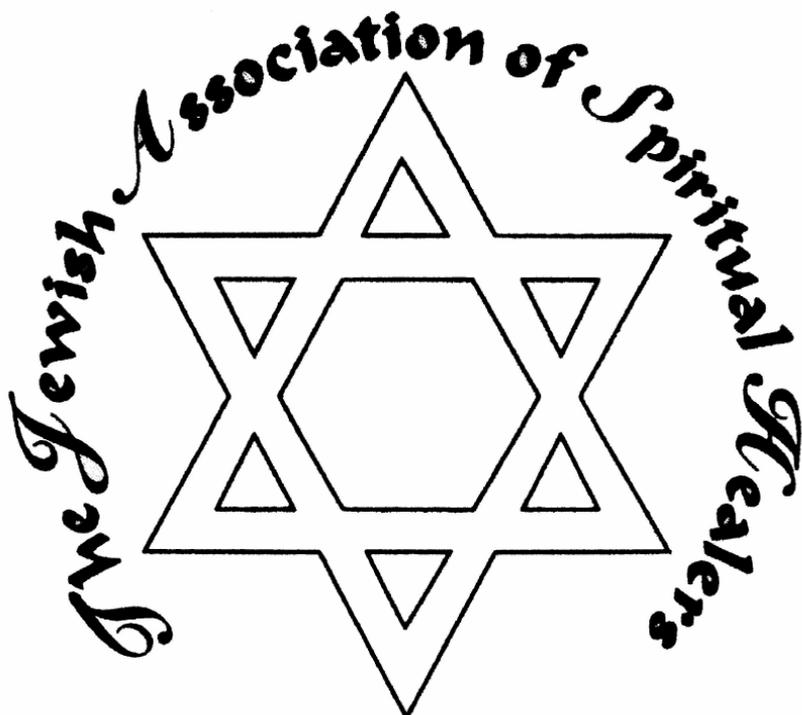


News & Views



***Registered Charity
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THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

AFFILIATED TO THE BRITISH ALLIANCE OF HEALING ASSOCIATIONS

Registered Charity No. 275081

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Summer is with us and the whole of nature is in motion, trees are in leaf once again, everything looks brighter, the flowers show off their glory in bursts of colour, everything has a new vitality, it feels right, it feels good to be alive. Even our problems and our aches and pains seem to be a lot easier to bear and even with our problems we have so much to be grateful for. Every breath reminds us that there is a Divine Source which creates and maintains everything.

We as healers are allowed to channel healing energy from that source when endeavoring to help others. So enjoy the summer and enjoy the healing work you do and send out love and light to all.

Maurice & Yetta Powell Editors.

CHAIRMAN'S REPORT June 2004

I am writing this report just prior to our Annual General Meeting to be held on 11th July 2004, which I hope you will be able to attend, as it gives your committee an opportunity to put faces to names, and you, to have a say in the way our organisation is being run.

Our insurance this year is being handled by H&L Balen Insurance Brokers through the UK Healers via the British Alliance of Healing Associations and together with the Spiritualists National Union and the National Federation of Spiritual Healers (now called the NFSH Charitable Trust Ltd.) and will cost £4:65p +35p towards administration making a total of £5:00p per person, which is an increase on last years premium but gives us £ 2 million worth of cover (now needed at many exhibitions) instead of £ 1m as before. This cover is for spiritual healing ONLY, although H&L Balen also arrange insurance for other therapies. For further information please contact the brokers at 33 Graham Road, Malvern, Worcs. WR14 2HU. The Harry Edwards Sanctuary at Burrows Lea is undergoing major reconstruction work and is hoping to open its doors to volunteer healers in the middle of 2005 in a bid to fulfil their future plans.

Government funding has been obtained by the Skills for Health Council in order to develop National Occupational Standards for Acupuncture, Alexander Technique, Spiritual Healing and Reiki, The standards will provide detailed descriptions of professional practice for the therapy and underpin regulatory processes, education and training developments. [www, skillsforhealth. org. uk](http://www.skillsforhealth.org.uk) for further information. Following a court appeal decision on 2nd March 2004, spiritual healing has now been accepted in Germany and it is no longer necessary to be a registered medical practitioner or therapist, providing the healer does NOT diagnose and states that healing is not an alternative to conventional medicine and acquiring a signature from the client on a statement of these facts. Professor Julian Leff, the independent chair of UK Healers, is currently seeking suitable lay people to join him on the council of the UK Healers to help oversee the self regulation of the healing movement.

