

News & Views



Registered Charity
No. 275081



**Spring/Summer
2020**

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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**

Patron:

Aubrey Rose CBE

Chairman: Steve Sharpe

Hon. Secretary & Membership Secretary:

Francine Benjamin

***55 Mount Pleasant , Cockfosters , Herts.
EN4 9ES - Telephone 020 8449 8670***

Hon. Treasurer: Martin Vangelder

**Hon. Auditors: Cane Terry & Co. - 31, Hardwick
Court, Marsh Lane, Stanmore HA7 4HJ**

Web site: www.jashhealing.com

E-mail: jashhealing@hotmail.com

Committee for 2020/2021

Francine Benjamin, Harry Luck,

**Margot Garcia, Rita and Martin Vangelder, Pat
Greenberg, Teresa Smith and Steve Sharpe.**

Editor: Steve Sharpe, 22 Boldmere Road, Pinner, HA5 1PS.

Chairman's report March/July 2020

Welcome to the Spring /Summer edition of News and Views where I hope you will forgive me for not issuing four copies this year. I was running a week or so behind schedule then came the lock down which meant that the printers closed as did all the venues for our healing centres. Our condolences to the families and friends of those who lost their lives to the Covid 19 virus and well done to those who contracted the virus having managed to pull through and continue their lives. On behalf of JASH I thank all the front line workers in the NHS, all emergency services and shop workers who have kept most of the country fed and well throughout this crisis and hope we will be back to something like normal in the near future.

Healing Awareness Week was between the 4th and 10th of May and I'm sure you all took your part in talking to anyone that may have shown an interest in healing in the past. Obviously, because of the lock down all our usual venues were closed so we have had to make do with distant healing and chatting to existing and new clients on the phone or social media. We even held our Annual General Meeting via Zoom, just one of the many modern technological aides to contact each other. I had hoped that we would have had a good attendance to the AGM but sadly this did not happen, partly due to the fact that my browser decided not to send all the information to all of our members, as I found out over the following few days. Once again, we were only just quorate. We have to hold AGM's, which I know can be tedious, but are essential to keep our registered charity status. Hopefully next year will bring some of our newer members to the AGM. I was

asked by the Healing Trust to attend a couple of healing exhibitions at Alexandra Palace and the Olympia, I wish we had the capital behind us to enable JASH to have stand at these exhibitions, which were quite successful, giving healing to approximately 500 people during the six days of the two exhibitions. The British Alliance of Healing Associations now represent some eighteen hundred healers belonging to forty two organisations, their membership renewals have taken a fairly heavy reduction, as have ours. Margot Garcia (one of our committee members) is now living in a care home, thanks Margot for all your past help. Rita and Martin Vangelder beat the Covid 19 virus and are recovering slowly (both committee members). The Doctor Healer network talks have been severely disrupted as has everything else around us at the moment. David Tredennick MP is retiring from the parliamentary group, one of our stalwarts in the House of Commons, hopefully, someone will take his place with the promotion of complementary medicine.

Martin is retiring from being our Treasurer as the virus really took it's toll on his health and he is eighty six, Rita will be unable to attend our committee meetings meetings but we'll keep her in the loop, thank you Martin and Rita for your dedication over the years. Harry Luck will be taking over as Treasurer, thank you Harry, we will try not to overload you. We combined our Post Office and Barclays accounts giving us assets of £9750 a deficit of £128 from last year due to lack of membership renewals.

We only have had sixty members renew their membership this year which is a large drop from last year. Thank you Francine for all your hard work.

Harry is still working wonders with our web site and we may hold committee meetings in the future via this modern technology, thank you Harry for all your hard work.

Your committee for 2020 to 2021 are Secretary Francine Benjamin , Treasurer Harry Luck, Teresa Smith, Pattie Greenberg, possibly Rita Vangelder and Chairman Steve Sharpe.

Auditors Cane, Terry Associates.

Aubrey Rose (our Patron) has recently undergone heart surgery and is recovering well.

I thank everyone who attended our AGM and all of the committee members for their hard work and expertise.

