

News & Views



Spring 2018

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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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Committee for 2017/2018

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

CHAIRMAN'S REPORT February 2018

Welcome to the Spring edition of the News and Views. By the time you read this I hope the daffodils and Spring flowers are in full bloom or past their sell by date, as it is thick snow here at the moment! I thank our members who have renewed their membership for the current year and remind those who have not renewed that their insurance runs out 31st March 2018, which means that they will no longer have insurance cover.

The Healing Awareness Week will take place between 30th April and 6th May (see centre pages for further information) where I hope more of the general public will be informed about the qualities of spiritual healing. We can all help by talking to people and giving out promotional literature. The British Alliance of Healing Associations (BAHA) represent around forty organisations, with approximately eighteen hundred healer members, under their wing, whilst the Confederation of Healing Organisations (CHO), UK Healers (UKH) and the Spiritualists' National Union (SNU) represent approximately a further ten thousand healers. We need to have better marketing in the future than we have had in the past!

Francine and I have attended a couple of Doctor Healer Network meetings with very interesting talks given by Annie Hallett about her journey through conventional nursing and on to complementary therapies and Simon Hinton about his Harmonic Resonance Healing involving references to quantum physics.

Please remember to check the new General Data Protection Regulations which come into operation 25th May 2018.

Steve Sharpe

Annual General Meeting

Our Annual General meeting will take place

24th June 2018

At

Glebe Hall, Glebe Road,

Stanmore, Middlesex, HA7 4EL

Commencing at 2 pm

We look forward to your support by coming along, which gives your committee an opportunity to meet our new members, catch up with many of our established members and share tea, coffee and biscuits after the meeting.

Let Francine Benjamin have nominations for Committee Members for the ensuing year before 17th June 2018.

******HEALER TRAINING COURSE******

New Rainbow Academy 2 year Healing Course is due to start **April 15th 2018**. The course will be held monthly at The Bushey Youth and Community Centre, Falconer Road. Bushey. Hertfordshire. WD23 3AD. If you have thought of becoming a healer or know someone who has then please call Pattie Greenberg on 07905221640 for more information...

HARRY EDWARDS on THE PURPOSE BEHIND HEALING

There is no known disease that cannot be helped through spiritual healing: but no spiritual healing can be effective until the cause has been removed. It is true that the healing can lessen and subdue symptoms, especially painful conditions, but its main purpose is to overcome the primary cause of the trouble.

Medical authorities now confirm what healers have known for a long time, that the primary cause of the greater percentage of disease has its origin in mental stress, frustrations and soul-sicknesses. Such stresses

are many and varied, and they can range from heavy business responsibilities to emotional disturbances; from over-anxiety concerning the welfare of others, to lack of opportunity to express fully one's motive in life; from sexual frustration to worrying over financial difficulties. Most of these causes lay within the inner-self or spirit-mind of the patient, and for this reason they can only be healed on the same level as they exist - namely, the spirit level. The reason why we see with spiritual healing the healing of the "incurable," is because the spirit doctors are able to soothe, calm, and remove the inner frustrations, thus inducing a more tranquil outlook. In this way the primary cause of disease is overcome, thus leading the way to the removal of the symptoms and ill-effects and restoration of abundant health.

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**You can't live a perfect day
without doing something for someone
who will never be able to repay you.**

ISRAELI TITBITS

The Israeli military is working with the Israeli education authorities, offering Israeli high schoolers aged 16-18, on a comprehensive cybersecurity curriculum on a new big data training programme, intended to provide Israeli security and intelligence arms with pre-trained recruits.

The US Food and Drug Administration has approved a first-of-its-kind nasal implant that aims to dramatically reduce the number of operations for millions who suffer from chronic sinusitis or inflamed sinuses. STS Medical Ltd, an Israeli company has developed a self-expanding tube that can be inserted into the nasal passage to prevent common post-surgical complications such as inflammation and scarring.

