

News & Views



Spring 2019

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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 2018/2019

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**Margot Garcia, Rita and Martin Vangelder, Pat
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Chairman's Report February 2019

Welcome to the Spring edition of News and Views where we are looking forward to the rebirth of the flowers and welcoming back the birds from their winter migration. This winter has been extremely mild so far, although we may have a short cold spell in March, even though the spring flowers are beginning to show themselves. Spring is my favourite time of the year and before I retired from driving a taxi around London I used to enjoy driving around and seeing places like Marble Arch, Hyde Park Corner and St. James's Park (to name but a few) bursting into such colourful life. For our members who have renewed their membership, I thank you for your continuing support, unfortunately, for those who have not yet renewed, I must remind you that your insurance cover expires 31st March 2019.

The Healing Awareness Week will take place from the 6th May 2019 to the 12th May 2019. Please contact me at jashhealing@hotmail.com for any further information. The Healing Awareness Week is being promoted by the Healing Forum consisting of representatives of the British Alliance of Healing Associations, the UK Healers, the Confederation of Healing Organisations and the Spiritualist National Union representing, between them, the largest proportion of the members of the Spiritual Healing fraternity.

Steve Sharpe.

Annual General meeting

Our Annual General meeting will take place

23rd June 2019

At

Glebe Hall, Glebe Road, Stanmore,

Middlesex, HA7 4EL

Starting at 2 pm

Where we hope to see some new faces and of course as many of our stalwart members who can spare the afternoon to join us with the smooth running of the Jewish Association of Spiritual Healers.

Attendance has been quite low over the last couple of years, so, as a registered charity, we really need your support to enable us to comply with charity law. Tea, biscuits and a general chat will follow the AGM.

MOUNT SHASTA, CALIFORNIA

It was a clear sunny day in April and I was finally on my way to Mount Shasta, the snow-capped spiritual mountain in the very northernmost part of California and the months of planning and research had finally arrived. We met our spiritual trek guide, Ashalyn. "Yes, you'll need snow boots and thermals...." wait a moment, this is April and "yes, the snow doesn't melt until July". So, thermals, gloves, hats and hired snow shoes as requested. Ashalyn looked like an older Joni Mitchell and quizzed us about our hopes and expectations of the mountain which were for me still unformed other than curiosity and excitement.

I've never climbed a mountain, let alone one of 14,000 feet nor snow-walked but decided to try a new experience. She decided very early on that we looked antedeluvian and drove us up the clearly used road. The first part of the journey was a walk in the sunshine, through forested winding paths until we came to two sentry-like trees where we asked permission to walk through them and on to a waterfall where we stopped and sat to take in the beauty and the music of the water. It was an idyllic spot, overhung with trees and on the opposite bank were two large boulders. She asked us to imagine what they meant and there I had my first experience, a visualisation that I can recall in detail. She looked at me and told me about myself and how she saw me progressing on my spiritual journey.

She explained about the very special energy of the mountain and the vortexes. Most vortexes either travel up or down but on Mount Shasta they travel in both directions giving the mountain a particular power.

More motoring and as we drove higher the temperature dropped and we did indeed need all our layers. The snow

was steeply banked on either side of the road and we started walking uphill; just putting one foot in front of the other was strenuous. We stopped just outside a perfectly formed natural circle of pine trees and again asked permission to enter. She spread some silver foil blankets on the snow and we lay down. It was perfect; an azure blue sky, sun, trees and complete silence, a very sacred space. She began the story of the Lemurians; the legend of the people who live inside the mountain and their city of Telemus. She asked us to close our eyes and go inside the mountain with her. I then had my second visualisation which was so vivid that I still clearly see them and their way of life.

I have never had an experience like it and the memory still resonates with me; the spectacular mountain, its secrets and how it changed me. There is such a special state of awareness there; I know how privileged I am to have travelled there for this once in a lifetime trip.