Steve Sharpe.

Ode from a friend

Sing with me, songs of hope each day,

Pray for me, as I go on my way,

Let me be forever by your side

Flowing back and forth, like the evening tide,

Let me be forever in your heart

Because dear friend, we're never far apart,

So laugh with me, forever and a day.

Don't cry for me as I go on my way

Reprinted by kind permission of Sheila Doffman Goldsmith's "Messages from the World of Spirit"

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

Dalai Lama

ANNUAL GENERAL MEETING

Our Annual General Meeting was held

14th June 2020

Commencing at 2-00 pm

We need to have AGM's to maintain our charitable status and to keep our members informed as to what is happening in the healing world together with our financial situation. We look forward to seeing you and refreshments will be served after the meeting.

Please make an effort to attend as your attendance level has been on the low side over the last couple of years.

The AGM was held electronically via a Zoom meeting (see Chairman's report) unfortunately, I found out after the meeting, that there was a problem sending you all the information and many of our members did not receive the notification for which I apologise.

CHULENT

Description:

A savoury slow-cooked stew for Shabbat with meat, potatoes, and beans. Also known as chamin, dafina, or skhina. Over the years people have refined this chulent

recipe to suit to taste. Some used to overnight soak the beans, pre-boil the ingredients and often cooked it in the oven nowadays a slow cooker is preferred. Remember, this dish cooks overnight, which requires some forethought. The traditional way is to start the cooking on Friday before sundown so that the pot is cooking before Shabbat begins. Enjoy!

Ingredients

- 2 1/2 lbs large red potatoes, peeled and halved (for a smaller slow cooker, use 2 lbs)
- 2 whole onions, chopped
- 2 1/2 lbs beef stew meat or brisket, cut into chunks (for a smaller slow cooker, use 2 lbs)
- 2 marrow bones
- 1 cup dried beans - lima, pinto, chickpeas, red beans (not kidney), or a mixture
- 1/2 cup pearl barley or coarse-grain kasha (optional - for gluten free, do not use pearl barley)
- 3 whole garlic cloves
- 6 eggs (optional)
- 1/2 tsp black pepper (if spice sensitive use 1/4 tsp)
- 1 quart low sodium chicken broth
- 1 tbsp kosher salt
- 1 1/2 tsp paprika
- 1 1/2 tsp turmeric
- 1 tsp cumin
- 1/4 tsp cayenne (if spice sensitive use just a pinch)
- Water (various amounts)

□ Note: The beans in this recipe will soften without any pre-soaking due to the long slow cooking process, however they will be easier to digest with a simple quick soak prior to cooking. To do this, place the beans into the bottom of a large pot and cover with water. The beans will expand to over double their size, so make sure you cover by several inches of water to allow for expansion. Bring the beans to a boil for 5 minutes, then remove from heat. Let them soak in the cooking water for 1 hour, then drain and rinse well before proceeding with the recipe. Also note that it is not recommended to slow-cook kidney beans.

- In a large slow cooker (the larger the better!), place the potatoes in a single layer on the bottom of the cooking vessel.

Sprinkle the onions over the potatoes.

Place the beef in a single layer on top of the onions and potatoes. Place the two marrow bones in the meat.

- Rinse the beans clean, checking for any stones or impurities. If using barley or kasha, do the same with the grains. Sprinkle the beans (raw or pre-soaked) and optional grains over the top of the meat. Place the three whole garlic cloves into the meat, evenly spaced. Sprinkle the whole mixture with the black pepper.

- If using eggs, rinse them well and then tuck them into the meat. In a 4-cup container, whisk together the low sodium chicken broth, kosher salt, paprika, turmeric, cumin and cayenne.

- Pour the liquid over the chulent. Add additional water until all of the beans and pieces of meat are covered. It's usually another 1-2 cups of water in our slow cooker-- it will vary; Usually add a bit more liquid if using grains, because they will soak it up.