The start-up nation is taking aim at helping the elderly make the most of their increased life expectancy with an Innovation Lab designed to boost technologies to meet the challenges facing senior citizens. The Lab will simulate the living environment of senior citizens, enabling start-ups to test their developing technologies in a real life environment.

More than 880,000 Israeli children lived in poverty in 2016, At the end of 2016 there were 2,851,911 children comprising 33% of the population. Between 1970 and 2016 the number of children in Israel nearly doubled while the number of Muslim children more than tripled. In 2016 nearly

two out of three ultra-Orthodox children lived in poverty as did 62% of Arab children.

Israeli builders and construction professionals believe they can leverage local technological prowess to revolutionise the highly regulated conservative and traditional building industry. The idea is to make Israel a global technology hub that will spearhead innovation in the sector similar to what Mobileye and other automotive start-ups are doing for the automotive industry.

Ground-breaking surgery to regrow part of a human bone was carried out in the northern Israeli town of Afula. A resident of a nearby kibbutz who had part of his shinbone removed after a car accident was treated with the procedure that was hailed by medical staff as 'science fiction'. During surgery, the first of its kind in the world, doctors took fat cells from the patient, grew them in a lab and injected them back in to his body for them to generate the missing parts of the bone. The procedure was developed by Israeli bio-technology Bonus Biogroup.

Four new joint medical research projects that use stem cells to tackle degenerative diseases will get funding totalling \$1.5 million from the Britain Israel Research and Academic exchange programme (BIRAX), a £10 million initiative of the British Council that invests in ground breaking research, jointly undertaken in Britain and Israel. The projects which will develop stem cell therapies to treat diabetes, heart disease, leukaemia, anaemia, and alzheimers, are the latest additions to projects funded by BIRAX

As part of a pioneering new treatment, Haifa's Rambam Medical Centre used a material developed in Israel for NASA's space programme in orthopaedic surgery. The advanced polymeric material is self-shielding, has high heat resistance, zero wear, high strength and lightweight, all of which make it ideal for replacing worn joints. The material was originally intended for use as a substitute for steel in the space industry, but the medical world also quickly realised its potential benefits.

Diabetes patients know that one of the greatest challenges in managing the ailment is tracking their blood glucose levels. To do so the only option available today is through the use of standard glucose meters, devices that require finger pricks each day. Now Caesarea-based start-up Cnoga Medical Ltd has devised a way to track blood glucose levels without pricking or pain. Its glucose meter, already approved for use in numerous countries worldwide, uses a camera to provide a diagnosis of glucose levels by observing the changing colour of the user's finger.

Israeli semiconductor start-up Inuitive Ltd and SoftBank Corp, a subsidiary of Japan's Softbank Group Corp have entered into a collaborative agreement in which the chips and processors developed by Inuitive will be integrated into the Internet of Things developed by the

Japanese giant. Ra'anana- based Inuitive specialises in vision processing and sensing technologies using deep learning algorithms to develop chips and processors that support 3D imaging for uses in robots, drones, augmented reality, and virtual reality.

Chinese e-commerce giant Alibaba Group Holding Ltd has entered an agreement to buy Herzliya-based Visualead Ltd, a developer of an online platform to create visual codes and mobile campaigns. The Chinese giant also invested in Israeli start-ups Twiggle, Infinity Augmented Reality, Lumus and ThetaRay. Visualead's technology turns any image, logo, profile, picture, animation, or even video into QR code and helps increase consumer interaction with brands.

Israel's Stemrad Ltd has developed a belt to protect users from deadly radiation and nuclear threats, and has secured up to £6 million in funding. The Israeli-American company was set up after the 2011 Fukushima nuclear disaster to develop a solution for the protection of first responders exposed to penetrating gamma radiation. Its approach has been to selectively protect organs with exceptional sensitivity to radiation like bone marrow in the hip or vertebrae. It has also adapted its technology to the protection of astronauts in partnership with Lockheed Martin, NASA's prime contractor for the deep space Orion capsule.

