th June 2017 where we hope you will be able to attend and possibly join our committee,(as we could do with some new blood with new and more modern ideas) put your views forward as to how we are running the Jewish Association of Spiritual Healers, how we can improve all that we are doing to make ourselves more acceptable and in an effort to attract healers to join us. We will try to produce three to four magazines each year and any input from you, our members, will be greatly appreciated, ideally, typed in word format and sent via e-mail. My thanks as always to our hard working committee.

OUR ANNUAL GENERAL MEETING

will take place

25th June 2017

from 2pm at

Glebe Hall, Glebe Road, Stanmore,

Middlesex, HA7 4EL

We look forward to seeing as many

of our members as possible and

hopefully some of you will offer to

help out on the committee as we

could do with some fresh ideas and

views.

HOW I BECAME INVOLVED WITH HEALING

By Margot Garcia

As a small child of around 2-3 years old, I was in my cot/bed and I had a strange happening, which I took to be natural. Lying in my bed I suddenly found myself going through the night nursery wall to the day nursery. It was tidy with only our nurse/governess asleep in her bed. I had no idea of time – looking back it was most likely only a minute or two. I then found myself back in bed.

I went to school in Devon and loved to roam the moors, where I met several people who said they lived on Dartmoor or nearby, BUT there is no sign of dwelling places anywhere near the places I came in contact with these people. This also happened when I was with a group looking at lay-lines in counties around London. On one occasion I met two people within a crop circle who told me that this was the place where they lived - they were dressed in clothes from long ago!

During the war we (my family) lived in the country with a farm and twenty acres of woodland. There I came across a girl of about thirteen years of age who lived next door, about a mile away (remembering the estates were large) when I spoke about this girl I was told that she did not exist: Strange, I always met her in the woods, everyday early before going to help milk the cows with the land girls.

Most of my life, I felt different from other people, was disliked at school- I think because as my mother kept telling me I was ugly, I behaved in a like manner.

I did find I had a gift for dance and acting, this took me into the area I called my Dream World, so I joined a ballet and theatre company when I grew up- having run away from home.

In my late twenties I went to America, having travelled all over the world as a child and teenager with my parents. In New York I was introduced to a lady called Sybil who said she was a witch from the New Forest area of England, calling herself the Queen of the New

Forest witchcraft group, she always wore purple, had a magpie in a cage and a snake in the bath, nevertheless she taught me a great deal about the craft. I belong to another craft – the Free Masons where healing takes place at times.

I married and had a son. Returned to the U.K. after my divorce and when my son was about 7 or 8 years old I realised he had muscular dystrophy. Sybil, as a healer, was unable to help at that time. Then my ex husband came to the U.K. and took Anthony and me to see Harry Edwards. We walked into the sanctuary and my ex Bob took over by explaining to Harry what was wrong with Anthony (and me). Harry told Bob to be quiet and asked to talk to Anthony and me! Harry said that he could do nothing for Anthony but that I, not his father, could help him more than anyone else. Bob kept trying to interrupt until Harry told him to leave the room. Harry then put his hands on Anthony and said “tell your mother to learn”

I did not know what he meant. Then a few days later I saw Anthony talking to some one we knew who was feeling unwell and that person became bright and a few days later said “thank you, I am now well”. I then discovered a healing group on the island (Channel Islands) where I received my first training session – much later I went to the U.K. to take my “degree”. Firstly I joined the Guernsey Spiritual Practitioners Association and then in the U.K. the Jewish Association of Spiritual Healers, so overall I have been trying to help others for over Fifty years.

Sometimes I find just being there helps other people to feel better even though they have no idea that someone is giving them help (I hope). It really was my son who was the healer, before me, I just followed his excellent guidance.

I hope your journey has been as interesting as mine.

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

Pierre Telihard De Chardin

Pleasure in the job puts perfection in the work.

Aristotle

THE SIX POINTED STAR

The six pointed star is a most beautiful and perfect symbol representing the perfectly balanced man – the man whose head reaches the heavens, whose faculties are quickened and awakened to the God-life and whose feet are firmly planted upon the road of earth, which he traverses with one object in view – both to find and give happiness. This star is an ancient symbol, and can only be used for the white magic. In this it differs from the pentagram, which can be reversed; for whichever way you use it, it remains perfectly balanced, the perfect symbol of a balanced life.

White Eagle.