- Chulent knaidles (dumplings): 175g/6oz plain flour: 3 quarters teaspoon baking powder: half teaspoon salt: freshly ground black pepper: 175g/6oz chicken fat or

chicken flavoured vegetable fat: 2 tablespoons fresh parsley.

- Cover the slow cooker. Cook on low heat for 16 hours. Check occasionally as it's cooking; add additional water and stir a bit if it's looking too dry. Most cookers will auto-switch to warm when the cooking is complete. If yours doesn't, set it to warm until ready to serve.
- It will look a bit medieval when it's done cooking! Don't worry, just dig in and you'll see that it's perfectly cooked below the surface. Peel the eggs before serving the chulent.

SOME SUGGESTED HOMEOPATHIC RELIEF FOR TOOTHACHE

- Homeopathy offers temporary first-aid relief for the acute conditions of toothache, according to Australian homeopath Paul Callinan, author of *A Practical Handbook for Home Treatment*. All homeopathic remedies cited here are available over the counter at most health food stores.
- *Hypericum* tincture or oil of cloves, to apply on gums for local swelling or pain.
- *Aconite* 6c, every 30 minutes to relieve pre-dental work anxiety. *Ferrum phos* 6x (tissue salt) every 3-4 hours, for toothache with inflammation and redness.
- *Belladonna* 6x every 2-3 hours for throbbing pain, congested face, restlessness, flushed feeling.
- *Chamomila* 6x every 2-3 hours when pain is worse at night or after warm drinks or foods; or 6c every 3-4 hours if pain is intolerable.
- *Plantago* 6c every 3-4 hours when teeth feel sensitive to the touch.
- *Nercurius* 6c every 3-4 hours when you have stabbing

pain to the ears, foul-tasting mouth, thirst, all conditions worsen with heat.

- *Staphysagria* 6c every 3-4 hours when teeth are sensitive to touch or cold, sense of tearing pain, irritability.
- *Bryonia* 6c every 3-4 hours, when holding cold water in the mouth temporarily relieves toothache.
- *Apis* 6c every 3-4 hours when the gums are swollen with local pain or stinging
- *Hepar sulph* 6c every 3-4 hours when you suspect an infection but have no sign of pus.
- *Pyrogen* 6c every 3-4 hours when pus is discharged from tooth, with foul taste or fever.
- *Kaliphos* 6x every 3-4 hours for severe pain in decayed tooth from nerve over sensitivity.
- *Arnica* 200c for extractions: take 2 doses before and one dose after removal to relieve pain.
- ***Note: Discontinue the remedies after they produce results. Infected or decaying teeth and gums require professional dental care. So be sure to advise that people seek the advice and help of a qualified dentist as soon as possible.***
- ***PS. Bach's Rescue Remedy is a favourite Homeopathic remedy. You can use it before, during and after seeing the dentist.***

From the internet

*“All our dreams come true if
We have the courage to pursue them.”*

Walt Disney

IF THE WORLD WERE TO END

If the world were to end tomorrow
Just how would you spend your last day?
Would you view it as just a normal day?
Would you spend it at work or at play?
Would you spend it in meditation and prayer
Be with crowds or in solitude
Or eat your share of food
And get as drunk as you could?
Would you tell your family that you dearly love them
And say goodbye to all of your friends
Would you tear up your will and shred all your bills,
Forgive all and make amends?
Well the end of the world is not imminent
Despite what Notradamus said in his day
But the end of our world will come of course
For one day, we must leave anyway.

Reprinted with kind permission from Yetta Powell's "My Mum's Chicken Soup"

ISRAELI TITBITS

Israel was the first company in the world to perform a new “artificial meniscus” transplant developed in Israel for people with damaged or torn menisci. The implant is inserted into the knee joint through a small incision and patients are allowed home soon after the operation.

Innovation Africa, an American-Israeli organisation that brings Israeli solar, water, and agricultural technologies to rural African villages is one of three winners of the 2019

InnoDip award for innovative diplomacy.

A new prototype, miniaturised solar-power generator developed in Israel will be sent by NASA to the International Space Station in its first launches in 2020.