MedyMatch Technology, an Israeli start-up that has developed an artificial intelligence based software to help clinicians assess head trauma or stroke, has entered a partnership with GE Healthcare to integrate its products with the US Giant's imaging solutions.

A virtual reality camera has been sent into space to take part in a National Geographic documentary, said Human Eyes, a Neve Elan Israeli-based firm that produced the camera. It will be used by astronaut Paulo Nespoli to get 3D, 360 degree shots of life and work aboard the International Space Station, a joint US-Russian-Japanese-EU-Canadian low orbit project.

Israel is rapidly becoming a world centre for drone export, research and development according to the Stockholm International Peace Research Institute. It has been responsible for more than 60% of drone exports worldwide since 1985.

Israeli researchers say they have theoretically developed a breakthrough 'cloaking carpet' that would render an object placed on it invisible. The visual ability of humans and animals stems from the interaction of light, eyes, and brains. We have the ability to see because light from an object can move through space to our eyes. Objects we see are reflecting light into our eyes. Now the researchers from the Ben Gurion University of the Negev, the Light-on-a-Chip-Group, say they have devised a way to deflect light and stop it from hitting objects so that the light is not reflected to us and the objects are therefore invisible to our sight. They have

engineered an artificial material on a chip that makes light bend around it and it is therefore invisible. The next step will be to develop a prototype to prove the theory right.

Working with mPrest, the Israeli company that developed the Iron Dome missile defence technology, the New York Power Authority will now be able to stop power outages before they start. From navigation aids to imaging technology to cyber security and plant monitoring, mPrest's collaboration with NYPA is one more example of how Israel's hi-tech industry has adapted military technology for the civilian market.

L&T Technology Services Limited, an engineering services subsidiary of Mumbai-based Larsen and Toubro is setting up a design centre in Jerusalem. The new 'Centre of Excellence' with an accompanying Tel Aviv sales office, will focus on developments in video design and security solutions. The multinational company said that these solutions will serve its global customer base in sectors spanning the spectrum of media, entertainment, telecom, automotive, and Internet of Things (IoT)

Aviation Aircraft chief executive Omer Bar-Yohay pictures a day not too far away when summoning a bargain plane ride with a smartphone will be as easy as hailing Uber, with a vision of 'Uber meets Tesla in the sky'. The start-up founded 2 years ago has been self-funding with some help from the Israeli government, but has sought funding of \$20 million. The new infusion of cash will be used as fuel in a race to be first to market with an electric airplane designed to carry up to nine passengers and two crew.

Harry Luck

LEARNING

After a while you learn the subtle difference
Between holding a hand and chaining a soul,
And you learn that love doesn't mean learning
And company doesn't mean security.
And you begin to learn that kisses aren't contracts
And presents aren't promises
And begin to accept your defeats
With your head up and your eyes open
And with the grace of an adult, not the
Grief of a child.
And you learn to build all your roads on today
Because tomorrow's ground is much too uncertain
For your plans.
After a while you learn that even sunshine
Burns if you get too much.
So plant your own garden and decorate
Your soul --- instead of waiting for
Someone to bring you flowers.

And you will learn that you really can endure,
That you really are special
And that you really do have worth.
So live to learn and know yourself,
In doing so, you will learn to live.

Anon.

*Be tender with the young,
compassionate with the aged,
And tolerant of the weak...
Because someday in your life
You will be all of these.*

George Washington Carver

THE HEALING POWER & COLOUR VIBRATIONS OF MUSIC.

HANDEL: Violet Purple. Formal, awe-inspiring, expressing the strict conventionalities of the Victorian era. Handel's music helped to swing the pendulum from the era of moral laxity to the other extreme.

TCHAIKOVSKY: Blue Green/Yellow. An Introspective genius, his music gives the changes needed in some types of illness. It has stimulation and relaxation.

BACH: Blue Gold of the Gas Flame. Full of movement, Bach portrayed religious devotion, the mental liberator, the father of all modern music.

