

News & Views



Spring 2022

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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 2021/2022

Francine Benjamin, Harry Luck,

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Chairman's Report

Welcome to the Spring edition of News and Views. So far this year news from abroad has been rather bleak with too many people dying and infrastructures being ruined through war time situations. We hope and pray for peace throughout our world, but there is always someone, justly or unjustly, who wants change. When will mankind learn to sit round the table and settle their differences without war and the loss of life and everything that man has strived for over the last few centuries. Surely PEACE is not such a difficult word to find. Just think what kind of world we would have if we spent a tenth of the money and resources, currently being spent on fighting, to the infrastructure of the countries that need most help, to quote Louis Armstrong "What a wonderful world this would be".

The Healing Awareness week will take place 2nd to the 8th of May, please do what you can to make friends and family more aware of what Spiritual Healing does to help people with health problems.

I thank all of our members who have renewed their membership and continue to support the Jewish Association of Spiritual Healers, unfortunately membership renewals are down from last year, as with most other organisations. Hopefully things will improve as we become more used to the world we live in since the Covid 19 crisis.

Hopefully some people will be interested in putting themselves forward to join our committee, only a couple of meetings a year mainly on Zoom, the number to call is 020 8866 9332, we could do with some help as our committee is getting on and I thank them for all that they are doing to keep JASH at the forefront of the healing movement, it's just that us old'ns don't always have the energy and drive that we used to have.

Steve Sharpe

Ley Lines

Ley Lines or Leys, are alignments of ancient sites stretching across the landscape. Ancient sites and holy places may be situated in a straight line ranging from one or two to several miles in length. A ley may be identified simply by an aligned placing of marker stones, or it might be visible on the ground for all or part of the length by the remnants of an old straight track.

Ley Lines were 're-discovered' on 30th July 1921 by Alfred Watkins (1855-1935) a locally, well-known and respected Herefordshire business man, who while looking at a map for features of interest, noticed a straight line that passed over hill tops through various points of interest, all of which were ancient.

At the time of his discovery Watkins had no theory about alignments but on that June afternoon saw "In a flash" a whole pattern of lines stretching across the landscape. Four years later in 1925 he described his vision in a book he titled "The Old Straight Track."

"Imagine a fairy chain stretched from mountain peak to mountain peak, as far as the eye could see and paid out until it reached the 'high places' of the earth as a number of ridges, banks and knowls. Then visualise a mound, circular earthwork or clump of trees planted on these high points, and in low points in the valley other mounds ringed around with water to be seen from a distance. Then great standing stones brought to mark the way at intervals, and on banks leading up to a mountain ridge, or down to a ford - the track cut out deep so as to form a guiding notch on the skyline as you come up.

Here and there at two ends of the way, a beacon fire used to lay out the track. With ponds dug on the line or streams

banked up into 'flashes' to form reflecting points on the beacon track, so that it might be checked when at least once a year the beacon was fired on the traditional day. All the works exactly on the sighting lines."

Watkins surmised that these straight tracks or 'ley lines' as he called them, were the remnants of prehistoric trading routes. He went on to associate ley lines with the Greek god Hermes who was the god of communication and of boundaries and the guide to travellers on unknown paths.

He argued "A Celtic god, Tout, or in its Roman form Toutates, is supposed to be what Ceasar referred to, as this name has been found on a Roman-British altar. It is a fact that sighting mounds called Tot, Toot, Tout, Tute and Twt abound all over the Kingdom, and the root is probably Celtic. The fact that such mounds are mark points on track-ways strengthen the link"

The identification of leys as ancient traders routes was as far as Watkins was prepared to go, despite the fact that numerous ley lines travelled up prohibitively steep hillsides. Speculation as their meaning and purpose continued after Watkin's death in 1935. According to Paul Devereux it was the occultist Dion Fortune in her 1936 novel 'The Goat-Foot God' who invented the idea that ley lines were 'lines of power' linking prehistoric sites.

A few years later it was suggested that the ley lines followed lines of the cosmic energy in the Earth and could be detected using dowsing rods.