My thanks as always to your hardworking committee for their time and expertise in keeping our organisation at the forefront of the healing movement.

Steve Sharpe .

Feng Shui, Healing The Second Home Of The Soul.

As spiritual healers, we tend to focus our main efforts on the individual soul occupying its primary home, the physical body. If we are content with only this as our remit, we may find that our clients recoveries from the conditions that lead them to seek healing from us may be short lived. The second physical home of a person's soul, their environment at home and at work, also is of significant importance and needs to be addressed both practically and at the esoteric level.

The ancient oriental discipline of Feng Shui, Feng meaning wind and Shui meaning water, is fundamental to our understanding as to how to heal this environment. It is flexible enough to afford adaptation to apply to our modern twenty first century western lives, as is its Indian equivalent, Vastu Shastra.

In the West in the last few hundred years, with the help of cartesian philosophy, we have in the main tended to split off the body from the mind in our understanding of medicine. We have further caged up our ideas about spiritual insights, placing them under the general heading of religion, putting them into meeting houses that we visit a few times a year to pay lip service to a deity. If we really were to study the ideas underpinning the major world religions, we would find that the true importance of religious teaching is to guide us to an understanding of Spirit, to point the way to respecting the spiritual integrity of all living things, and to experience and derive humanly understandable meaning from the energy that powers the universe. Nowadays, many people are rediscovering their spiritual nature by exploring not only Western culture but also Eastern concepts of harmony.

This article is not to give you, the reader, a simple set of Feng Shui rules. These can be obtained by reading some of the excellent primers published in this field (recommended authors: William Spear's "Feng Shui Made Easy", Sarah Rossbach's "Interior Design With Feng Shui"). It is to underline and illustrate the importance of acquaintance with its principles so that we can best serve our clients. The Feng Shui practitioner should not only have a thorough grounding in the theories of harmony in the basic areas of numerology, form, colour, sound and textures, but also take notice of the dangers we gather into our homes in the name of modern living. Electro-Magnetic Fields (EMFs) have wavelengths which are incompatible with the human Energy Field (HEF), so it is useful to advise a client not to sleep within 8 ft of any electrical device (e.g.: clock radio, TV, computer and so on. Transformers are also very draining for HEFs, and the following anecdote illustrates this:

Continued on page 5.

One of my clients came to me because although she was in a stressful job, she was experiencing health problems and was inordinately exhausted most of the time. She responded very well to healing, feeling energised and more able to cope with her high powered work. However, she rapidly lost her new-found energy and awoke each morning feeling tired again. Analysing her flat, I discovered that she was recharging her mobile phone in a socket only a couple of feet from her head every night. She removed her phone to the other end of the flat and immediately felt the benefit, now being able to retain the renewed energy that healing sessions gave her. Other remedies of a more esoteric nature were recommended and put in place, and she is now establishing a new and highly creative business of her own. With her increased fulfilment her health is no longer problematic.

It is also useful to keep in mind the effect that allergies and food intolerances are increasingly having on people. I recommended that a client with ME also consult a health kinesiologist, only to find that she had been following what her homeopath had considered to be a healthy diet and had been eating some food items to which she was allergic. The allergy interfered with her ability to retain energy.

Earth acupuncture is effective in discharging the build up of negative earth energy lines, just as much as ritual space clearing ceremonies are for the cleansing of psychic debris littering a dwelling place. Clients have reported significantly changed experiences in certain parts or in some cases all of their homes. I particularly appreciate it when an architect calls me in to advise on proposed drawings and to employ me to clear the ground of any negative energy traces before a building is erected.

Another pitfall is revealed in the study of baubiology. We often hear of 'sick building syndrome' and find that some synthetic paints on the walls, some man-made carpets and underlay's, some cleaning fluids used to keep our dwellings antiseptic, and therefore supposedly more healthy, and even some cosmetics are often the cause of toxicity leading to ill health. As healers, we can bring Spirit through for clients in our consulting rooms and clinics, but if we then send them back again unknowingly into a toxic environment they are going to relapse.