MENDELSSOHN: Rose Pink and Apple Green. Tender, soft heralding joy and, sympathy and balance. Has great healing power upon people with its soothing influence.

BEETHOVEN: Red /Violet /Amethyst. The musical psychologist. Arouses pity, charity, compassion, brings unity between the heart and mind. Unfolds and liberates emotions and repressions. Beethoven portrayed human love.

CHOPIN : Mystical Blues- became known as the mirror of aspirations, transmuted the baser elements to a higher key of registration and service. His waltzes are good for those suffering from insomnia.

SCHUMANN: Deep Pink and Gold. Excellent for children, it stimulates backward children - unshackling their childish repressions and helps them to develop their potentialities. Acts like sunshine encouraging the souls to unfold.

WAGNER: Pale mauve interspersed with delicate green. Transmutes the lower emotions to the very highest of levels. Points out in symbolic form the Father pervades everything. Demonstrates the mystical truth that each individual soul is unified with the all-embracing soul.

CESAR FRANCK: Violet. Demonstrates the principle of brotherhood. Healing balm to harmonise the subtler bodies. Is labelled as the healing missionary.

DEBUSSY: Soft Jade Green. His music acts as a bridge between the seen and the unseen and renders adoration to the Mother Nature.

RAVEL: Deep Rose Pink - tried to reveal the beauty in ugliness.

SCRIABIN: Deep Blue. He conveyed a spiritual message and desired to bring spiritual ideas to his audiences.

STRAUSS: Blue Interspersed with Yellow. His music gives a sense of balance essential for the maladjusted and heavily depressed.

GRIEG: Gave the outer music. **DELIUS:** the Inner music.

ARTHUR BLISS: Colour Symphony- he intends the four movements to express Scarlet, Blue, Green and Purple.

BEETHOVEN, BACH & WAGNER are the forerunners of the Divine music of the future - as Sound, Colour and Fragrance will heal instantly any disharmony in Man, as Man will become attuned to his own systematic rhythm.

PLANETS-their colours & musical notes

Musical note

D MARS: RED. The energy ray, the colour of the bloodstream which denotes the state of health. It increases muscular tension and gives vitality, enterprise, will, endurance and will power.

E SUN: ORANGE. An invigorating colour which has a dynamic healing power stimulating a little more penetrating than red. Powerful tonic to those who are listless.

F MERCURY: YELLOW. Good for those suffering with depression, creates a sense of well-being, moral building. The colour of wisdom, stimulates the mind.

G NEPTUNE: GREEN. The balancer, soothing, relaxing, cool, refreshing, tranquil, reduces blood pressure. Nature's own tonic ray, gives logic, it clears the mind.

A VENUS: BLUE. Calming, soothing, good for skin diseases, has a wonderful effect on the mind and body. The ray of truth. Is associated with the sky and sea, encourages feeling and intuition.

B URANUS: INDIGO. Good for those who find it hard to sleep. Has the power to drive away negative thoughts.

C JUPITER: VIOLET. Has a remarkable electro-chemical power, stimulating to the nervous system. A purifier, and wonderful for meditating.

PINK is the counterpart of RED: Denotes LOVE & AFFECTION.

SUN is not considered a planet.

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Getting Involved

HEALING

You can organise a number of events that bring awareness of Healing to the public, for example:
Demonstrations of Healing

Talks about Healing

Coffee mornings where Healing is discussed

Visits to clubs, schools, leisure centres to give talks about Healing

Promoting Healing by disseminating leaflets and posters in your local area

Participating in a fundraising event that brings attention to Healing

Writing an editorial piece for a local publicity journal, which focuses on the benefits of Healing

Approach your local GP surgery / hospital / hospice / care home to arrange a demonstration of Healing or a talk or both

Awareness **WEEK** **2018**

For more ideas visit our websites listed under 'Get In Touch'

Supporting Your Events

Four leading healing organisations have come together to support Healing Awareness Week, to publicise the initiative and encourage healers around the country to run events locally during the week of 30th April to 6th May 2018.