In 1969 ley lines were taken up by John Michell in his seminal book 'The View Over Atlantis' who discussed them within the context of geomancy.

By 1974 ley lines and geomancy, plus other esoteric subjects having to do with the Earth, were collected under the umbrella term of 'The Earth's Mysteries.'

In 1987 The World Peace Prayer Society sent a Japanese delegation from their San Francisco Branch to erect Peace Poles on the Ley Lines sites in the beautiful sanctuary and grounds of The Seekers Trust in Addington Park near Maidstone in Kent.

From an article called "The Earth's Mysteries" written by Chris Witcombe and published on the Internet

SIMPLICITY

LIVE SIMPLY THAT OTHERS MAY LIVE

Satis Kumar reminds us of the beauty and richness of simple living

SIMPLICITY IN LIVING AND SIMPLICITY IN DYING,
SIMPLICITY IN WALKING AND SIMPLICITY IN EATING,
UTTER SIMPLICITY NOW AND ALWAYS, IS THE
MESSAGE OF JAINISM

Our lives in the fast lane have become so complicated that we have lost a sense of the spirit. To recover the spirit we need to return to simplicity, which seeks things small, sublime and sustainable. The crisis caused by big, slick and wasteful systems can only be resolved by ways which are simple in means and rich in ends. To solve the problems of an unjust and unfair world we need to live simply so that others may simply live.

This is the principle of voluntary simplicity. It embodies sufficiency and satisfaction, rather than the craving for clutter. We need to look for modesty, moderation and meaning. Rather than success in money and material possessions we need to seek fulfilment in creativity, imagination and poetry. Simplicity and complexity are generally complementary. Nature is complex but never

complicated. If so, why do we need to make our lives so complicated?

There is basic goodness in the simplicity of nature. The sun shines. Flowers give fragrance and colour. Fruits give nourishment. Fire gives warmth. Rain irrigates.

There is even simple beauty in winter, death and decay. Nature being red in tooth and claw is a misconception. There is more exuberant beauty in nature than there is in cruelty. We need to trust the land, the sea, the forest and hills to maintain all aspiring biodiversity. We need to overcome our fear of scarcity and marvel at the abundant bounty of the earth. There is enough in the world for everybody's need, but never enough for everybody's greed. Our need can be amply met by the gifts of nature. Ninety eight per cent of the living beings on earth are other than human beings: they are elephants and tigers, birds and butterflies, ants and insects. They are all fed and watered and sheltered without any help from complicated companies like Monsanto or Mcdonalds.

Governments, economists and industrialists are worried stiff about who is going to feed the world? They need not worry; the answer lies in simplify. Let no one say that is too simple. Any fool can make things complicated: it requires a genius to make things simple.

Reprinted from JAIN SPIRIT.

Simplicity Itself **C.O.J.**

CONFIDENCE • OPTIMISM • JOYFULNESS will bring health, and will sustain the health process. This maxim with which to greet the day is basic, positive and economical with words. We can all create our own

texts. Not the tedious convoluted wordage that one comes across so often.

I remember once peeping into a University library book that my daughter was studying. No wonder she had a furrowed brow, poor girl! Some of the sentences were so long that by the time you got to the end you had forgotten how the sentence had begun. The pedants do love juggling with their own jargon.

Not so the really genuine Greats. Their writings ring with the truth, and are easily and naturally applied because their teachings are motivated by Love. They are simplicity itself.

Any health programme depends upon the patient's ability to receive, but first there must be relaxation. Inability to relax is the curse of modern life. Many are the courses, books, tapes, and videos which claim to reveal the secret. Yet relaxation is easily available through one's bedroom window! Are you sitting comfortably? Then just look for ten minutes at the beauty of the slowly moving clouds. (The operative word is slowly). Notice their changing because of shape, colour, size. . . If clouds only appeared once a year we would call it World Cloud Day and have a national holiday to celebrate. But they appear almost every day. How the good Lord spoils us.

Dreaming dreams, visualisation, and the power of imagination are vital sign-posts. These help lead to the attainment and to the maintaining, of health. One can project imagination and visualisation backwards as well as forwards. The exercise can be one of nostalgia, but it must not dwell on the "might have been". Instead seek out the thrill and achievements, and happiness of past events. These then become a springboard for present endeavours.