Israeli biopharmaceutical firm Redhill Biopharma Ltd has now received US FDA approval to market its pill for the treatment of bacterial infection that can cause ulcers and gastric cancer.

US cybersecurity firm Proofpoint has agreed to buy Israeli founded ObserveIT, whose software identifies insider cybersecurity threats, for \$225 million.

Tel Aviv startup Seebo, whose AI based software aims to help manufacturers predict and prevent manufacturing inefficiencies, will work with Skoda on its engine production lines to optimise manufacturing processes and reduce costs.

Israeli and German scientists have decoded how the body's immune system reacts to a poorly understood vaccine against the deadly Ebola disease, and how the body generates effective antibodies against the disease. The fatality rate for Ebola is around 50% but can reach up to 90%.

A team of researchers at Ben Gurion University is en route to discovering medical therapy to treat Atrial Fibrillation that occurs at rest, relaxation, or sleep. AF is a type of arrhythmia or abnormal heart rhythm.

Holon-based cancer immunotherapy company Compugen disclosed encouraging preliminary results from its Phase 1 clinical trial for patients with advanced solid tumours.

The government of Uzbekistan has signed a memorandum of understanding with Watergen, an Israeli company that produces water from the air. The deal worth several million

dollars will see thousands of Watergen water generators in cities and towns in this Central Asian country.

Kadimastem Ltd, a biotechnology firm that develops cell therapies, said it had received promising interim results from a first group of patients treated with its new therapy for Lou Gehrig's disease, a fatal neurodegenerative condition that causes the loss of muscle control.

Biology researchers at Haifa's Technion-Israel Institute of Technology say they may have found a way to reduce the effect of salmonella bacterial infections by inhibiting the formation of biofilm, a resistant layer of microorganisms that enable bacteria to attach to surfaces.

KAHR Medical, an Israeli biopharmaceutical company, says it is developing a second generation class of immunotherapy drugs, and announced a collaboration with Roche Holding AG for human clinical trials in the USA.

The Central Virginia Waste Management Authority (CVWMA) has entered into partnership with Israeli recycling company UBQ Materials to implement their new thermoplastic recycling bins. UBQ converts unsorted household waste into a sustainable bio-based climate positive thermoplastic material.

Healthcare Israel was created by Israel's Ministry of Health to deliver life-saving and cost-saving healthcare innovation, technology and expertise to the world. It is currently building a platform for sharing health data between different providers for the state of Sao Paulo in Brazil, and is also developing a project for the Chinese city of Yangzhou relating to emergency preparedness for mass casualty incidents.

Commute times from one end of the Jerusalem Light Rail to the other fell from 80 minutes to 42 minutes after Israeli tech company Axilion Smart Mobility implemented its

software system, which coordinates street lights with road vehicles, prioritising public transport options like buses so that traffic lights turn in their favour, New York City is now piloting the same technology on its bus routes.

Researchers at the Technion-Israel Institute of Technology and Bar Ilan University have developed technology they hope will help inhibit the progression of Alzheimers disease, today referred to as the epidemic of the 21st century.

Tel Aviv University is setting up a Centre for Quantum Research. The quantum revolution is expected by many to be as great and significant as the industrial and digital revolutions, completely transforming our technology and way of life.

Growing up with a dyslexic father had its advantages. Whenever he caught me swearing, he used to wash my mouth out with soup.

My wife asked if she could have a little peace and quiet while she cooked the dinner, so I took the batteries out of the smoke alarm.

So many people have asked me, how did you get into healing?

As a child I used to think to myself, if I became ill, I would go to healing. Strange thinking for a child, as my family were not the least bit interested in the subject, or even spoke about it.

Our home was filled with love, living with my parents, grandparents, aunt, and younger sister, within a really secure upbringing. I met, and married, and then after the birth of our third son, bang! My happy little world started to fall apart.

I will not go into details. Mum and auntie both became ill with cancer, and dad had a stroke. Well life is full of surprises! "I only like the good ones." By chance, or not by chance! I read an article by Hany Edwards, who was such a wonderful healer. I was inspired to write to his sanctuary. My letters were answered. This was my first contact with spiritual healing, and it was to change my life forever!