We can help you by:

Providing publicity materials

**FRI 30TH
APRIL TO
SUN 6TH
MAY**

Posters and information leaflets can be sent out to healers on request or downloaded directly from the websites of each of the supporting healing organisations

Promoting Healing Awareness Week

We will publicise Healing Awareness Week through our existing marketing and social media channels, advertising, public relations, websites and newsletters

Promoting your events on our websites

There will be a specific Healing Awareness Week page on each of the four organisations' websites where events can be listed

Could you participate in Healing Awareness Week?

We invite you, as a healer or supporter of Healing, to hold your own events to promote and publicise Healing
All money raised during this week will be returned to a central contact and distributed to the chosen charities:

British Alliance Healing Associations

www.britishalliancehealingassociations.com

E-mail: secretaryforbaha@gmail.com

Telephone: 01709 560462

The Confederation of Healing Organisations www.the-cho.org.uk

E-mail: events@the-cho.org.uk

Telephone: 0300 302 0021

Sam Buxton Sunflower Healing Trust

www.cancertherapies.org.uk/SBSHT

Getting In Touch

UK Healers

www.ukhealers.info

E-mail: admin@ukhealers.info

The Spiritualists' National Union

www.snu.org.uk
E-mail: snu@snu.org.uk
Telephone: 01279 816363

To find out more and request publicity materials, contact any of the four participating organisations or visit our websites.

www.britishalliancehealingassociations.com
www.ukhealers.info www.the-cho.org.uk www.snu.org.uk .

Social and Personal

Our condolences to Gill, Joe, Hannah Cockram and family at the passing on of Brian 21st December 2017.

We wish everyone who has had, or is experiencing health problems a speedy recovery.

Our condolences to the family of Ray Wilson at his passing at the end of February.

RANDOM THOUGHTS,

Eternal Providence has appointed me to watch over the life and health of Your Creatures,

May -the love of my art motivate me at all times.

May neither avarice, greed, the thirst for public acclaim or reputation enter my mind for the enemies of truth and social service can easily deceive me, making me forgetful of my dedication to do good to your children,

May I never see in the patient anything but a fellow being in pain, Lord, grant me strength, time and opportunity to develop what I have acquired, always to extend its domain; for knowledge is without limit.

The spirit of a man can extend indefinitely to enrich him daily with new demands upon his talents.

Today he can discover his errors of yesterday.

Tomorrow he may obtain a new light on what he holds in confidence today.

O God, who has appointed me to watch over the life and death of Your Creatures, I am ready for my vocation.

Moses Maimonides, Jewish Physician, 12th Century

The Light of Love Within

In the Spring of 1990, I was lying on my bed... meditating. Just relaxing my mind and body... enjoying the nothingness of the alpha state. I wasn't asleep... I could hear sounds from outside my window. But I was not fully awake. I was in that place in between... that's the only way I can think to describe it.

In my mind's eye... there was perfect darkness... I was completely still. That's when I heard myself ask the question... "God, are you there?" I didn't plan to meditate on God. I didn't plan on asking any questions... but yet here I was hearing myself ask the question.

The darkness was gently interrupted by the most beautiful figure. It was in the distance... existing only by itself... surrounded by the perfect darkness. It was the figure of a

person. What I mean by that is that it had a head, body, arms and legs. But it had no other distinguishing features... just a figure that illuminated the darkness with the most beautiful colour of blue that I have ever seen. Yet it was unmistakably perfect in every way.

In my mind's eye, it started to come closer to me. Once again, I heard myself ask the question, "Is that you God?" It slowly moved toward me until it was right in front of me. I was amazed by the brilliance! I couldn't take my eyes off of this figure standing before me. And then, like an explosion in my mind, it flew right into me! My ears hummed and the darkness was brilliant white light! I was filled with the most powerful feelings of perfect bliss!