AVRIL SHINDLER

THE HEALING



POWER OF POETRY

Rosetta Muscatt - poet

Esther Aronsfeld writes: To celebrate National Poetry day on 4th October, Mosaic Liberal's Rosetta Muscatt (87) penned a poem to reflect the Day's theme of 'change'. Rosetta, a published poet and keen observer of life, began writing poetry when she was 14 after engaging with child holocaust survivors at Princess Louise Hospital in West

London where her mother worked as a volunteer, and later with traumatised teenage survivors. The only way I could cope with listening to their stories was to put my feelings down on paper.'

Like Wordsworth, who describes poetry as 'the spontaneous overflow of powerful feelings', Rosetta believes that writing poetry can take you away from suffering and help you through it. There is a healing power to poetry because it gives you a voice to express your pain and joys.'

When Rosetta was diagnosed with breast cancer three years ago, she put pen to paper to help her cope with the news. The result, printed here, was a poem entitled 'The Stoic'. 'Poetry helps connect me to my faith and to face whatever life throws at me. It also enables me to focus on the beauty around me.'

Her poems also reflect her love of life, the wonders of nature and her relationship with God. 'I believe the words are gifted to me,' she explains in her modest unassuming way.

Rosetta's poems have appeared in Jewish News and synagogue and church magazines. A regular contributor to her local residents' community newsletter, she has also written speeches for friends and on one occasion was asked to write a sermon for a local Baptist minister. She currently offers a telephone befriending service to adults and teenagers with substance abuse issues.

The Stoic

Overcoming pain is the Spirit's delight,
To struggle through each day and night
Brings rewards with the gift of knowing.

It is God's own way of showing
Strength comes to those who fight,
Relief comes in reaching for the Light

And as the cruel darkness disperses
Amidst all the crying and curses
Small blessings are found all around,
Feet firmly planted on the ground,
The hum of bees and birdsong sweet,
Love in the air, the heart misses a beat.
The joy of the strength and the power
To smile and greet each minute and hour
With thankfulness for His Grace.
Who allows the stoic to see His face.

ISRAELI TITBITS – Spring 2019

Chinese truck drivers will now be using Israeli artificial intelligence technology to send them alerts when they are distracted or drowsy to help prevent accidents. Herzliya-based EyeSight Technologies has teamed up with Chinese-GPS and telematics firm Exsun to make trucking safer, helping commercial trucks comply with new Chinese regulations. Their system uses an infra-red sensor together with computer vision to monitor drivers' direction of sight, pupil dilation, eye openness, blink rate, and head position to see in real time if they are inattentive or not focused on the road.

Israeli biopharmaceutical firm Redhill Biopharma Ltd announced that its drug to treat a bacterial infection that can cause ulcers and gastric cancer has been found to be safe and effective in a late-stage study. The firm said its drug Talicia, to treat H. pylori infection, eradicated the infection in 84% of patients, compared to 54% success rate with alternative treatments. No safety issues were reported in the study and Talicia was well tolerated. The US Food and Drug Administration listed H. pylori as a high priority for the development of new drugs.

Tel Aviv-based start up Alpha Tau Medical claims it has developed a technology that can cure tumours by injecting them with radioactive material that destroys the cancer cells. In the treatment called DaRT a needle containing radium-224, a radioactive isotope, is inserted into the location of the tumour, with the capacity to destroy the cancer cells. The treatment, under local anaesthetic, can take 30-120 minutes depending on the location of the tumour. No side effects have been observed during clinical trials in Israel and Italy. Two additional clinical trials have started in Italy. There is already a production facility in Israel, and a new facility is being built in Massachusetts. More are planned in Europe and Japan. “We feel that this is really a breakthrough and game-changing in the field of oncology. We are really seeing a miracle”.

Researchers at Tel Aviv University say they have invented the first fully personalised tissue implant, made up of a patient's own materials and cells, paving the way to the engineering of a variety of implants from just one small fatty tissue biopsy, and making the risk of an immune response to an organ implant 'virtually disappear'. Until now researchers used synthetic or animal materials to support stem cells to create the tissue for implant, but such implants can induce immune response that leads to rejection of the implant. However in this case, using the patients' own cells and materials, no adverse immune response was detected. When the patient recognises its own biomaterials there is no immune response. This system can be used to engineer cardiac, spinal chord, cortical, and other tissue implants to treat different diseases.