Harry Edwards wrote to me and told me that healing could help with pain relief, but not always a passing, if it was the souls time to go. The letters continued, and after a short while, I did not need to write anymore.

Three small children, the same amount of bereavements! A panic attack sent me to see my G P. Next followed a dependency on tranquillisers. In a way, it set me a little further along my healing pathway. It took me a long time to withdraw, and recover. During this period I ran my own self-help group for people who were dependent upon them, and were trying to give them up.

Throughout my trials and tribulations, I went to healing. It had been there for me from my early childhood, waiting to help me, I knew it was there! Who knows how, or where it came from, that understanding, and belief. I am so grateful that it was there. Over the last 30 odd years I have run a successful self-help group for people who have become dependent upon tranquillisers and sleeping pills. These drugs do have a place in society, yet some people find giving them up, so difficult! I know just how much support you need when withdrawing.

Moving on; as my group started to recover I knew it was time for me to, as one says "Get into healing." I had no idea how it would come about! I just knew it would. After 3 years of running a non-profit making support group for Barnet Drug Concern, and helping hundreds of people at 'Tranx', another self-help group. I sent out these positive

thoughts "please help me to become involved in healing." Something magical happened, that very week I went to put an advert in my local sweet shop, I saw this other advert. RAINBOW HEALING CENTRE! It was open just across the road, and it was open the very same day. Did I go in... you bet I did, my destiny was calling me.

"Next please," said the handsome smiley face, as a young man put his head around the screen at the healing centre, at the same time a very loud voice in my head said, "he is going to ask you to help him." This voice took me by surprise it was so clear, so loud! I sat down for healing with Mr Smiley face, when he said, "Do you know I think we are meant to meet." The man I met that day was Maurice Murphy. I joined Maurice at Rainbow... Full membership of N.F.S.H. and J.A.S.H. Courses in counseling, meditation, and development group work followed.

By now, so sadly, Maurice had passed on, and we at Rainbow have kept the centre running for 30 years. We feel it will always be his centre, we just run it for him.

The rainbow is a friendly and loving place, not only for our clients, also for healers, starting their vocational work. It is not easy to find a place to use your healing gifts when you begin. I am so proud of the Rainbow Centre, and our reputation, as a place where people say, "It is like coming home". Sadly we had to close last year through lack of support.

Part of my healing work gave me an opening to feature monthly in the Take a Break - Fate and Fortune magazine. I paint angels for people who need help, and write some uplifting words to inspire, and heal. Working with my friend Jayn Lee Miller, we have presented many workshops in the healing arts, through the magazine, also at other venues. I can use my healing in an artistic way, with

colour and light, using crystals in my paintings for their brilliance. People love crystals and many people feel that they can help them with their healing.

My artwork can be seen at www.pattiesangels.com

I know that you cannot take anything for granted, so I live each day in the very best way I can. Spiritual healing is wonderful, and it never fails to surprise me! Healing not only works on your well-being! It also works in all facets of your life.

I leave you dear reader with this affirmation, I say it every day and have given it out to hundreds of people who also repeat it every day. . . well, some of them do, you cannot win them all.

I AM SURROUNDED BY ABUNDANCE ON ALL LEVELS OF EXISTENCE AND THESE WORK FOR ME. SO -BE -IT.

Pat Greenberg Healer Committee Member JASH.

Listen

When I ask you to listen to me and you start giving me advice, you are not listening to me.

When I ask you to listen to me

And you begin to tell me why I shouldn't feel that way,

You are tramping on my feelings.

When I ask you to listen to me

And you feel you have to do something to solve my problem,

You have failed me, strange as that may seem.

Listen! All I asked was that you listen.

Not talk or do – just hear me. I can do for myself, I'm not helpless.

Maybe discouraged and faltering, but not helpless.

When you do something for me that I can and need to do for myself,

You contribute to my fear and weakness.