The next thing I knew I was standing in the middle of the room! I was laughing and crying at the same time! Every hair on my body was standing on end! Every cell of my body was vibrating with the most wonderful sensations of love and joy and happiness! If you could take all of the positive emotions, multiply them a hundred times, roll them up into one... and administer them with the speed

of electricity, that doesn't even come close to what I was feeling! I just stood there in the middle of the room and all I could do was say, "Oh my God! Oh my God! Oh my God!"

After a while, the feelings started to subside. I began to become aware of what had just happened to me. I couldn't believe it! My mind started attempting to rationalise the experience, but, there was no way to explain it away. It happened. The most important day of my life. The day that I was given the knowledge that God does exist.

Not only does He exist, but there is a little piece of Him in all of us. God is very real. Now... you take this for what it's worth to you. And if you think I'm crazy... well... I am what I am. Sammy Voile.

Reprinted from 'Healing Hands' by kind permission of The Home Counties Association of Spiritual Healers.

Past love is a memory and until ever they are realised, thoughts of future loves are a fantasy. **In the present the only certain time to love is now.**

LIFE IS A GIFT

Life is a gift to be used every day
Not to be smothered and hidden away
It isn't a thing to be stored in a chest
Where we gather our keepsakes and treasure our best;
It isn't a joy to be sipped now and then
And promptly put back in a dark place again.
Life is a gift that the humblest may boast of
And one that the humblest may well make the most of.
Get out and live it each hour of the day
Wear it and use it as much as you may
Don't keep it in niches and corners and grooves
You'll find that in service its beauty improves.

Think of all the things you did right today...now give yourself credit for them.

Health Benefits of Organically Grown Crops

By DR Andrew Collins, Professor of Nutrition Biology at the University of Oslo

“Chemical” tends to be a dirty word in organic gardening circles, but of course we all consist of chemicals, as do plants-whether organically grown or not.

The term “phytochemical” refers to natural chemicals that are found in plants: it is often applied specifically to chemicals that are present at low concentrations and are responsible for colour smell, taste etc. They include some compounds that are essential for life, such as Vitamin C, Vitamin E, folic acid and a host of other compounds that are thought to be beneficial, though non-essential. These are known as “micronutrients” and many fall into one of two major classes of chemicals – the carotenoids and flavonoids, which have antioxidant properties.

Antioxidants in plant foods have received a great deal of attention, because they are believed to play a role in the prevention of various chronic diseases, including heart disease and cancer. Antioxidants can counteract the tendency of biological molecules to become oxidised, by reactive forms of oxygen from the air we breathe – an inevitable side effect of respiration.

Consumption of fruits and vegetables is associated with reduced risk of cancer and heart disease and this protection is attributed in part to the antioxidant effects of phytochemicals. But there are other ways in which these compounds protect us, for example by stimulating the body's enzymic defences against foreign chemicals, or by enhancing the process of repair of DNA damage.

To sum up so far, there is growing evidence (much of it admittedly circumstantial) that many phytochemicals, or micronutrients may be beneficial for human health. So do organically grown plants differ from conventionally cultivated ones in their content of these compounds?

There have been hundreds of studies of the composition of crop plants of all kinds, comparing the two methods of cultivation and these have – as is often the case in science – given inconsistent results. The way round this is to perform a “meta-analysis”, which means taking the results from all known studies, “weighting” them according to the number of Feature samples analysed, the reliability of the methods used, and other factors, and carrying out rigorous statistical tests on the whole body of data.

A recent paper (1) in the British Journal of Nutrition reports such a study, and concludes that on average organically grown crop plants contain higher levels of various important classes of micronutrient - as much as 50% more in some cases. The same paper reports that organically grown plant foods contain lower levels of toxic elements such as cadmium, and are far less contaminated with pesticide residues.