It is for the sustained health of our clients and by raising awareness it is also for the health of the planet that I ask all of us to continue to extend our horizons and take into account the health of the environment, as I know so many of you do. I don't expect everyone to demand that clients throw away their shampoos and carpets, or to rush out and train as electro- or baubiologists.

Continued on page 6.

Continued from page 5. ***Feng Shui, Healing The Second Home Of The Soul.***

However, The London Feng Shui and Baubiology Research Centre will recommend practitioners and they also run marvellous weekend courses for those interested electrobiology and baubiology (Antonia Chevasse's telephone number is: 020 7385 0020). I have found them well informed, highly skilled and entertaining teachers. Feng Shui Society accreditation as a consultant is necessarily a lengthy and vigorous process to exacting standards. Clients can be encouraged to select a consultant of their choice from the Society's web site (www.fengshuisociety.org.uk) .

Ingrid J. Collins. full healer member J.A.S.H.

Recommended Books:-

1. Man's Eternal Quest by *Paramhansa Yogananda*, published by the *Self Realisation Fellowship*.
This is a book I dip into often for its wisdom and its beauty.
2. Hands on Healing for Pets by *Margaret Coates*, published by *Rider*.
'This unique guide by Britain's leading animal healer shows how you can learn the skill of hands-on healing to help improve your pet's well being and behaviour.'
3. Ageless Body, Timeless Mind by *Deepak Chopra*, published by *Rider*.
'A practical alternative to growing old.'
4. The Good Retreat Guide by *Stafford Whiteaker*, published by *Rider*.
Over 500 places to find peace and spiritual renewal in Britain, France, Ireland and Spain.
5. Optimum Nutrition For the Mind by *Patrick Holford*, published by *Piatkus*.
"How you think and feel is directly affected by what you eat."
It is invaluable in showing how depression, hypersensitivity, fatigue, sleeplessness etc., ---even schizophrenia and other mental conditions can be helped and cured by the right nutrients.
6. The Web of Light by *Diana Cooper*, published by *Hodder and Stoughton*.
This is an adventure story with a spiritual message.
Diana Cooper state that if you open up to the higher mystical truths that are revealed, your spiritual growth will be enriched.

YETTA POWELL.



A Chinese Tale

A water bearer in China had two large pots, each hung on the ends of a pole which he carried across his neck.. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of

water.

At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house. Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After 2 years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, and because this crack in my side causes water to leak out all the way back to your house."

The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, and I planted flower seeds on your side of the path, and every day while we walk back, you've watered them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Moral: Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them.

THE HEALING POWER OF LOVE

Last night my small son came across the room, gave me a hug and a kiss on my cheek. Such a spontaneous expression of affection and love touches a tender spot in the heart of any parent. Not that my son is perfect - far from it, any more than I am. But he is shere joy - well most of the time. Any authentic human relationship will be a mixture of pleasure and pain, but it is love that makes it all worthwhile. The experience of love is our life-long longing, a search we all make because we know that it brings the deepest happiness we can know. To give love and receive love is the supreme joy and pleasure that life can bring. It transcends physical gratification or the cheap superficial thrills that only money can buy.

Rather it is a spiritual quality, which brings happiness to the core of our personality, an inner security, a peace of mind, and the knowledge that we are part of a deeper meaning to existence. Such joy of the heart brings an unspeakable glory to human existence. To be enveloped in love is to be in confluence with the universe and Ultimate Being.

Such is our quest; but the harsh reality is that life is sometimes distressing, at times cruel and if the large consumption of psychotropic drugs and the high frequency of suicide is anything to go by, frequently leads to depression, despair, and a giving up on life. No drug or medical treatment can cure a broken, or suffering heart.

It is at this point that spiritual healing is able to make its most vital contribution to the healing process. The healer expresses unconditional acceptance, positive regard, empathy and understanding. A patient is accepted for what they are - a being created by God with innate good and potential. We seek that good, encourage it, listen to the problem, and express empathy with the pain. However wrong, however evil, whatever a person may have done, the genuine spiritual healer encourages genuine repentance, the restoration of relationships and the transformation that beginning life again can bring. However serious the wrong, however deep the sin, it is the cleansing of repentance and forgiveness that can often be the first step towards healing. Each person is different but whatever their needs, whatever their background, we must be a loving accepting person, to love the unacceptable, to forgive the unforgivable even as God has forgiven us. This is the true test of the genuine healer. 1 he more loving we become the more able we are to express love and become the channel of Love. Because God is Love and Love is the Healing.