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 powerful 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 anti-oxidant ability of red wine, green tea, cranberry juice and orange juice.

In recent studies pomegranates and 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 its main health benefits are as an anti-viral treatment, a treatment for cancer, cardiovascular diseases, diabetes, gastro-intestinal problems, sore throats, ulcers, liver and kidney disorders.

ISRAELI TITBITS

An Israeli firm, 'Aquarius Engines', has created a super-efficient engine that dramatically reduces fuel consumption, but at a time when purely electric technology is advancing and attracting investors. According to the firm, the engine could allow cars to travel more than 990 miles on a single tank of petrol. In tests by the German engineering company, FEV, the engine's efficiency was more than double that of traditional engines. The engine is under review by Peugeot.

Scientists from Tel Aviv University believe they have made a breakthrough that could help treat Alzheimer's disease. A gene called APOE has been associated with Alzheimer's. The gene has a healthy form called APOE3 and a disease-related form called APOE4 that is found in 60% of sufferers. Researchers managed to change of the APOE gene in mice, converting the bad APOE4 into the good APOE3, thereby offering interesting potential for the future.

The sleep inducer '2breathe Technologies', an Israeli company, won the Innovation award in the fitness, sports, and biotech category at the Consumer Electronics Show held in Las Vegas, the worlds largest tradeshow for consumer technology, and America's largest annual tradeshow. 2breathe comprises a smart device and mobile app that induces sleep via guided breathing. The system helps users fall asleep and tracks their sleeping patterns without the use of tablets.

Bank Leumi, one of Israel's largest banks, announced that its credit card subsidiary will introduce the first-of-its-kind integration of a mobile security product based on behavioural biometrics, using an Israeli start-up 'SecuredTouch'. Their technology allows user identification based on a unique algorithm including such attributes as finger size, touch pressure, touch surface and more, providing enhanced security and potentially eliminating the need for complex passwords.

For years scientists have been trying to find ways to block angiogenesis, the process by which cancerous tumours give off chemical signals to stimulate the formation of new blood vessels to provide the nutrients and oxygen they need to grow. Israeli company 'Vascular Biogenics' has found a way to target the blood cells to impede their growth. It develops

anti-cancer gene therapies and its flagship drug, VB 111, targets an aggressive and difficult to treat type of brain tumour. Results so far look positive.

An Israeli biomedical company announced that it has successfully transplanted artificially grown human bone into a group of patients suffering from bone loss. The statement from ‘Bonus Biogroup’ stated their bone-regeneration methodology is a powerful tool for treating a variety of bone and joint diseases without the risk of tissue rejection and surgery failure.

As approximately 24 million people worldwide are expected to get cancer each year by 2030, the race for more effective and cheaper treatments has led to proton therapy, a type of radiation that uses protons rather than x rays to treat cancer. Israeli start-up company, P-Cure, has devised a way to halve the costs of proton therapy, which, because of its high costs, means that just one per cent of eligible cancer sufferers have had access to it.

Israel’s Dune Medical Centre has developed an instrument to help women with breast cancer avoid dreaded follow-up surgery to remove residual cancer cells after a tumour is removed. This is the only technology in the world that allows surgeons in real time to check the margins of the tumour, identify cancerous tissue and decide immediately whether more tissue needs to be removed. Clinical Trials have shown that the device reduced the need for repeat surgery by 51%. Commercial use of the product has shown a reduction of 80%.

‘Guide in Medical’ has developed a device to help medical professionals with the complex procedure of intubation, during which a tube is inserted into the trachea to facilitate ventilation. It is the third most performed medical procedure in the USA, and 50 million are performed worldwide annually. “The advantages of the device is its simplicity which enables rapid identification of the trachea even in complex situations”

A new study by Harvard Medical School, analysing records from almost 800,000 patients, has shown that software developed by Ra’anana based MedAware sets a new standard for prescription alerts and patient safety. The software uses algorithms and machine learning based on data

gathered from thousands of physicians and detects prescription errors in real time, like prescribing a medication, used only for pregnant women, to an elderly male. In the US healthcare market, more than \$20 billion is lost annually as a result of prescription errors and their consequences. Of the 4 billion medical prescriptions each year in the US, 8 million contain life threatening errors.

The BMW Group, Intel, and Israel's Mobileye, announced that a fleet of autonomous BMW cars will be on the road by late 2017, using 'cutting edge' Intel and Mobileye technologies during global trials starting in the US and Europe. This is a significant step towards the introduction of the BMW iNEXT in 2021 which will be the BMW Groups first fully autonomous vehicle.