Some intriguing questions arise from these findings. First, why should organically grown foods have higher amounts of flavonoids, carotenoids etc? Many of the phytochemicals are known to be produced by plants as a response to stress, arising from adverse environmental factors or from attack by pests and disease; they are part of the plant's defence mechanism. Plants grown organically are more likely to suffer such stresses than those under an artificial regime of optimal nutrition and pesticide protection.

Second, quite apart from potential health benefits, could it be that the higher concentrations of phytochemicals account for the perceived superior taste of organic foods? It certainly seems likely to me; perhaps we are not just kidding ourselves, after all!

Third, can we really claim that organic foods are more healthy? To demonstrate a link between consumption of organic foods and protection against diseases such as cancer or heart* disease would require long-term trials with thousands of volunteers, recording details of diet, and linking this information to the ultimate incidence of disease. However, there are possible shortcuts, instead of looking at the incidence of disease, we can focus on so-called 'biomarkers' - indicators of the risk of disease – that are usually measured in blood samples. Biomarker-based

trials - comparing the effect of consumption of organic and conventionally grown foods on DNA damage, for example, are certainly feasible.

Benefits for pregnancy

Hot on the heels of the report that organic foods contain higher levels of various micronutrients, and lower levels of pesticide residues compared with conventionally grown foods, comes another scientific article indicating that, in one respect, organic foods are, in fact, healthier. This study examined the diet of over 28,000 pregnant women in Norway, specifically asking about their consumption of organic foods.

The authors found that the incidence of pre-eclampsia – a major worldwide cause of illness or even death associated with pregnancy and birth - was significantly lower (by 20% or more) in those women who reported eating organic vegetables often' or 'mostly'. Official bodies have doubted the health benefits of organic foods, and so this article represents an important step forward. As the authors state, "It is important that questions about organic food choices are incorporated into large new and ongoing studies"; and these studies should look at possible protection against a range of common diseases.

References:

1. Baranski et al: (2014) Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta-analyses. *British Journal of Nutrition*(doi:10.1017/50007114514001366)
2. Tbrjusen et al: (2014) Reduced risk of pre-eclampsia with organic vegetable consumption: Results from the prospective Norwegian Mother and Child Cohort Study *British Medical Journal* (BMJ Open)w2014. {doi:10.i:36/bmjopen-2014-006143}

TAKE IT EASY

Don't Hurry. You are going to live forever—somewhere. In fact, you are in eternity now; so why rush?

Don't Worry. What will this thing matter in twenty years' time? You belong to God, and God is Love; so why fret?

Don't Condemn. As you cannot get under the other fellow's skin, you cannot possibly know what difficulties he has had to meet—how much temptation, or misunderstanding, or stupidity within himself he has had to overcome. You are not perfect yourself and might be much worse in his shoes. Judge not!

Don't Resent. If wrong has been done, the Great Law will surely take care of it. Rise up in consciousness and set both yourself and the delinquent free. Forgiveness is the strongest medicine.

Don't Grumble. Consume your own smoke. Your own concept is what you see; so treat, and change that.

Don't Grab. You cannot hold what does not belong to you by right of consciousness anyway. Grabbing postpones your good.

Don't Shove. You are always in your right place at the moment. If you don't like it, change it scientifically by rising in consciousness. This will be permanent.

*Emmet
Fox*

LIFE FOREVER

I am your light, I give you my love.
I am your guide although from above,
I'll be around whenever you call,
I will be there, if ever you fall,
I will lift you and carry you.
Along your own way.
I'll care for you and guide you,
As day follows day,
You are never alone wherever you are,
I am always around.
As you follow your star.
So, fear not, my child,
For wherever you tread,
I'll always be with you
As you travel ahead,

Sheila Goldsmith

**By swallowing evil words unsaid,
no one has ever harmed his stomach.**

Winston Churchill

In the rose and gold sunrise In the
starry, shining skies Feel the love!



In a rainbow seen on high in a smile,
a tear, a sigh Feel the love!