Israel's developments in the world of cardiology is revolutionary said Professor Michael Glikson, Director of the Integrated Heart Centre at Shaare Zedek Medical Centre. Of the \$400 million that is invested for R&D in life sciences, over half is invested in medical devices. Of this sum 16% is spent on cardiovascular devices. Israel is No 1 in the world in patents per capita in the medical field.

During the recent fires in northern California, an Israeli machine that can pull water out of the air was sent there to provide clean drinking water for US police and fire fighters battling the fire. The atmospheric water generator called the GEN-350, produced by the company Watergen USA, can produce up to 156 gallons of water per day and is transportable.

Although diabetes is often associated with insulin injections, Jerusalem-based Oramed Pharmaceuticals has developed an innovative oral insulin capsule that transforms injectable treatments into oral therapies. The capsules for both types of diabetes are currently in advanced US Food and Drug Administration clinical trials.

In May Oramed signed licensing and investment agreements worth up to \$50 million with Chinese investment company HTIT for exclusive rights to market the company's insulin capsules in China, Hong Kong, and Macau. It is anticipated that their product will be registered in China before the USA. "We have something that can help hundreds of millions of people around the world" Oramed CEO and co-founder Nadav Kidron said. "The East has been catching up with the West. There are perhaps 100 million diabetics in China and there are huge fears as to how they will treat them".

Israel defence contractor Ellbit Systems Ltd announced it had won a framework contract to provide maritime unmanned aircraft system patrol services to the European Safety Agency, to help monitor vast swathes of sea and long coastlines, and identify suspicious activities and potential hazards. The contract, which will be executed with Portugal-based engineering firm Centre of Engineering and Product Development, is for a 2 year period, and its full value is \$68 million.

The corporate venture arm of Hyundai Motor Company has made a strategic investment of an undisclosed amount into Israeli start up allegro.ai, a developer of computer vision technologies based on deep learning. Founded in 2016, allegro.ai offers software that simplifies the process of developing and managing solutions and products, such as autonomous vehicles, drones, security and logistic systems that are powered by artificial intelligence and deep learning. "Deep learning computer vision is one of the core technologies that can be applied to autonomous driving to navigate roads and make quick decisions in real time. And allegro.ai is clearly an innovation leader in that field" said Ruby Chen, head of investment at Hyundai CRADLE Tel Aviv.

The surge in obesity levels globally is causing food and health companies to scramble for ways to battle the glut and the gut. Now an Israeli food tech company, Rehovot-based Amai Proteins, says it has developed sweet proteins, based on those

found in plants that grow along the equatorial belt, that can be used as sugar substitutes in a range of foods including sodas, yoghurts, energy drinks, whipped cream, chocolate, spreads and syrups.

“Along the equatorial belt, from Malaysia and China to Nigeria and Cameroon, tall trees capture the sunlight leaving the ground dark and shady” Ilan Samish, founder and CEO of Amai said. ” To survive plants that grow in the shade need to attract animals to their fruit to spread their seeds. So these plants have developed fruits that contain sweet proteins, which taste better than sugary fruits”.

A commercial Spicejet flight took off from Indira Gandhi International Airport in Delhi earlier this year, using a semi robotic pilot-controlled towing tractor developed by Israel Aerospace Industries, known as Taxibot. Other airlines including Jet Airways and Indigo Airlines are currently evaluating it for their operations. The Taxibot is a semi-robotic vehicle that connects to the aircraft and is controlled by the pilots, enabling them to taxi from the airport’s jet bridge to the runway without using the aircraft’s main engines. This saves 85% of the fuel consumed during normal taxiing of the aircraft, and a similar reduction of greenhouse gases emitted by the engines.

The extraction of energy from hydrogen gas is a carbon-neutral environmentally friendly process but pure hydrogen gas is almost impossible to find on earth. The main means for producing hydrogen gas industrially are inefficient and produce greenhouse gases. Now, scientists at Ben Gurion University in Beer Sheva and the Technion in Haifa, say they have found a missing key link in a chemical process involving solar power that could allow for the ongoing automatic conversion of water into hydrogen fuel in a way that could become efficient enough to allow for the mass production of vehicles powered by hydrogen fuel cells.