Sometimes taking a flight can be a torment and arriving at a Gate a real odyssey. Many flight companies are investing in ways to improve their services, and International Airlines Group, comprising British Airways, Aer Lingus, Iberia and Vueling, has created Hangar 51, a program to search for new ideas in Israel among other places. They are looking for ways to make journeys through the airport easier, to use data to improve customer satisfaction, to use digital tools to speed up and simplify the business, and any other ideas that might improve client experience.

An Israeli computer scientist and professor at the Weizmann Institute was one of three winners of the 2017 Japan Prize, honouring achievement in science and technology. Adi Shamir was recognised for his contribution to Information Technology through pioneering research on Cryptography.

In some Israeli schools fourth graders learn computer programming, while some gifted 10th graders take after-school lessons in encryption tactics, coding and how to stop malicious hacking. The country even has two new kindergartens that teach computer skills and robotics. The training programs are part of Israel's quest to become a world leader in cyber security and cyber technology by placing its hopes in the country's youth. To that end Israel announced the establishment of a National Centre for cyber education meant to increase the talent pools for military intelligence units and prepare children for eventual careers in defence agencies, the high tech industry and academia.

Corporate giants Microsoft Ventures, a unit of China's HNA, India's Tata, GE Ventures and Qualcomm Ventures will join forces with Tel Aviv University and Pitango Venture Capital to set up a new \$20 million fund to invest in Israeli start-ups that are developing the Internet of Things technologies. The aim is to invest in early stage Israeli ventures and help them develop into entities playing in the global arena.

Harry Luck

Recipe for life

Eight ounces of love, so important,
Six ounces of comfort,
A teaspoon of kindness
To guide you from blindness
One hug, to relieve you from stress,
Five ounces of sunshine to brighten your day,
A teaspoon of peace with good wishes,
With caring and sharing to show you the way,
Mix and serve on your prettiest dishes.

This recipe serves all who wish to partake.

Sheila Goldsmith

I am not what I ought to be
I am not what I wish to be
I am not what I hope to be
But by the grace of God
I am not what I was.

“Men fall only in order to rise”

From the book of Zohar

HAPPINESS IS A JOURNEY

We convince ourselves that life will be better after we get married, have a baby, then another! Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our lives will be complete when our spouse gets his or her act together, when we buy a nicer car, when we are able to go on a nice vacation, or when we retire. The truth is there's no better time to be happy than right now, if not now, when? Our lives will always be filled with challenges so it's best to admit this and decide to be happy anyway and treasure every moment that we have, especially when we have shared it with someone special, special enough to spend our time with... and remember that time waits for no one.

So stop waiting...

Until your car or home is paid off

Until you get a new car or home

Until your kids leave the house

Until you go back to school

Until you finish school

Until you lose 10lb

Until you gain 10lb

Until you get married

Until you have kids

Until you get a divorce

Until you retire

Until Spring

Until Summer

Until Autumn

Until Winter

Until you die

There is no better time than right now to be happy. Happiness is a journey, not a destination, so work like you don't need money, love like you've never been hurt and dance like no one's watching. If you want to brighten someone's day, pass this on to someone special. I have to you all.

Author unknown

Heaven...

An 85 year old couple, having been married almost 60 years, had died in a car crash. They had been in good health for the last 10 years, mainly due to her interest in health food and exercise.

When they reached the pearly gates, St Peter took them to their mansion which was decked out with a beautiful lounge, master bedroom, bath suite and Jacuzzi, as they oohed and aahed, the old man asked St. Peter how much this was going to cost?

"It's free" he replied, "This is Heaven."

Next they went outside to see the championship golf course that the home backed up to. They would have golfing privileges every day and each week the course changed to a new one representing the great courses on earth.

The old man asked "What are the green fees?" St. Peter replied "This is Heaven, you play for free." They went on to the clubhouse and saw the lavish buffet lunch with the cuisines of the world laid out. "How much to eat here" the old man asked? "Don't you understand, this is Heaven, everything is free" St. Peter replied. "Well, where are the low fat and low cholesterol foods" the old man asked timidly?

"That's the best part... you can eat as much as you like of whatever you like and you never get fat and you never get sick, this is Heaven" St. Peter replied. The old man looked at his wife and said "You and your bran muffins and health foods, I could have been here 10 years ago".