F. Nicholas Sutherland
M.A., M.litt., Ph.D., F.C.P.

The Alexander technique— more a way of life than a therapy ... By Milton Simanowitz.

Around the turn of the last century, a prominent Australian actor, indeed the Director of the Sydney Dramatic and Operatic Conservatorium, found that he was unable to project his voice on stage. This calamitous event threatened his entire career and future. In desperation, he went from one medical specialist to another in an attempt to find an explanation, let alone a cure. But none was forthcoming. No cause could be found, and the inevitable advice was to rest his voice.

Which he did, with reasonable recovery of his normal conversational voice. But as soon as he mounted the stage, he lost his voice again.

This man was F. Matthias Alexander.

Frustrated by his recurrent condition, Alexander set about a meticulous personal observation using mirrors in an attempt to investigate what it was he was doing on stage that he was not doing during normal social conversation.

He noted the build up of tension in the neck, with an inevitable dragging backwards of the head by the powerful muscles at the back of the neck, which in turn caused compression at the base of the neck, tension and tightening and raising the shoulders. He was convinced that this tension must lead to tension in the throat and vocal cords.

Through patient observation in the mirror, he recognised that the secret to release of this tension starts in the neck. Thus developed the classic principles of the Alexander technique, to let the neck be free allowing the neck to lengthen, with the head going forwards and upwards(instead of downwards and backwards) thus allowing the back to lengthen and widen.

Slowly over a matter of months and even years of meticulous repetition and attention to detail his voice recovered completely. Alexander recognised that this build up of tension could develop throughout the body leading to bad use. By applying these principles, bad habits of use could be alleviated and better use instilled.

Essential to the technique is the concept of inhibition, stopping momentarily before an habitual action and allowing direction of better use. Directions are enhanced with one to one guidance by an experienced Alexander teacher.

Alexander recognised that good use starts from the head neck back relationship, which he called the primary control.

Continued on page 10

Continued from page 9. THE ALEXANDER TECHNIQUE - more a way of life than a therapy.

If we look at the way most people stand, you will notice inevitably a pushing forward of the pelvis, and excessive arching of the back. This is then counterbalanced by a dropping forward of the head.

Similarly, when people sit down or get up from a chair, inevitably there is a pulling back of the head, pushing out of the buttocks with an inevitable arching of the back.

These are habits we get into through our sedentary way of life, allowing a collapse of our structure to varying degrees. This tends to throw excessive strain on the lower back, perhaps the most vulnerable area of our skeletal system.

Whilst most people get away with it, when problems commence, they become exaggerated by bad use. Various therapies such as osteopathy, acupuncture, physiotherapy and even surgery may provide temporary relief. But at the end of the day, if we return to our bad habits of use, the problem will recur.

Perhaps the essential difference between the Alexander Technique and most other therapies including the conventional medical approach, is the concept of “non-doing”. In other words, inhibition.

Doctors tend as part of their training to want to DO something when approached by a patient with an ailment.

Frequently of course, there is indeed a need to do something. An acute appendicitis will not get better without removal of the appendix, a broken leg will not heal unless appropriately immobilised by an orthopaedic surgeon, a breast cancer will not resolve without intense medical input.

However, perhaps the vast majority of ailments are self-induced by bad use of the body or psychosomatic pressures. Medical input in these situations is often counterproductive and even harmful. A holistic approach to use of the body is a more sensible approach, an approach adopted by teachers of the Alexander Technique, which does not seek to “cure” but to “correct”

The Alexander technique is essentially a teaching program, a repetitive series of lessons whereby the pupil learns to recognise faulty sensory perception, that what feels right (through long term custom of use) is in fact wrong, while what feels wrong (because it is strange) is in fact right. Movement becomes freer and easier based on better balance, appropriate use of joints and muscles with an openness and lengthening of the body which takes undue pressures off the structure.

Continued on page 11

Continued from page 10 . **THE ALEXANDER TECHNIQUE** - more a way of life than a therapy.

Slowly over a period of time and careful direction during lessons, the pupil begins to feel what is right is now right, leading to an overall feeling of confidence, well-being and self- assurance.