Harman International Industries Ltd, a wholly owned subsidiary of Samsung Electronics, and which is focused on connective technologies for the automotive, consumer, and enterprise

markets, opened a 46,000 square foot facility in Hod Hasharon in central Israel, where teams can research, test and validate the company's cybersecurity, software, and automotive cloud solutions in real time conditions. Harman president and CEO Dinesh Paliwal said " we are now preparing for the next phase of growth – connected vehicles and automated driving – and the entrepreneurial spirit and innovations taking place in Israel play an instrumental part in this strategy"

Mosquitoes kill more humans than any other single organism by far. The insects transmit malaria, dengue fever, yellow fever, the Zika virus and others to millions of people every year. Malaria alone kills 400,000 people every year. Now an Israeli start-up Senecio Robotics, has unveiled a plan to combat the menace by efficiently mass-producing and dispersing sterile mosquitoes by the planeload, potentially saving millions of lives. When these sterile males mate with wild fertile females, the females do not produce offspring, disrupting their reproductive cycle.

Israel's Aidoc has received USA FDA approval for its first product, a deep learning solution that assists radiologists in detecting acute brain bleeds in CT scans. It was also listed by Time magazine as one of the 50 Genius companies for 2018, along with Apple, Airbnb, Spotify. Aidoc's artificial intelligence-based software analyses medical images as soon as patients are scanned, and notifies radiologists of unusual findings to help prioritise time-sensitive and potentially life threatening cases. It has been selling its products outside the US since 2017, and its software has been deployed in over 50 medical centres worldwide, where they are used on a daily basis analysing over 1 million scans a year.

Harry Luck

It was mealtime during a flight on El Al. "Would you like dinner?" the flight attendant asked Moshe, seated in front.

"What are my choices?" Moshe asked.

"Yes or no," she replied.

I JUST DISCOVERED MY AGE GROUP!

I am a Seenager (Senior teenager). I have everything that I wanted as a teenager, only 50-60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have an ID that gets me into bars and the wine store (I like the wine store best).

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared?

And I don't have acne.

Life is good! Also, you will feel much more intelligent after reading this if you are a Seenager.

Brains of older people are slow because they know so much.

People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains.

Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem; it is nature's way of making older people do more exercise.

SO THERE!!

Israel's Declaration of Independence and national anthem, the Bible, the memories of a Holocaust survivor, children's drawings of space and the moon, art, science, literature, technology, the Travellers Prayer, and a note from former president Shimon Peres containing a verse from the book of Genesis, all these on three discs containing hundreds of digital files were inserted into a time capsule scheduled to go to the moon, hopefully early next year, when Israel hopes to land its first ever spacecraft on the moon.

If all goes well, the unmanned spacecraft worked on by Israeli non-profit SpaceIL and Israel Aerospace Industries (IAI), will give Israel entry into the exclusive club of just three nations that have so far achieved a controlled landing on the moon. The capsule was the last component to go into the vehicle before it is shipped to Florida to be launched from Cape Canaveral in the coming months.

In early 2019 the spacecraft, recently named *BERESHEET* (GENESIS), will launch alongside other satellites as a secondary payload on a SpaceX Falcon rocket. After the launch the craft is expected to first orbit the earth and then the moon, where it is expected to land four to five months after the launch.

The vehicle is 2 metres in diameter and 1.5 metres tall standing on four legs. It weighs 600 kilograms, which would make it the smallest craft to land on the moon. Carrying the Israeli flag the spacecraft will conduct a Weizmann Institute of Science experiment to measure the moon's magnetic field. The landing mission will be "very challenging" complicated and risky. To save costs and energy the craft will not fly directly to the moon but will take a circuitous route. Once launched the spacecraft will disengage from the SpaceX rocket when it reaches 60,000

kilometres from earth and begin elliptical orbits of earth, widening its circumference, and then at the right time will leave earth's gravity and enter the gravity of the moon. After circling the moon a few times it will begin the landing process, carried out autonomously by the spacecraft's navigation control system. The entire flight, from launch to landing, will take four to five months.