"Your 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.

Keeping active

So many people dread the fact that they are getting older, they realise their children have their own lives to lead, some have even moved abroad. Unfortunately the day of technology has come and unless one is willing to go on one of the many electronic media platforms or chat by sending text messages, one can feel very isolated.

Well, Martin and I have a great life, even though we are senior citizens. We joined the U3A (University of the Third Age) where so many activities are offered, so one can pick and choose what one would like to try, where one meets new friends whilst going on theatre outings, art classes, yoga, discussion groups etc.

We also took the plunge a couple of years ago when we moved into a retirement flat. There is a project manager who looks after the smooth running of the flats, the beautiful communal gardens, where residents plant flowers if they wish. It is lovely to come out of your flat and meet others for a chat, especially when the sun is shining, it's like heaven on earth and a feeling of being on holiday all the time. There is a communal lounge for us to hold social gatherings for which we chip in £1 a week towards the cost of the regular entertainers, a happy hour once a month, Ascot day where the ladies show off their hats and we can even have a little bet on the horses whilst watching the racing on a large TV screen. We play cards on a Wednesday evening where Martin and I are learning to play bridge with one of our neighbours. Thirty six of us went on a coach trip to Warners for five days recently. I wish there were more retirement homes like ours built for the elderly so people between fifty and ninety plus could lead a good life and not be on their own.

I still run a group every two weeks for meditation, relaxation, healing etc. and have some of the ladies from groups of yester year returning on a regular basis. When I look on Facebook and see many of my circle members coming into their own, it makes my heart sing, especially when I get feed back from members to say how their lives had changed since joining my group. Good luck on your own journeys.

Rita Vangelder

A happy Home Recipe

Ingredients:

4 cups of love

2 cups of loyalty

3 cups of forgiveness

1 cup of friendship

5 spoons of hope

2 spoons of tenderness

4 quarts of faith

1 barrel of laughter

Take love and loyalty and mix thoroughly with faith.

Blend together with tenderness, kindness, understanding and forgiveness.

Add friendship and hope, sprinkle abundantly with laughter and bake with sunshine.

Serve daily with generous helpings

Look at a tree, a flower, a plant
Let your awareness rest upon it
How still they are, deeply rooted in Being.
Allow Nature to teach you stillness.

Eckhart Tolle

Life is not always straight forward

I was asked if I am actually the happiest I have ever been. When I answered – yes – I explained that it wasn't just because of my third marriage, but because of how much I had worked on myself and improved myself.

I felt some disapproval – as if I were bragging, making myself better than others, but Rita Carol and Ruth for example are far better at psychic things than I am and I can celebrate that with them.

Nelson Mandela said (roughly): Don't hide your light under a bush, we are all children of God and if you let your light shine out, it will enable others to allow their light to shine out.

My life had been in two parts: Pre-therapy or Pre-Jeni (my mentor) and Now. Pt or PJ, my life was a miserable Fog, where I thought everybody else, like me, was just waiting for the time they could be freed from their body and die.

I would innocently say something to someone and I would get a blast of hostility back, causing me to wonder how I had caused it.

I would ask someone for help and after they had helped me, they would tell me how inconvenient it had been, as if I shouldn't have asked.

In 1989 I was drinking more than I wanted to and I went to an organisation called ACCEPT where I started on my journey to transform my life.

Now people are so much more beautiful and attractive, physically and spiritually.

When somebody says something hostile now, I know where to leave it without hurting the person who said it, although if they have pointed out my mistake, then I can apologise wholeheartedly.

If an old acquaintance doesn't want to know me again, then I can let go of them with love.

I have learned what I consider to be a most useful phrase “we can agree to differ.”

Now I am open to love and to loving and Life is beautiful.

Valerie Noel

A HOLIDAY STORY IN FRANCE

Trying to make light of any adverse situation may be difficult at the time, but will often bring a smile to their face when recounting the story to others, bringing the funny side of life to the forefront of the story. For example, I was driving along a motorway in France some years ago when my car broke down. Unfortunately my French speaking ability was limited to schoolboy French, which of course does not teach you how to converse on a phone with regards to telling somebody that your vehicle has stopped on the motorway.