The dominant theme must be love and service, the desire to be of use no matter in how small a way. Spiritual healing is not magic, but a spiritual science. It is not an alternative therapy, but a complementary one, to be used together with medication and self-help. It is best described as “telescopic”, bringing betterment nearer and quicker. What a lovely expressive word is ‘betterment’. This was coined by Harry Edwards, the champion healer and wordsmith. It was he also who suggested the health benefit of looking forward with great anticipation to the simple things of life: the afternoon cuppa, a chat with friends, one's favourite TV or radio programme, etc.

To return to C.O.J. A morning maxim such as this is best said when the mind is free from the coming day's thoughts and problems. You are preparing yourself, mentally and physically for a good day. “Confidence - Optimism –Joyfulness ...” must be accompanied by your acting the part of a happy person, even if you don't feel that way. This, of course, is the whole point of the exercise! Therefore hum, whistle, sing. Smile at yourself in the mirror. You will be amazed how soon your entire being will respond. Clothe yourself in positive thought. Say 'good-bye' to corrosive negative thinking.

I remember my early days as a probationer teacher. “Never teach by a negative” was one of our many guidelines. Thus, a teacher seeing a child running down the school corridor should not shout “Don't run!” The teacher should instruct, “WALK along the corridor!” This is because of the two words ‘don't’ and ‘run’. It is the word ‘run’ that will stick in the child's mind, and will reinforce wrong behaviour. Such teaching has relevance to the dismal power of negativity in the retarding of healing. Some years ago I heard of a lady who developed eczema. It was incurable until her medication was reinforced by spiritual

healing, prayer, and meditation. Delighted with her condition she decided to visit her estranged father who was an atheist. Scornfully, he dismissed the incredible cure as pure coincidence, despite his daughter's protests. She was shaken to the core. A few days later the eczema returned. Clearly, then, a negative attitude can be powerful in the wrong way.

Fortunately, positive thoughts can be a tremendous power for good in the right way. Despite the world being awash with wickedness there is a great deal we can do to cope and conquer and make sure that righteousness will prevail. We must feast our minds on goodness, avoiding media mayhem like the plague. We are not compelled to watch scurrilous items on the television, nor read the gross evil in the Press. All this can be avoided by discrimination.

A world famous figure once complained of the immorality of the day, the crime, the lack of respect of youth for the older generation, falling standards in society, and the rising despair throughout the land. This was said by Socrates! The antidote then, as now, is the Golden Rule of good neighbourliness, plus the pursuit of everything which enhances the human spirit, also the conviction that we are eternal beings, destined to triumph ultimately over adversity because of the support of the everlasting arms of God.

There is a charming yet profound story in the Talmud, the ancient book of Jewish tradition, a certain rabbi was not best pleased with his congregation because they were always quarrelling. Each one believed that he, or she, had more troubles than anyone else in the synagogue. One day he turned up with a large pile of sacks. Silently he handed them out to the puzzled worshippers. When everyone had

a sack he mounted the pulpit. "Friends, you all believe you have the world's troubles on your shoulders. Here is your chance to get rid of them. Put all your troubles in the sack, and exchange them." "This man has the wisdom of Solomon!" they chorused. Next Sabbath they trudged up the synagogue steps. "Well?" said the rabbi. "Why so miserable?" They sighed. "Master, when we got home we opened our sacks. "We found troubles, different from our own, but just as bad. Rabbi, please can we have our own sacks back?" I do believe that the good Lord has tucked away amidst the Omnipotence and the Omniscience, another crock of gold: a sense of humour. This is a blessing indeed. So when everything goes wrong --- you know the kind of day I mean --- then just laugh. It will clear the air of those pestilential mischievous gremlins.