In 2011 president Shimon Peres gave the team a biblical verse to insert into the capsule, from Genesis, Chapter 1, verse 15. It says, referring to the sun and moon in the story of Creation, "And let them be for lights in the firmament of the heaven to give light upon the Earth".

Ofer Doron, IAI's Space Division General Manager, said that if the mission is successful, SpaceIL will be the first company to make a commercial landing on the moon. He hopes, he said, that this will not be a one-time event, but will pave the way for Israel to help other nations to make commercial trips to the moon, using Israeli technology to perform scientific or other operations. "There is no doubt that the technological knowledge acquired by IAI during the development and construction of Beresheet, together with SpaceIL, and combined with the space capabilities developed over more than 30 years of IAI, puts us at the global forefront in the ability to complete lunar missions".

Harry Luck

The Healing Eye Of The Mind

In 1999, the first randomized controlled trial on the use of guided imagery among cancer patients was published in the *British Journal of Cancer*.

The study involved 96 women who'd been recently diagnosed with breast cancer that was large or locally

advanced and who were receiving six cycles of chemotherapy, half of whom also performed daily visualisations of their immune system destroying cancer cells.

As an aid to visualisation, the women were shown coloured cartoons depicting how the immune system works. They also rated the vividness of their imagery on a scale from one to ten.

The main measurements in the study were mood and quality of life, these were assessed before each of the cycles of chemotherapy and again three weeks after the sixth cycle. The study also measured the patients' clinical responses to chemotherapy after the six cycles.

The researchers, from the University of Aberdeen in Scotland, found that although the short-term clinical response during the 18 -week study period was similar between the two groups, the quality-of-life rating, a well-established predictor of better long-term prognosis, was much higher in the visualisation group. This suggested that visualisation might have increased the women's chances of survival or reduced their likelihood of cancer returning in the future.

Furthermore, the clinical responses of women in the visualisation group were also correlated with the quality of their visualisations. Those who reported the most vivid imagery had the greatest positive clinical response to the treatment.

Ten years later, the same research group reported on the impact of visualisation on the immune system during cancer treatment. This study included 80 women with the same classes of breast cancer and used the same imagery training as the previous study.

However, this study lasted over twice as long—37 weeks—during which time the women received chemotherapy, surgery, radiotherapy and hormone therapy. Blood

samples were taken 10 times during the study, and several immune markers were measured.

In the group who practiced visualisation, immune activity and cytotoxicity were increased compared with the group who didn't. Specifically patients who used visualisation had higher numbers of activated T-cells and lymphokine-activated killer (LAK) cells—types of white blood cells able to inhibit tumor growth and destroy cancer cells. Put simply, the immune system seemed to be working more optimally in patients who visualised it than those who didn't.

And the vividness of the imagery again seemed to have an effect. Women who reported vivid imagery had significantly higher levels of natural killer (NK) cell activity during and after treatment and again at follow-up. NK cells are another critical component of the immune system involved in killing cancer cells.

Indeed, some women's immune systems showed high levels of cytotoxicity even after the fourth (and final) chemotherapy cycle. The researchers concluded that "relaxation training and guided imagery beneficially altered putative anticancer host defenses during and after multimodality therapy."

So, does visualisation work exclusively through its impact on the immune system? In many similar studies, people have targeted their visualisations toward their immune system, and in some of these they even imagined their immune system destroying cancer cells.

But in other studies, visualisation focused more on the movement of muscles, the relief of symptoms or even the repair of a body system. And whether a person believes in visualisation or not might even introduce placebo or nocebo effects.

Clearly, visualisation works in different ways depending on the nature of the visualisation used. We can visualise parts of the body moving. We can visualise a pleasant

scene that helps us relax, or visualise the immune system working, or visualise drugs doing what they're supposed to do, or simply imagine illness changing into wellness.