Milton Simanowitz was for 25 years Consultant Obstetrician and Gynaecologist at Edgware General Hospital and subsequently at the Barnet NHS Trust.

An early sports injury to the lower back threatened his professional career. Fortunately by attending a course with an Alexander teacher, the back problems resolved and have never recurred.

He has since retrained as a teacher of the Alexander Technique, including an intensive postgraduate course for the Alexander Technique during pregnancy and childbirth.

He teaches from home in Radlett and further information and details about his lessons can be obtained by telephoning him directly on 01923 855007 or by email on : elinor99@waitrose.com

The body can heal itself, all Edgar Cayce's healing is built on this idea. Therefore tell your body that it knows how to do this; give it the suggestions and guidance and then have the faith that it will start to help you.



Children's' Health

Some time ago in one of the JASH newsletters I wrote about some of the harmful colours and additives that are present in many foods and childrens' sweets. Many are advertised freely on TV and sold in shops appealing particularly to children with their bright colours and sweetness.

Now at last it seems that scientific research has finally confirmed what every aware parents knows; that chemical artificial colourings, preservatives and flavourings are the cause of behavioural problems in children and some aspects of poor physical health. These range from hyperactivity, ADHD (Attention Deficit Hyperactivity Disorder), rhinitis, urticaria, difficulty in sleeping, eczema and asthma.

Fizzy drinks, fish fingers, some tinned foods, biscuits and cakes and even yoghourts and childrens' medicines etc. have been found to be at fault and can be toxic to childrens' health.

The Food Commission recently found that more than 100 foods and drinks aimed at children contained harmful additives.

Which raises the question as to how many children have been labelled as 'naughty' or lazy or badly behaved through no fault of their own? How many have been on medication for asthma, ADHD etc. ?

Unwittingly many children have suffered unnecessarily physically, emotionally and mentally --- how many have been referred to counsellors or psychiatrists unnecessarily. What has it done to them?

Read 'Optimum Nutrition For The Mind' by Patrick Holford.

A recent study by Professor Jack Warner clearly showed how additives affected children both in their behaviour and health.

But this was demonstrated many years ago in the USA and there was also a study in the US on hardened criminals in prison. They were given a healthy diet and their personalities changed completely for the better.

So is anything being done about this sorry state of affairs and its affect on our childrens' health?

The food industry is immensely powerful and it is not in their interests (and profits) to change the foods and drinks they produce.

Continued on page 13

What can be done?

1. Hopefully the Childrens' Food Bill presented to Parliament by Peborak Shipley MP would if passed introduce a ban on advertising food products for children ---especially when pop idols like David Beckham and Garry Lineker promote the foods.
2. There should be a **total ban** on all colourings, preservatives, flavourings and additives.
3. School catering should be improved and no vending machines in school.
4. Food with additives should be avoided (read the labels on all products). Only wholesome food should be bought and cooked, the eating of junk food should be discouraged.

What do you think?

Yetta Powell.

A Reminder

The man whispered "God. speak to me" And a meadowlark sang
But the man did not hear.

So the man yelled "God. speak to me" And the thunder rolled
across the sky. But the man did not listen.

The man looked around and said "God let me see you." And a star
shined brightly
But the man did not see.

And the man shouted, "God. show me a miracle." And a life
was born But the man did not notice.

So the man cried out in despair.
"Touch me God. and let me know you are here."

Whereupon God reached down
and touched the man.
But the man brushed the butterfly
away...
And walked on.

Don't miss out on a blessing
because it isn't packaged the way
that you expect.

Anon



READER COMMENTS ...

From The White Dove Healing Centre ...

I was asked if I would write an update on our group.

Our groups are flourishing and some of our members are branching out and starting their own groups for meditation, visualisation, enlightenment, healing and medium ship. We have a higher power that inspires us to gather together and achieve our best potential whether its healing, channelling, or helping the bereaved and apparently most of us have lived on the earth plane in another life together at some stage.

My name Rita in French means daisy and it's like a daisy chain that is spreading outwards far and wide to spread the light Our thoughts are indeed and as we are part of the great creator we are also creators ourselves whatever we put out, we get back. Also to be of service to the planet earth.