Harold Hyatt

"Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness, that most frightens us.
We ask ourselves,
Who am I to be brilliant, gorgeous, talented and fabulous?
Actually, who are you not to be?
You are a child of God.
Your playing small doesn't serve the world.
We are born to make manifest the glory of God within us.
It's not just in some of us, it's in everyone.
And as we let our own light shine, we unconsciously give
other people permission to do the same.
As we are liberated from our own fear, our presence
automatically liberates others."

*Nelson Mandela, President of South Africa, in his Inaugural Speech,
1994.*

Socially Correct

Whatsoever troubles
You are going through,
You may feel sad,
You may feel blue.
But no matter how you may object,
You must be socially correct.

You smile,
Though you feel sad inside.
Pull down the blinds on your face,
And hide inside.
Pretend to be OK to keep the world's respect,
For you really must be socially correct.

Yetta Powell

Smile...

Smiling is infectious, you catch it like the flu.

When someone **smiled** at me today, I started **smiling** too,

I passed around the corner and someone saw my grin,

So when he **smiled**, I realised I'd passed it on to him.

I thought about that **smile**, then realised its worth,

A single **smile**, just like mine, could travel round the
earth.

So if you feel a **smile** begin, don't leave it undetected.

LETS START AN EPIDEMIC QUICK AND GET THE WORLD
INFECTED!

ISRAELI TITBITS

City Transformer, the Israeli automotive company which has built an electric car that can shrink in size to squeeze into parking spots, has announced a partnership with the emergency medical response organisation United Hatzalah to include the start-up's foldable vehicle into its fleet.

MeMed Diagnostics, a Haifa-based firm that develops diagnostics solutions to monitor the body's immune state, has received United States FDA clearance for a test that is able to distinguish between bacterial and viral infections.

TytoCare, a telehealth start-up has developed an artificial intelligence-based device that enables clinicians to perform remote medical examinations of heart, lungs, skin, ears, throat, and take temperatures.

Pharmaceutical giants Pfizer, Astrazeneca, Merck, Teva, together with tech giant Amazon Web Services and the Israel Biotech Fund, opened a new facility called AION Labs that will foster the creation of new start-ups developing cutting edge AI-based technologies to advance healthcare towards patient-centric precision medicine.

AIR, an Israeli start-up, has developed an all-electric, two-seater, vertical takeoff and landing system for individual consumers, and said it was accepting pre-orders. It offers a range of 110 miles on a single charge at speeds of up to 155 mph, with a flight time of one hour. It has collapsible wings for easy parking and can take off or land on any flat surface.

More than half a billion people around the world suffer from lung disease and diagnosis required a series of breathing tests inside a hermetically sealed large phone

booth-sized box. Now, MiniBox+, created by Israeli start-up PulmOne, allows pulmonary tests to be performed in clinics everywhere, speeding up diagnosis of dangerous lung diseases. MiniBox+ is about the size of a desktop computer, suitable for any table top and has been granted FDA clearance.

Jerusalem-based autonomous driving systems company Mobileye, an Intel subsidiary, is partnering with two mobility firms to develop and deploy self-driving, fully electric multi-passenger shuttles in the US in 2024. They will be powered by Mobileye's self-driving system Mobileye Drive.

Israeli scientists at Tel Aviv University have identified the virus proteins that are triggering strokes and heart attacks in COVID-19 patients in a breakthrough they expect will pave the way for new drugs. The team examined all 29 proteins of the virus to determine which were wreaking havoc to the vascular system.

Salignostics, a Jerusalem-based medical start-up, is launching the world's first pregnancy test that delivers results from saliva samples, using technology it developed for COVID-19 tests. Its SaliStick test has 95% sensitivity when used after missing a period.

Molecules 'amazing' in delaying onset and progression of Alzheimers, and ALS conditions in mice, have been developed by scientists at Ben Gurion University of the Negev after many years of research. The approval process has started to start the pre-clinical trials needed to prepare the drug for human use.

Israeli company Tipa, an award-winning developer of compostable packaging for fresh and dry food and apparel

using a patent protected method and a blend of compostable polymers. The company says its eco-friendly films and laminates emulate the properties of conventional plastic materials, but can decompose in soil in about 180 days compared to about 1000 days for plastic bags.