The key to using visualisation is to visualise what you want to happen or visualise it as if it is happening. For example, in research studies, people have visualised their immune system destroying cancer cells or imagined a tumor shrinking until it disappeared completely. In effect, they create an internal picture of whatever they feel is going wrong in their body, transforming into what they want.

They do this frequently. Some visualise every day, some twice a day. Some visualise a few times a week instead. Consistency seems to be important—more so, perhaps, than how long a person spends visualizing each time.

What exactly is Visualisation?

You don't need to be able to see in high definition in your mind's eye. I like to substitute the word 'imagine' for 'visualise' as it feels less 'visual.' We all imagine in our own way. More important than what something looks like in our mind's eye, or how clearly we see it, is that we have a clear intent. Having a clear intent aids the visualisation, or imagery, process.

You can imagine cells, organs, components of the immune system or any parts of the body as characters with personalities. You can even imagine yourself as a participant in a healing process, as if you're a miniature version of yourself—a Mini-Me. The scientific accuracy of an image matters far less than the clarity with which you hold it in your mind's eye.

Drawing things out first on paper can often help people to get a clear idea of what they want to visualise.

The Different Kinds of Visualisation

Over several years of speaking to people about the kinds of visualisations they do, I've found they tend to fall into seven broad categories:

1. Active change

This describes any visualisation where you actively change something. An example of an active change visualisation would be visualizing the shrinking of a cancer cell or tumor. In your mind's eye, you're imagining a tumor actively changing in its appearance, becoming smaller and smaller and smaller until it's gone entirely.

With cancer, some people imagine the immune system taking center stage here; others imagine drugs as piranha fish eating the cancer cells or tumors. Still others imagine tumors melting as if they're made of ice, or using sandpaper and grinding them to dust, collecting the dust and disposing of it outside the body. In each case, they're actively changing the nature of the disease.

Some people use a similar strategy for inflammation. For instance, people with arthritis sometimes imagine reducing inflammation and oiling a joint like a rusty hinge, and then imagine the now-oiled joint moving freely.

2. Clean and polish

With this type of visualisation, you might imagine cleaning or polishing something. For example, a woman once shared with me that she'd improved her kidney function by imagining cleaning her kidney cells.

She had chronic kidney disease and a low level of kidney function. She didn't know exactly what a diseased cell looked like, but pictured it as wrinkled and grey.

Each day, she spent time cleaning diseased cells, restoring them in her imagination to a healthy, bulbous pink. As each cell was cleaned, she'd give it a kiss and a gentle hug, and tell it how grateful she was for the wonderful job it does to keep her healthy.

I met her a year or so later, after her doctor had just confirmed that her kidney function was within the normal range again.

People also use this kind of strategy to imagine cleaning their arteries. Some imagine using a steam cleaner, and when the walls are washed, they collect all the debris in trash bags and take them outside the body to be disposed of. People even use this strategy to imagine cleaning up infections. As an example, they might imagine an infection being like pepper sprinkled over an infected area. Then they imagine vacuuming it all up, even imagining the crackling sounds a vacuum cleaner sometimes makes as it picks up particles of debris from a carpet.

A woman once told me how she'd greatly improved her eyesight by imagining cleaning and polishing the lenses of her eyes, as well as massaging the muscles.

3. Intervene in a process

This kind of visualisation tends to be used by people who understand some of the biological processes they're visualising. For example, people with allergies or autoimmune conditions sometimes use this strategy.

An autoimmune condition is characterized by the immune system attacking part of the body, perhaps perceiving it to be alien to the body.

Common examples include rheumatoid arthritis, lupus, type 1 diabetes, multiple sclerosis and myasthenia gravis.

So, people visualise intervening in the process and changing what's happening. They imagine the immune system backing off, for example, and even making friends with the area of the body that's affected.

People with allergies do something similar, imagining their immune system becoming less sensitive to an allergen.

4. Speak to your cells

In this kind of visualisation, people imagine they're having a conversation with their cells in an injured or diseased part of the body. They might ask the cells what they need,

if they require the person to make any change in their life, such as in their diet or lifestyle, or if there's something (or someone) they need to avoid, for example.