I had just passed an exit road, about a quarter of a mile behind me, which meant walking back that distance twice so that I could go to the manned toll booth which was situated approximately 120 yards (or about 110 metres) down the grass covered bank of the motorway, which to my way of thinking was much nearer than the half mile trek along the road. Did I mention that it had rained heavily the day before! So I started walking down one of the rain gullies, (a deep u-shaped gully with my feet at an unusual angle on the sides) not realising how steep the bank was and by the time I was half way down, I was leaning backwards to keep upright, with my feet going like pistons to stop me from falling flat on my face. I reached the bottom where there were about 10cms of grass showing, the other 30cms were under water and I went through that like a water spout, did I get soaked!! I walked the last few metres to the tollbooth and with my best French accent asked if he spoke English. He answered with a very definite NO. I eventually managed to make him understand that my car had broken down on the motorway and he told me that he would call the police. We spent the next 10 minutes arguing over calling a mechanic or the police whom he finally got through to me that the procedure was to call the police first. I squelched back along the road and on reaching the motorway a police car drove past and stopped at my car, causing me to run the last quarter mile as my wife and in-laws were waiting in the car did not speak any French at all. On arrival my father-in-law was just giving the policeman two packets of my duty free cigarettes in an attempt to bribe him to go away as he knew we needed a mechanic. I have just relived an experience of forty odd years ago, it brought a smile to my face recalling it and I hope it has lightened your day as well.

Steve Sharpe.

Social and Personal

Congratulations to Frances Conway on the birth of her granddaughter.

Condolences to the family of Valerie Noel who passed away recently.

Condolences to the family of Gerald Cane (our treasurer for over 40 years) who passed away recently.

Be Peaceful

Dear one, listen to my words of love, peace and truth. Your mind goes hither and thither in all directions therefore your knowledge cannot expand. Only in the silence will you know all there is to know, only in peace and quiet will you hear my words of truth.

Lift up your heart and in the deep silence you will find that the door will open for you.

Be peaceful in all that you do and don't let others upset the balance of your peace of mind, only then will you learn and understand the truth of all there is and the truth of your being, only then will you go forward as you should.

Osho

“It is easy enough to be pleasant when life flows by with a whistle

But the man worthwhile is the man with a smile, when he sits down on a thistle.

Author Unknown

Proof of Prayer

Do you believe in prayer or spiritual healing? Well, now there's proof that distance healing works, and the evidence is pretty solid.

Prayer, spiritual healing, Reiki, energy healing, therapeutic touch- call it what you will, but it is a subject that seems to divide the world between believers and non-believers, and the non-believers include sceptics and scientists who say there is no good evidence that they work.

There is now as scientists at Northampton University have carried out one of the most vigorous analyses of all previous into these various "distant healing" and "non-contact" techniques. They discarded studies that came up with overwhelmingly positive results, but which were not good science, and others that did not quite make the grade.

They were left with 57 studies that involved human targets and 49 using "non- human" targets like animals and plants. The researchers, led by Professor Chris Roe, then put the numbers through the statistical wringer and ironed out any other discrepancies to get a level playing field.

The average effect was small, but significant: distance healing showed a 19% positive impact on a range of illnesses. In other words you have a one in five chance of seeing your illness improve if someone prays for you, or sends you spiritual healing or Reiki, compared to doing nothing.

The results vary from one practice to another. Prayer for instance, is slightly less effective – with around a 14% success level – while therapeutic touch is one of the more successful therapies, with a 22% positive effect.

These effects are above and beyond placebo: in other words, they had nothing to do with the recipient only thinking the technique would help and so it did. Most of the studies that researchers found acceptable were double – blind and placebo controlled, which means that, for instance, that some people were prayed for and some were not, but no one knew which group they were in. As a true demonstration of the point, the Northampton researchers discovered that the greatest effects were seen in studies of cell cultures and animals, which presumably do not know what prayer is in the first place.

If all this seems a little under-whelming, remember this: most drug companies are popping the champagne when research shows their drug has a positive effect by just a few percentage points better than a placebo. Not that we expect any of this to make much difference. The believers never needed such proof in the first place, while there will never be enough evidence to convince the non – believers, in fact, it doesn't have a prayer of a chance to the sceptic.

The research was funded by the Confederation of Healing Organisations (www.the-cho.org.uk) and reprinted from WDDTY magazine.

Anyone whose good deeds exceed his wisdom, his wisdom will endure; but anyone whose wisdom exceeds his good deeds, his wisdom will not endure.