Google has acquired an Israeli threat detection firm, Siemplify, for a reported \$500 million. Siemplify's cloud services will serve as the foundation for Google's cloud activities and cyber-security operations. This will mark Google's fourth acquisition of an Israeli company and its first in the cyber-security field outside the US.

StoreDot, an Israeli developer of extreme fast-charging battery technology for electric vehicles, recently announced the 'world's first' silicon dominant battery prototype capable of recharging in just 10 minutes. It is raising an \$80 million investment round led by Vietnamese electric vehicle manufacturer Vinfast. The fresh capital will facilitate mass production of its batteries in 2024.

Professor Yoram Palti was awarded the 2022 Israel Prize for Entrepreneurship and Innovation for helping develop a ground breaking treatment that fights various types of cancers using electric pulses.

Israeli food tech start-up Remilk, has pioneered a process to create animal-free milk proteins that are indistinguishable in taste and function from cow milk proteins, but free of lactose, cholesterol, and growth hormones. Remilk estimates its process uses 1% of the land, 4% of GHG emissions and 5% of the water required for comparable products in the traditional dairy process.

Scientists at the Weizmann Institute have developed an early version of an imaging technique which they say will

be able to give doctors an unprecedented window into gene activity deep into the human body, help detect cancers, aid in organ transplants, and help monitor cell therapy.

An international group of Israeli and American researchers has discovered a bone dated to 1.5 million years ago that lived in the Jordan Valley. The bone was from a child 6-12 and is the most ancient evidence of human presence in today's Israel, as well as the second oldest human remains found outside of Africa.

Technology developed by HIL Applied Medical, based on a breakthrough by scientists at Hebrew University, is set to deliver proton-beam radiotherapy to millions of cancer patients who cannot access it now because the machines are too big (size of a tennis court) and expensive (\$30 million). The size and cost of existing treatments means that just 5% of some 2 million cancer patients worldwide can benefit. HIL's technology cuts the size and cost of current treatment into a single treatment room, a standard 500 sq ft radiotherapy unit, for just \$15 million, bringing it within reach of hospitals and clinics.

In a world's first, Israeli scientists from Tel Aviv University, say they have engineered 3D human spinal chord tissues and implanted them in an animal lab model with long-term chronic paralysis, the most relevant model for paralysis treatments in humans. The scientists said the "highly encouraging" results showed that there was an 80% success rate in restoring walking abilities. The team is hoping to start human clinical trials in 2-3 years. A giant strawberry grown in Israel and weighing 289 grams has been confirmed as setting a new Guinness world record as the heaviest ever. It was 18 cm long, and 34 cm in circumference.

Harry Luck

A FEW THINGS TO BRIGHTEN YOUR DAY

GREAT TRUTHS ABOUT LIFE THAT LITTLE CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your Mum is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's lap.

GREAT TRUTHS ABOUT LIFE THAT ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing Jell-O to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge - mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing helps. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fibre, not the toy.

GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers, but nobody bothers to ask you the questions.

6) Time may be a great healer, but it's also a lousy beautician.

7) With age comes wisdom, but sometimes age comes alone.

THE FOUR STAGES OF LIFE:

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus.
- 4) You look like Santa Claus.

A Recipe for happiness

4 cups of love
3 cups of forgiveness
2 cups of loyalty
1 cup of friendship
2 spoons of hope
4 quarts of faith
1 barrel of laughter

Take love and loyalty,
mix thoroughly with faith,
blend it with tenderness,
kindness and understanding,
add friendship and hope.

Sprinkle abundantly with laughter.

Bake it with sunshine and serve daily with
generous proportions.

Sent in by Lesley Bennet

Little Bobby was spending the weekend with his grandmother after a particularly trying week in kindergarten. His grandmother decided to take him to the

park on Saturday morning. It had been snowing all night and everything was beautiful. His grandmother remarked.. "doesn't it look like an artist painted this scenery? Did you know God painted this just for you?" Bobby said, "Yes, God did it and he did it left handed." This confused his grandmother a bit, and she asked him "What makes you say God did this with his left hand?" "Well," said Bobby, "we learned at Sunday School last week that Jesus sits on God's right hand!"