But when you accept as a simple fact that I do feel what I feel,

No matter how irrational, then I can stop trying to convince you

And get on with understanding what is behind the irrational feeling.

And when that is clear, the answers are obvious and I don't need the advice.

Irrational feelings make sense when we understand what's behind them.

Perhaps that is why prayer works for some people.

God is silent and He/She doesn't give advice or try to fix things.

He/She just listens and lets you work it out for yourself.

*So, please **listen** and just hear me.*

And if you want to talk,

Wait a minute for your turn and I'll listen to you.

Anonymous

First seen and reprinted with kind permission from the Sussex Healers magazine.

Mysteries of the Universe

The metaphysics of today is the physics of tomorrow. By studying spiritual metaphysics, you get a head start in understanding the mysteries of the universe.

For example, two hundred years ago, electricity was still a huge mystery. Back then, a few visionaries uncovered more and more information about the nature of electricity. Once it became possible to generate electricity, it powered the industrial Revolution and then went on to produce the Electronics Era, which soon morphed into today's Information Revolution.

This enormous chain reaction of technological evolution was made possible by the original curiosity of just a handful of visionary mystics. Now, imagine what the mystic insights of today's world could do for tomorrow's world. For example, the next energy to be understood is etheric energy. A more subtle cousin to electricity, etheric energy is the life force that streams towards us from the Sun, energizing and motivating all forms of life.

The mastery of etheric energy will lead to far more wide-ranging advances than electricity ever did. Within etheric energy, lie the keys to powerful healing modalities, pollution-free energy, and many other valuable innovations. Just the advent of abundant, inexpensive energy will transform world, eliminating poverty and much of today's third world suffering.

Etheric energy is life energy. It is the energy that passes from spiritual healer to patient. It is the vitality or life-force contained within air, water and food. It is the mystery energy which powers the endless orbit of electrons in their atoms and planets around their suns.

Etheric energy has been known by many other names - prana, life energy, vital life force, chi or qi, orgone, universal life force, odic force, cold electricity, tachyon energy; the list goes on.

Cosmologists - scientists who study the structure of the universe - are actually already on the trail of etheric energy. They have detected its presence in the cosmos through its

gravitational side-effects, but they haven't been able to see it, so they call it 'dark energy.' The existence of dark energy - and its related dark matter - is one of the great, unanswered mysteries of science today. According to the observed movements of galaxies, it is calculated that 23% of the universe consists of dark matter and 73% of the universe consists of dark energy.

The universe, it would seem, is filled with unseens. At least, to the limited capabilities of physical eyes. When a cosmologist stares at a clear, night sky, wondering where all the missing energy and matter is in the inky blackness of the depths of space, it would come as a surprise to them if they knew that a clairvoyant - a person who has developed the ability to see subtle energies - sees the same night sky very differently.

It may sound unconventional, even rebellious to tradition, to suggest that a scientist should ask a clairvoyant what they perceive, but it has been done before, and with breakthrough results. For example, in the mid 1800s, one of the top scientists of all time did exactly this. Carl von Reichenbach had heard that clairvoyants can see a subtle energy of which science was unaware. The fact that he, like most people, lacked clairvoyant vision did not deter him. Such a minor complication was not to be an obstacle to his curiosity and his desire to understand this new form of energy. So, for his experiments, he hired a group of skilled clairvoyants to describe to him what they could see. He cataloged the appearance and behavior of etheric energy, which he called the 'odic force,' around substances such as magnets, crystals, wood and metals.

Today, a cosmologist could, if they dared to be that adventurous, ask a skilled clairvoyant what they see in the clear, night sky. The clairvoyant would report that they see the etheric energies that surge through the universe. To

their subtle perception, etheric energy does not appear in the least bit dark. In fact, it glows brightly with the light of its own life energy. To them, the night sky is filled with a brilliant interplay of pure and magical, etheric light.

Etheric energy is one of the three fundamental types of energy in the universe. These three energies are electric, magnetic and etheric. Electric energy operates at a right angle to magnetic energy. The third energy of Creation, etheric energy, operates at yet another right angle to the other two.