In a mother's sweet embrace in a
sympathetic face Feel the love!

In a family's affection in Nature's glory and
perfection Feel the love!

In a small child's hand in yours in the
Creator's loving laws Feel the love!



In the joyful peace within Knowing that we
all are kin Feel the love!

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SIX LESSONS TO HAPPINESS

1. Give yourself permission to be human.

When we accept emotions such as fear, sadness or anxiety - as natural, we are more likely to overcome them. Rejecting our emotions, positive or negative, leads to frustration and unhappiness.

We are a culture obsessed with pleasure and believe that the mark of a worthy life is the absence of discomfort; and when we experience pain, we take it to indicate that something must be wrong with us. In fact, there is something wrong with us if we don't experience sadness or anxiety at times. The paradox is that when we accept our feelings when we give ourselves the permission to be human and experience painful emotions we are more likely to open ourselves up to positive emotions.

2. Happiness lies at the intersection between pleasure and meaning. Whether at work or at home, the goal is to engage in activities that are both personally significant and enjoyable. When this is not feasible, make sure you have happiness boosters, moments throughout the week that provide you with both pleasure and meaning. Research shows that an hour or two of a meaningful and pleasurable experience can affect the quality of an entire day or even a whole week.
3. Keep in mind that happiness is mostly dependent on our state of mind, not on our status or the state of our bank account. Barring extreme circumstances, our level of well-being is determined by what we choose to focus on and by our interpretation of external events. For example, do we focus on the empty part or the full part of the glass? Do we view failures *as* catastrophic, or do we see them as a learning opportunities?
4. Simplify! We are, generally, too busy, trying to squeeze more and more activities into less and less time. Quantity influences quality, and we compromise on our happiness by trying to do too much. Knowing when to say no to others often means saying yes to ourselves.
5. Remember the mind-body connection. What we do - or don't do - with our bodies influences our mind. Regular exercise, adequate sleep and healthy eating habits lead to both good physical and mental health.
6. Express gratitude, whenever possible. We too often take our lives for granted. Learn to appreciate and savour the wonderful things in life, from people to food, from nature to a smile.

MY FORGETTER

My forgetter's getting better
But my rememberer is broke.
To you that may seem funny
But to me that is no joke.
For when I'm "here" I'm wondering
If I really should be "there"
And when I try to think it through,
I haven't got a prayer!
Oft times I walk into a room
Say "What am I here for?"
I wrack my brain, but all in vain,
A zero is my score.
At times I put something away
Where it is safe, but gee!

The person it is safest from
Is generally me!
When shopping I may see someone
Say "Hi" and have a chat,
Then, when the person walks away
I ask myself, "Who the heck was that?"
Yes, my forgetter's getting better
While my rememberer is broke.
And it's driving me plumb crazy
And that isn't any joke.
CAN YOU RELATE???
I don't remember who I sent this to

From the internet

You cannot do a kindness too soon for you never know how soon it will be too late.

Ralph Waldo Emerson

Carve your name on hearts, not on marble.

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

BUCKHURST HILL

CONTACT RITA 020 8257 9325

BUSHEY

**BUSHEY YOUTH AND COMMUNITY CENTRE,
FALCONER ROAD, BUSHEY, HERTS. WD23 3AD.**

THURSDAY 7 PM TO 9 PM

CONTACT KAREN 07866 048086 OR JUNE 07796 914830

NORTHWOOD

**RAINBOW HEALING CENTRE,
ST. JOHN'S CHURCH, HALLOWELL ROAD,
NORTHWOOD, HA6 1DN.**

WEDNESDAY 2 PM TO 4-15 PM

CONTACT PAT 07905 221640

PINNER

**PINNER VILLAGE HEALING CENTRE
PINNER VILLAGE HALL, CHAPEL LANE,
PINNER, HA5 1BA (REAR OF CAR PARK)**

THURSDAY 2 PM TO 4-45 PM

CONTACT STEVE 020 8866 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 020 8866 9332