BE KIND Not in some great deed of heroism; not in some great speech or act that may be pointed to with pride - but rather in the little kindnesses from day to day.

Edgar Cayce

RUTH'S OWN HAVEN OF CARE

North Leeds Weekly Post

FRIDAY 19 JANUARY 2001

Healer brings sense of calm

A SMALL room in the rehabilitation unit at Cookridge Hospital has become a haven of comfort for many cancer patients.

Natural healer Ruth Kaye has been quietly working there for 10 years, bringing strength and even pain relief to many. Consultants and nursing staff often refer patients to her.

Ruth was invited to the hospital to do her work by a former consultant and since then has seen hundreds of patients. She carries out healing sessions each day and runs cancer support groups on Tuesdays and two Saturday mornings a month.

Well-being

She has also added another support group at St James's Hospital on Friday mornings and one at the Old Swan

Hotel, Harrogate, on the last Saturday morning of the month.

Patients come from as far away as Scarborough and the Lancashire border.

“I do not ever suggest that the healing is curative.” said Ruth. “although people say it gives them a feeling of well-being and the ability to cope. Those are words taken from letters I have received from patients and I now have two books full of them. Many document the fact that they have experienced pain relief”.

“We have to understand this cannot be scientifically proven. All we have are the words of patients. Even sceptics have been pleasantly surprised by the treatment and have made return visits to me. Many people have called my room a comfort zone and a sanctuary.”

One man wrote from Barwick-in-Elmet: “I was a sceptic as to your ability to heal ...however, I was amazed to find your talent was able to help me, but at the moment I cannot define exactly what the power is.”

Another patient wrote: “I feel you gave me a new lease of life together with a peaceful, serene comfort which I find hard to describe.”

A female patient from south Leeds, who arrived at the close of our interview, said: “Ruth's treatment is relaxing and has helped me to sleep better. I feel I have more energy and it is helping me with the pain as well.”

David Fox, general manager for oncology across the city, said: “Ruth has played a valuable part in providing a service to those patients who feel they benefit from her input. I think there is likely to be an increasing role for complementary therapies within the NHS.”

Howard Williamson

As many of our readers know, RUTH KAYE is a Healer Member of JASH and we are proud to acknowledge and be

associated with the outstanding work that she does in the name of healing.

I spoke to Ruth today and although she has retired as a paid worker by the NHS, she still runs meditation sessions from her home with nursing staff and old and new patients still receiving healing on a regular basis. I quoted Ivy Harper (one of the healers who used to work with me in Pinner before she passed away at 82) who when asked for her age would always answer "I'm 28 and a bit and it is getting a big bit now", to which Ruth answered "I'm a bigger bit than that". More power to her elbow as the saying goes!

I received the following e-mail from Ruth a couple of days ago,

I am descended on both sides of my family tree from renowned Rabbis. Kabbalistic healers. On my father's side is Rabbi Elijah Ben Solomon Zalman 1720 -1797 the genius of Vilna known as the star gazing mystic the Vilna Gaon and on my mother's family tree is Rabbi Shabbatai Kohen of Holeslov 16th Century with a shrine. So this is where I suspect the "gift" of healing and for Jonathan Cainer my son the astrologist genetically? Jonathan shone in the Daily Mail wrote several books and still remembered but sadly died at 58 yet for some reason I am still here...his mother.

Daniel Cainer my twin son is well known for his song writing performances and going back to America in May now Covid restrictions are slightly eased to perform as popularly there.

If as Rabbi Manis Friedman tells us we choose this life then it would make sense that a very ordinary Bradford born Jewess could, to quote Mark Twain, do the impossible i.e. become the first spiritual healer Kabbalistic trained and employed for thirty years in the NHS cancer hospital here in Yorkshire. I want it put on my gravestone

but it would not be allowed “ She didn’t know it was impossible but she did it.” I fought to bring light in the darkest place imaginable on cancer wards, in palliative care in hospices and helped children, teenagers and the bereaved and their families, still seeing the surviving cancer patients who have remained loyal to me and finding me

now I am supposed to have retired. Samaritan training helped me and I was eventually given a Fellowship Award for pioneering from the Healing Trust NFSH.