People often do this kind of visualisation as part of a meditation, so they first enter a relaxed state before initiating the conversation.

5. Symbolic change

In this kind of visualisation, a person makes a symbolic version of what they want to visualise. It's often used by people with non-physical conditions who may not have anything physical to imagine.

As an example, I met a gentleman years ago who'd suffered terribly with depression. He decided to try visualisation but didn't know what he should visualise. He told me he had felt broken, in that his life had completely fallen apart. He was once a successful professional, had been happily married and lived in a nice house. Now, he was divorced, living alone in a small apartment, had no job and no prospects, and was taking medication every day. His life and how he felt about himself was now a faint shadow of what it had once been.

He decided that he would visualise turning brokenness into wholeness. He imagined brokenness symbolically as a broken mirror, one that had fallen on the ground and shattered. In his imagination, he swept up the shards of the mirror and emptied them into a cauldron. Then he lit a fire under it and melted the shards until they were liquid, like liquid silver. He imagined pouring the liquid silver into a brand new mold. He blew on it to cool it and finally held up the new mirror, whole again. He'd turned brokenness into wholeness, and in so doing, turned his own sense of brokenness into wholeness. He fully recovered from depression.

6. Change in colour

Many people like to use colour in their visualisations, as different colours carry symbolic meanings. For example,

blue is a calming colour, while green often represents nature and growth.

In the example of the woman attempting to heal her kidney disease, she turned wrinkled grey cells into healthy pink ones.

Some people see illness or disease as a dark or grey shadow and simply imagine adding colour to the shadow until it has completely disappeared.

7. Immune boost

In this type of visualisation, people imagine immune cells being made, multiplying or destroying cancer cells. We can also imagine the immune system destroying invading viruses or other dangerous pathogens.

Phil Griller

The Trouble Tree



I'm going to plant a tree! I hired a plumber to help me restore an old farmhouse, and after he had just finished a rough first day on the job: (a flat tyre made him lose an hour of work & his electric drill broke down) then, at the end of the day his ancient one ton truck refused to start. While I drove him home, he sat in stony silence. Upon arriving he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree: touching the tips of the branches with both hands. When opening the door he underwent an amazing

transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss. Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier. "Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, those troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night when I come home and ask God to take care of them. Then in the morning I pick them up again. "Funny thing is," he smiled," when I come out in the morning to pick 'em up, there aren't nearly as many as I remember hanging up the night before"

From Writer Brock. USA

Understanding true faith

Faith is not always what it seems to you, faith is trusting in all that is real and not imaginary, faith is believing in the truth of your being, faith is trusting in your maker and his laws, faith is giving with a good heart and not expecting to receive.

If all peoples in the world ere faithful, there would be no wars or heartaches. Every being would give and take with a loving heart as God meant it to be. Peace would reign supreme. All people would come together in love for each other and none would go hungry, because there would be enough food for everyone and all hearts would be light with thankfulness to be as one under God's law.

The stresses of days would pass by unnoticed and peace would be on the earth forever more because our father will never desert his children. As you love your children, o your father loves you.

Shed you tears to heal another's heart.

Reprinted by kind permission of Sheila Doffman Goldsmith from her book Wisdom From The Spirit World

Our everlasting illusion

Your life is a mess, everything is going wrong for you, you are sick, you are absolutely depressed and very close to giving up. Someone has told you that you can't even help another person because you've not given yourself enough love. You are an empty sack and you feel that way because so many people have told you what the process is You can help no - one until you've filled up your own tanks and reserve with oceans of energy and goodness. Loving yourself first is the answer. This is the greatest illusion. The illusion always starts with the concept that your human mind is the real you, on the surface you say you believe many eternal truths but you live as if you only believe in your own physical body and what your conscious mind is doing in that body. That is the eternal illusion. The reality began a long time ago, we are creations of God whether we like the idea or not. Anyone who truly believes that they are empty shells and that their tanks are not full to overflowing have got it wrong, anyone with a part of God's mind in themselves, is so full of riches to give away, that the volume of those riches can't be quantified. We are all that full. Our problem is to get at what is in us, to get our conscious logical self to be in harmony with the real us. We are filled with wonderful knowledge, and filled with wonderful emotions we need to use every day to become the wonderful examples of the most beautiful illusion, ourselves.