Avo3 3:12

Seek justice, encourage the oppressed, defend the fatherless, plead the cause of the widow.

Isiah 1:17

The day that changed my life

Uri Geller's story of the other-worldly experience that triggered his strange powers.

When I was six years old and living with my mother in Tel Aviv something extraordinary happened to me. We had a tiny one- room apartment, we slept in the living room and ate in the tiny kitchen etc. We were very poor. Across from our apartment building was a huge abandoned Arabian garden. It had high grass and tall trees – you could hardly move inside because of the bushes and flowers. Inside the gardens were the ruins of an old Arabic house. It was surrounded by iron railings, but I found a bent one that allowed me to squeeze in and I used to play there for hours – imagining that I was an astronaut.

One day I thought I heard kittens crying in the garden so I went looking for them. Then suddenly, out of nowhere, I saw a sphere of light. It was probably 12 feet high – huge and pulsating. As I was staring at it a flash of light came out, like a laser beam. It hit my forehead and I fell backwards into the grass. I don't know how long I lay there – probably a few minutes. Then I jumped up, ran home to my mother and told her what had happened. She, of course, didn't believe me. Soon afterwards the first spoon bent in my hand while I was eating soup. I always believed this encounter had triggered my strange ability.

Decades passed but I couldn't forget this experience. I talked about it on TV shows, in documentaries and books. Then, some time later, the BBC made a documentary about me called "Reputation" which was shown in Israel. The next day I received an E-mail from a retired Air Force officer called Avrahami, saying "I

watched you last night on television and I heard you tell this story about this fantastic encounter. Well, I must tell you I was there and I saw you in the sphere of light”.

I immediately called him and he said “Look, I have no reason to lie, I am an officer, my children are lawyers. I was walking by the abandoned gardens and I saw a little boy with black curly hair and a white shirt, and this immense sphere of light next to him. Now I know the boy was you and as you started running home the sphere of light followed you. When you disappeared into the entrance the sphere exploded on the wall of your building – leaving a black residue”. That stain remained visible until they demolished the building years later. I believe that moment changed my life. People have asked me a million times what I think it was. Maybe it was a geological phenomenon – a gas emitted by the earth, or maybe, as I believe, it was a supernatural experience, or maybe my own mind made it happen. All I know is that from then on my psychic ability mushroomed. I had a gift and all I wanted to do was to pull my mother out of poverty.

In the end I was able to look after my mother until she died aged 91, and secretly in the back of my mind, I always attribute my success to that weird event. It was the catalyst for the powers I possess today.

As told to Yvonne Swann and found on the internet

It is our choices that show what we truly are, far more than our abilities.

J.K.Rowling

You must be the change you want to see in the world.

Mahatma Gandhi

The Rose

Some say love, it is a river that
drowns the tender reed.

Some say love, it is a razor
that leaves your soul to bleed.

Some say love, it is a hunger,
an endless aching need.

I say love, it is a flower,
and you its only seed.

It's the heart afraid of breaking
that never learns to dance.

It's the dream afraid of waking
that never takes the chance.

It's the one that won't be taken,
who cannot seem to give;
and the soul afraid of dyin'
that never learns to live.

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

Bette Midler

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

Yogananda

Book review

Healing Your Family History: 5 Steps to Break Free of Destructive Patterns

by Rebecca Linder Hintze

Life-skills coach and emotional-wellness counsellor Rebecca Linder Hintze has produced a 5-step guide to recognising and overcoming the destructive thought processes that keep people from finding healing in their lives. These steps include recognising family beliefs and traditions; overcoming harsh judgements about self and others; how to avoid getting stuck; discovering the beauty already within; and making the spiritual connection. Each chapter takes the reader through one step at a time, with questions at the end of the chapter to complete the interactive process.

This book is a journey in itself and a useful tool for healers or for anyone seeking to heal family dysfunction, strengthen relationships or just to live more harmoniously with others.

Reviewed by Teresa Smith

Published: Hay House Price: £9.99

The purpose of human existence is to overcome our negative habits.

Vilna Gaon

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.

Kind People

There are some kind people out there, this is a story about one of them in the postal service, I have no idea who, but they deserve a medal.