Now at home being “found” in the most bizarre coincidental ways that surely must not be by chance and seeing NHS staff on Thursday evenings after work and ex cancer patients on Friday afternoons.

My garden is a healing garden and in the warmer weather will bring the meditation and music into the garden as I have speakers out there. I have always worked with music. I am being re-discovered as still on You Tube and Google kept the information from 30 years ago when I was allowed publicity. The latter days in the NHS were so dark and impossible for me because of new management policy and strict rules beyond belief. No understanding of spirituality let alone the incredible experiences patients documented which I could not believe myself. I have never charged money for my healing help or proclaimed any cure.

So currently helping with marriage guidance, school bullying for a 14 year old, one of the oncologists sending me his patients still, hospital pharmacists and nurses finding me through the internet and above all sending light to Mother Earth, the Planet and Humanity through these dark times...my journey is not over yet!

QUAKERS and HEALING

I was pleased to be invited to write an article about Quakers, but then added a further challenge to myself by deciding to write about Quakers and healing. As with some Christian persuasions, both orthodox and non-orthodox, we have had to fight (except that Quakers don't fight), or at least to work with determination to bring forward the idea of healing as an acceptable facet of Quaker life.

There is no reason why this should have been difficult for us. Our founder, George Fox, (1624-1691) was known to be a healer. This fact was documented both in writings of his contemporaries, his own **Journal**, and also a publication called a **Book of Miracles** (recently republished by Quaker Home Service, and edited by Henry J. Cadbury).

During the seventeenth century, there were very many different sects that had broken away from the established Church of the time, disaffected by the religious dogma that had been imposed on them, in an age when people were beginning to think for themselves and question their beliefs; and when it became unthinkable that one could buy one's way into Heaven through purchasing indulgences from the clergy.

George Fox, a young itinerant preacher with a powerful vision and the courage and integrity to hold fast to it, drew towards him many of the dissident sects. These included the Seekers, the Waiters on God, the Diggers, the Levellers, the Family of Love and several others, many of them small disorganised groups. George Fox and his friends and followers were able to forge a society of closely knit but free thinkers, who followed the teachings of Jesus Christ, and whose only creed was the belief that there is 'that of God' within everyone. Often referred to today as the 'Light Within', or the Holy Spirit, in those days it was also referred to as the 'Seed'. And that is how the Quakers

came into being - although there are various accounts of how that 'nickname' arose - the real title was the Religious Society of Friends. Nowadays, we tend to be called just The Society of Friends, and more usually, Quakers.

Strictly speaking Quakers do not hold special feast days, or have sacraments such as the Eucharist. Quakerism is a way of life, and every day is regarded as special - there should be no split between religion and daily life. We try to live fairly simply, avoiding excesses. There are no rules about behaviour but with the tendency to respect 'that of God' within all people, it is expected that Quakers do not go to war and fight - although, again, respect is accorded to an individual's views. First and foremost in the Quaker ethos is the Testimony to Peace. William Penn, one of George Fox's contemporaries, founded the state of Pennsylvania which lasted for about 75 years without a military force. During both World Wars, Quakers were at the front, among the ambulance units and medical corps, and were the first on the battlefields as stretcher-bearers, often losing their own lives in the process.

We have no priests or ministers. We believe that we are all ministers of the Word of God, and can experience a direct relationship with the Source. By sitting at Meetings for Worship, in silence, we can become aware of the 'promptings of the Spirit' which sometimes become so strong and insistent that we have to stand up and minister. Time is then allowed before anyone else offers a ministry, in order to think upon what has been said, and to accord it the rightful respect. Meetings, which are attended by Elders, are not allowed to become places for running discussions or arguments, and one is expected to speak only once during one.

Anyone can join in a Quaker Meeting for Worship, and can continue to come along for as long as they choose, as an Attender. When, and if, the time comes for them to make a more lasting commitment, they can apply to

become a Member, and can then follow through the procedure for that.