Physical matter is made from electromagnetism, which is the interplay of electric and magnetic energies. Etheric matter is quasi-physical, i.e. solid only to the subtle senses, and it is made from etheromagnetism, which is the interplay of etheric and magnetic energies.

Etheric energy and etheric matter are the missing components in today's cosmology. Etheric energy is the mysterious 'dark energy' and etheric matter is the mysterious 'dark matter.' Knowing that it can be seen by the subtle senses certainly makes it a more immediate candidate for study and research.

Just the fact that 'dark' or etheric energy reveals its presence through its gravitational effects implies that its understanding could lead to control over gravity, and the introduction of weightless, high-speed flying vehicles.

The possibilities for research into this fledgling field are almost unlimited. For example, many of Nikola Tesla's experiments involved a strange new form of energy that he called 'cold electricity.' When his experiments are reviewed in the light that cold electricity is none other than etheric energy, then they begin to make a lot more sense. Etheric energy is the third energy of creation. It is not a form of electricity. Etheric energy and electric energy share the common bond of interacting with magnetic energy. They

bring to life the magnetic fabric of space when they intertwine with it to invoke physical electromagnetic energy and quasiphysical etheromagnetic energy.

Spiritual metaphysics provides a head start in understanding the mysteries of the universe. The sooner today's scientists search within for understanding, the sooner the world will see them emerge as the modern-day visionaries of science. When a deeper understanding of etheric energy is achieved, society will reap many benefits, ranging from powerful healing machines and precise weather control to clean, unlimited energy and travel to the stars.

Owen Waters

BAD FATS V. GOOD FATS

Denatured fats and oils that have been treated to avoid rancidity are very dangerous poisons. These trans fats lodge in our cells preventing the transportation of essential oxygen in the process of oxidation, the most important moment-to-moment living process in the body (i.e. the burning of food to produce energy required for life).

These poisonous fats block the activity of the essential fatty acids we need in our diet and are the major cause of advanced or accelerated ageing associated with the western diet of today.

Essential fatty acids govern growth, vitality and mental state. They act like oxygen magnets or sponges that pull the oxygen into the body. A high oxygen content ensures immunity to viruses, fungi and bacteria.

A balanced intake of EFA's produces smooth velvety skin, increases stamina, speeds healing, increases vitality and brings a feeling of calmness.

Source: www.puredelighthemp.com.au

HARRY EDWARDS makes some observations on the healing of **VARICOSE VEINS, VARICOSE ULCERS AND SWOLLEN LEGS.**

CIRCULATORY troubles in the legs are sometimes rather slow in yielding to healing; especially is this true of varicose ulcers. Varicose veins generally yield more quickly under care. Let us consider these and some of the main causes that bring out the trouble. Varicose veins are veins that have become stretched and dilated out of proportion to the amount of blood they have to carry. The most common causes of the trouble are those forms of employment which require long-continued standing with little muscular action. We see this often with shop assistants who have to stand so much during the day.

By means that we do not know, we see, with healing, the pressures within the veins subside, and the symptoms of stress disappear, though at the same time the swollen condition of the vein may continue for a while. This is easy to understand, for the veins have been stretched and enlarged, and it takes a while for the swollen condition to be gradually overcome. The important thing is that the pressure within the veins subsides and a happier condition follows.

We know that we cannot avoid the law of "cause and effect," and if the sufferer continues to over-strain the leg by continual standing, then the cause is maintained and the healing effects negated. We advise patients suffering from varicose veins to seek some other form of employment where they can sit down. When this is impossible, to improvise some means by which they can take their weight off their legs whenever they can. Tightness should also be avoided, as with garters. It has been proven that with a measure of co-operation varicose veins yield to healing.

Varicose ulcers present a different problem. They are often very obstinate, requiring a protracted healing. These ulcers

constitute a breach on the surface of the skin or on the membrane lining' any cavity. The causes that create them are many, but the common ones are damage to the bodily surface, constitutional weaknesses, age, and defective circulation.