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“Never forget that you, all of you, can heal people all of the time you are with them, and at any moment and anywhere, just by being loving and caring. Never forget who you are, and that you are unique, potent and exquisitely beautiful wherever you are living your dream, feeling your passion, being your love and showing your joy.”

Courtney Young

Social and Personal

Congratulations to Teresa Smith on receiving her Master's degree from her research of Spiritual Healing from 1900 to 1965.

HOW FAR WILL YOU TRAVEL ---- ?

How far will you travel before you decide that you no longer know where you are going and it is time to consult your map? After all, stopping the car could cost you valuable time. Surely if you just keep driving you will find your destination? The pressure of time may create a conflict. If you stop to look at the map, it could waste precious minutes and that will make you late, but if you kept going you may either find your destination and arrive on time or you might get even further off track. At what point do you admit that you are truly lost?

Our lives are like pieces of a puzzle that have over the years been scattered all over the place. There comes a time when we realise that we have become so fragmented that we are unable to function properly. If we are very lucky, we start searching for those other pieces, the search for a place that is familiar to us, a place where we belong, a place called home.

Often, when people realise that there is something missing in their life, they look to the outside to find ways of filling that gap. There are so many ways this can happen.

Perhaps they believe that they are unattractive and if only they could look like the people in the glossy magazines, or the film stars who look so glamorous and beautifully made up, then they would be happy. So they buy the latest clothes, the latest make up, pay a fortune to get the most

up-to-date hairstyle or colour or invest in plastic surgery to repair the parts of their body that is making them feel so bad. Yet they are still unhappy and the distractions may have covered up the void for a while, but underneath this cover, the hole within remains empty. Maybe we think that if we had enough money, then we would be happy. So we spend years working towards success, then discover that the more money we make, the more we need as the credit card bills get higher and higher until we reach a state where debt becomes such a problem that we can no longer cope and we lose our job and find the world come crashing around as we fall off the merry go round and land painfully on our backside. Another way of filling that void within from external sources is through addictions. We become addicted to drugs, to alcohol, to food. Temporarily, they take away the emptiness or the pain we cannot face and we have more and more until our bodies get out of control. Nothing we get externally ever really satisfies us enough. They are just temporary fixes with often dangerous side effects. We crave those fixes like hungry wolves that circle round us waiting to pounce at any moment, but those fixes never last and we just end up wanting more and more and more until sometimes, it destroys our life.

Sometimes the search manifests in relationships. We look for the perfect person who is going to make us happy, our Prince Charming, who will conquer our demons of loneliness and hunger for love and for a while, our Prince seems to rescue us. But with time when problems arise in our relationship, we discover that he is unable to give us what we yearn for, or if he does, we become dependent on him. Then one day he runs away, maybe to rescue another maiden who is in distress and hungry for love and we are left abandoned and our world becomes shattered with the pieces scattered around us like confetti thrown at our wedding when we thought our dreams had come true.

HOW FAR WILL YOU TRAVEL? (Contd.)

Another illusion smashed to bits, another disillusion. There is a story of the musk deer, who all his life searched for the wonderful scent that he could smell. It was always so close, yet he could never find it, even though he travelled far and wide. Yet all along the scent was coming from him and he never knew it.

The missing pieces that we have searched for outside are within us. First we must realise that. When we have finished searching all over the place and we have understood that it is inside, that is when the real search can begin, that is when we can start to find our way home.

JENNIE JAMES.

“Be kind, everyone you meet is fighting a hard battle.”

JOHNWATSON.

“When indeed shall we learn that we are all related one to the other, that we are all members of one body.”

HELEN KELLER.

“Healing is the restoring of harmony to the living whole.”

SIR GEORGE TREVELYAN.

“We can do no great things ---, only small things with great love.”

MOTHER TERESA.

“Kindness gives birth to kindness.”

SOPHOCLES.

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