People do not necessarily have to give up their previous 'religion' or creed. I recall a couple of Anglican priests who often came to a meeting, in order to recharge their batteries to be able to go back and serve their congregations. I have known of people who think of themselves as Catholic Quakers, Jewish Quakers, Buddhist Quakers, Spiritualist Quakers, and even a Muslim Quaker (which I have to admit I found difficult to comprehend!). And, although Quakerism started out as a Christian religion, these days one does not have to be a Christian to be a member. There is quite a lot of division and divergence of opinion. Some Quakers are known as Christo-centric and others as Universalist. Many are unhappy with these divisions, but we are still held firmly together by the acceptance of 'that of God' within each of us.

While accepting that our Founder, George Fox, followed the words of Jesus to 'go out and preach and heal', it seems that, for a long while, Quakers did not sense the need to do this themselves. So, they did not, and still do not tend to proselytise - they do not try to convert, but rather wait for people to feel the need to seek and explore, and see if it is right for them. However, there have been many who have felt the call to offer healing, in its many and various forms, to their fellows. This has been seen in the way in which they have always been concerned about social conditions e.g. reforms in prisons, mental institutions, casualties of war, slavery etc. Many charities have been started by Quakers, one of the most well-known being Oxfam.

With the growth of interest in prayer for healing, in the late 1940's a group formed within the Quakers (who have a lot of special interest groups) which became known as the Friends Fellowship of Healing - now the largest interest

group within the Friends. They meet in small groups all over the country to send out distant/absent healing to all who request it. And this has been going on for very many years.

With the upsurge of interest in 'hands-on' healing, many Quakers have felt this to be the way in which they can best serve, and, having completed the training of one of the larger organisations, they have been able to offer healing. But, for some this has not really been acceptable, usually because of the rather involved content of those courses, and also the costs. So, a group of Quakers felt it necessary to form the Quaker Spiritual Healers, having applied to BAHA for acceptance under their rules and regulations. We have now up and running our own training courses, which adhere closely to the Quaker ethos of simplicity and openness to the Spirit, to the Light, to the healing energies that exist around and through us. Apart from giving guidance and advice on what is acceptable within a healing situation, and what is not, our healers are encouraged to follow their own intuitive way with their clients, thereby freeing them up from having to follow a 'set pattern', although there are instances when doing so is quite acceptable, and they are free to do so if they want to. Because Quakers are 'thin on the ground', and scattered throughout the country (as well as many other countries) - supervision of our probationer healers can often present us with a problem. We are working our way around this, and so far, it does not seem to have deterred prospective Quaker healers from applying to do the course. We have a policy that those Quakers who are practising full healer members of another acceptable healing organisation, either within BAHA or with one of the other large organisations, can come straight in as full members of the QSH, without going through the short training course we offer, or the two years probationership, although we do ask for some current testimonials.

For further information on the Quaker Spiritual Healers please contact Quaker Life, (YG), Friends House, Euston Road, London, NW1 2BJ or phone the answer-phone on 020 7663 1025. There is also a Quaker website: www.quaker.org.uk.

Rosalind Smith

THE OLD MILL BY THE STREAM

Let the stream cleanse and heal you as you go about your day-to-day business and if there are any hiccups along the way empty your mind. Don't dwell on the turmoil of your mind, your brain collects so much it is wise to let go of things that are not important for another day. Your problems may always be there unless you discard them one at a time, by working in that way you will lighten your load then you will be able to hold your head up to enjoy the rest of your day.

Don't live in the shadows of problems, coping with one problem at a time will lift the weight from your shoulders which in turn gives you time to enjoy the rest of your day. Take comfort from knowing that you are able to lift the load, one job at a time. Everyone needs time to relax or they will eventually burn out and be useless to themselves or anyone else which makes for an unhappy life for you and all those around you. Lift your head high and raise a smile because your life is everlasting, time is everlasting.

Reprinted from "Guidance from the Realms of Spirit by Sheila-Doffman Goldsmith

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

BUCKHURST HILL

CONTACT RITA 020 8257 9325

PINNER

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

THURSDAY 2 PM TO 4-00 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