Their 14 year old dog, Abbey, died last month. The day after she died, their 4 year old daughter, Meredith, was crying and talking about how much she missed Abbey. She asked if we could write a letter to God so that when Abbey got to heaven, God would recognise her. I told her that I thought we could so she dictated these words:

Dear God, Will you please take care of my dog Abbey? She died yesterday and is with you in heaven. I miss her very much. I am happy that you let me have her as my dog even though she got sick. I hope you will play with her. She likes to play with balls and swim. I am sending a picture of her so when you see her you will know that she is my dog, I really miss her.

Love Meredith.

We put the letter in an envelope with a picture of Abbey with Meredith and addressed it to God/Heaven. We put our return address on it and Meredith pasted several stamps on the front of the envelope because she said it would take lots of stamps for the letter to get to heaven. That afternoon she dropped it into the letter box at the post office.

A few days later, she asked if God had gotten the letter, I told her that I thought He had. The following day, a package, wrapped in gold paper, was left in our porch addressed "To Meredith" in unfamiliar handwriting. Meredith opened it and found a book by Mr. Rogers called "When a Pet Dies". Taped to the inside front cover was the letter we had written to God in its opened envelope. On the opposite page was the picture of Abbey and Meredith and this note:

*Dear Meredith,
Abbey arrived safely in heaven.
Having the picture was a big help and I recognised
Abbey right away.
Abbey isn't sick any more. Her spirit is here with me just
like it stays in your heart. Abbey loved being your dog.
Since we don't need our bodies in heaven, I don't have
any pockets to keep your picture in, so I am sending it
back to you in this little book for you to keep and have
something to remember Abbey by. Thank you for your
beautiful letter and thank your mother for helping you
write it and sending it to me. What a wonderful mother
you have, I picked her especially for you.
I send my blessings every day and remember that I love
you very much.
By the way, I'm easy to find, I am wherever there is love.
Love,*

God.

Prayer for Travellers

May it be the will of God and the God of our fathers that you should lead me in peace.

And I should reach my destination with Light, Joy and Peace.

And you should save me from any evil that could happen on the way.

And send a blessing to all that I do and should I find favour in Your eyes and in the eyes of all who see me.

And You should hear the voice of my prayers because You are the one who listens to our prayers.

Blessed are You. Lord who hears our prayers.

Submitted by Shirley Anderson.

“Every effort you make to climb upward will be recognised by God.”
Yogananda

In the interests of that healing smile...

Children's Science Exam Answers:

If you need smiles and who doesn't, read through these science exam answers.

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Filtration makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

Q: How can you delay milk from turning sour?

A: Keep it in the cow.

Q: What causes the tides in the oceans?

A: The tides are a fight between the earth and the moon, all water tends to flow towards the moon, because there is no water on the moon and nature hates a vacuum. I forget where the sun joins in this fight.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get intercontinental.

Q: What happens to a boy when he reaches puberty?

A: He says goodbye to his boyhood and looks forward to his adultery.

Q: Name a major disease associated with cigarettes.

A: Premature death.

Q: How are the main parts of the body categorised? (e.g. abdomen)

A: The body is consisted into three parts- the brainium, the borax and the abdominal cavity. The brainium contains the brain; the borax contains the heart and lungs and the abdominal cavity contains the five bowels A,E,I,O and U.

VENUES WHERE J.A.S.H. HEALERS
CAN BE FOUND

**BUCKHURST HILL
CONTACT RITA 0208 257 9325**

**BUSHEY
BUSHEY YOUTH AND COMMUNITY CENTRE,
FALCONER ROAD, BUSHEY, HERTS. WD23 3AD
THURSDAY 7PM TO 9PM
CONTACT KAREN 07866 048086 OR JUNE 07796 914830**

**NORTHWOOD
RAINBOW HEALING CENTRE,
ST. JOHN'S CHURCH, HALLOWELL ROAD,
NORTHWOOD, HA6 1DN
WEDNESDAY 2PM TO 4-15 PM
CONTACT PAT 07905 221640**

**PINNER
PINNERS VILLAGE HEALING CENTRE
PINNERS VILLAGE HALL, CHAPEL LANE,
PINNERS, HA5 1BA (REAR OF CAR PARK)
THURSDAY 2PM TO 4-45PM
CONTACT STEVE 0208 866 9332**

**SOUTHGATE
CONTACT FRANCINE 07956 261738**

**STANMORE
STANMORE HEALING CENTRE, GLEBE HALL,
GLEBE ROAD, STANMORE HA7 4EL
WEDNESDAY 7 PM TO 9 PM
CONTACT STEVE 0208 866 9332**