Accompanying the healing we often advise that the sore place be gently cleaned once a day with a mild antiseptic lotion, then to leave the sore exposed to the air for a time (with a light covering resting over it to keep it protected from dust and impurities).

The healing is seen by the gradual lessening of the area involved. The "anger" within it dies away, and the new clean skin forms from the edges. We have seen many of these ulcers yield to the healing influences but as a rule it takes time.

When the new skin covers the ulcer it is often rather thin and great care should be taken to avoid it being knocked. It is wise to continue to wear a protective bandage for sufficient time to allow the skin to harden and be strengthened.

The other very common complaint is swelling of the legs at the foot and ankle. This is often due to a general health weakness and from over-stressing the leg. Very often the swelling subsides during sleep, but becomes aggravated as the day wears on, becoming worse in the evenings.

As the healing builds up the general health tone, helped by slow full characterized respirations, so the bodily resistance to stress increases and the trouble is overcome. Here again the sufferer is advised to avoid over-straining the legs, by resting with the legs elevated on a stool, or by lying out on a sofa; and, of course, to avoid standing for long periods. Thrombosis and phlebitis are other leg troubles for which healing is frequently so helpful, but these come within a different aspect of circulatory troubles. Elastic stockings are

helpful for varicose veins -but they must not be too tight. A crepe bandage can give support to the veins if a heavy day is expected - but it should not be too tight, but gently supporting. With the ulcers, too, a tight bandage should be avoided.

These leg problems cause a great deal of inconvenience and pain, but with a period of healing treatment and the avoidance of the stress causing them we are pleased to see that they can be healed.

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TWELVE COMMANDMENTS FOR SENIORS

(Is this how life develops through the ageing process?)

#1 – Talk to yourself. There are times you need expert advice

#2 - “*In Style*” are the clothes that still fit.

#3 – You don't need anger management. You need people to stop p...ing you off.

#4 – Your people skills are just fine. It's your tolerance for idiots that needs work.

#5 – The biggest lie you tell yourself is, “*I don't need to write that down. I'll remember it.*”

#6 - “*On time*” is when you get there.

#7 – Even duct tape can't fix stupid – but it sure does muffle the sound.

#8 – It would be wonderful if we could put ourselves in the

dryer for ten minutes, then come out wrinkle-free and three sizes smaller?

#9 – Lately, you've noticed people your age are so much older than you.

#10 – Growing old should have taken longer.

#11 – Ageing has slowed you down, but it hasn't shut you up.

#12 – You still haven't learned to act your age, and hope you never will.

And one more:

“*One for the road*” means peeing before you leave the house.

INSOMNIA

A lettuce sandwich last thing at night helps you to get off to sleep. It can also help you to go back to sleep if you wake up in the middle of the night. So use lettuce sandwiches as your midnight snacks.

Lettuce contains natural soporifics which relax you and help you sleep naturally

Reprinted by kind permission of Sheila Doffman Goldsmith's “Messages from_

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

Pierre Telihard De Chardin

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

Deepak Chopra

Social and Personal

Mazeltov to Francine and Richard Benjamin on becoming grandparents.

Mazeltov to Rita Vangelder on reaching her 80th birthday and for Martin and herself for beating the Covid 19 virus.

Our condolences to Joyce Ambrose and family at the passing on of Dennis.

SMILE

Smile as Often as you can because there is a feedback loop to your emotions.

The more you smile, the more cheerful you feel.

FIZZY DRINKS AND BRITTLE BONES

Fizziness is created by adding carbon dioxide which makes drinks acidic. It was thought that this acid was neutralised in the gut but new research by Susan New, a lecturer at the University of Surrey, shows that it can enter the bloodstream where the body tries to neutralise it with calcium- the alkaline mineral that goes into the bones. Just two cans of drink per day can have an effect.

The acidity of the typical western diet, low on vegetables and high on fizzy drinks and meat, may already have had a significant long term impact on bone health and the risk is greater for children.

Research from around the world shows that a ten to eleven stone person could lose an additional ten to fifteen percent of their bone mass over a decade from a typical western diet!

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

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