My fear is the witch hunt to many rules and regulations win force people underground like the healers of the past and that would be a great pity. We work in love and sincerity and our allegiance is to God and his messengers; we are just channels. Healing is a wonderful gift which everybody has within them. It's the intent that makes the difference; the heart that opens like a flower. We have saved the National Health Service a lot of money over 25 years and I feel if everybody learned the power of love and healing the planet would be a safer place for our children and our children's children.

We may never see the peace and beauty paradise in our life time. We do get glimpses-all is choice. The souls that are being born now know who they are and have a mission to accomplish, Le. to raise the vibrations even more. They love nature and are called the crystal children and the rainbow children.

They bring peace, love and laughter and are great teachers. I saw a programme about spiritual healing to-day on TV and it mentioned how much proof is there that it works? Do drugs always work? Do operations always work? I personally have seen some wonderful healing take place and I believe everyone can benefit from the great energies at all ages. Some healers specialise in helping broken bones to mend quicker 3 weeks instead of six. I believe this is where the spirit doctors have the edge as they are far more advanced in the spirit world and lasers were known to us before they became common place here. I have seen limbs moving about without any one touching. It is the unknown and because we can't see what is taking place does not mean it does not exist. I have just picked up a fairy card;

HONOUR YOUR TRUE FEELINGS as I was reluctant to continue this article. I have been a healer for thirty years practising but had the gift all my life and have lived in Israel and Canada and managed to change peoples lives wherever I've been.

Continued on page 15

I did not want to come back to England but then did not see the bigger picture that I would have home circles where I would develop my gifts and then help others to develop theirs all by word of mouth. The journey has not been easy but, I can honestly say I am 'there' and now I take a step back and let my fledglings work. It is all by recommendation no one can promise a cure not even the doctors and a lot of help comes through having a positive attitude and from ones higher self or super consciousness and that of the patient and healer. Some people are not meant to be healed in this lifetime or have lessons to learn or teach others humility grace or for others to count their blessings but for the grace of God go I. I feel privileged to have witnessed a great deal and one never stops learning; when the pupil is ready they find the teacher. If you try to force something it never works, simplicity is the key. I know doctors have served apprenticeships so do healers as they are learning. All the time, maybe not in the same way, doctors are for physical and healers for mind body and spirit they compliment each other. Also nutritionists are the doctors of tomorrow as what we put into our bodies can be nectar or poison. Just spread love and peace to all you come in contact with remember from spirit through spirit to spirit we are spirits living in earthly bodies which serve us in this incarnation some like their bodies most find fault Just love yourselves just as you are we are all unique this is why we are so special. We do have to be monitored or taught direction just like a ballerina who is naturally gifted or a piano player - so to be a good healer. One has to have guide lines, ego plays a big part in the beginning, but as one settles down after the wonders of the exchange of energies and the exuberance of what one feels you want to share it with the whole world and embrace what you feel with all you come in contact, but you must hold your council and only talk to like minded people until you yourself settles down. This can take time and I believe that once you become a full healer you should still be monitored and have a mentor who is willing to help you on your path. That is why people come back to me even after twenty years friendships are formed true lasting friendships because you have seen their suffering and them yours. You see the changes how one grows spiritually. We sit weekly Tuesday afternoons and Thursday evening ages range from eighteen to eighty years young. Age is no barrier and even the sitters who have had a promotion to the higher realms also sit with others who have passed and have circles there and love it and wish to join in with us and be remembered. Truth has no label and whatever work is needed we carry out in safety and prayers. We also do 'one to ones' but working in a team the energies are more powerful.

This message is Channelled by:

Thea Grace Ingham, member of the White Dove Healing Centre.

Imagine that you are an Angel and just let it happen . Miraculously you will find life will be much easier .. You will be drawn to the right people ..places and occupations. We will do the rest through you. Ask for help and it will be given

Don't forget we are all Co. Creators in this wonderful Universe and Makers of Heaven on Earth. The choice is yours for you all have free will. If you choose LOVE you must mean it. It means loving every living thing on the planet. Respect the animal, plant and mineral kingdoms who all have their own helpers too. This does not mean that you all have to become vegetarians and not be able to kill even a flea but remember to thank or bless them for having lived and died for you. Meditate daily and weekly in groups if possible.

Send the light to all the negative people and parts of the world. Hold the Earth in a circle of white light everyday and it will be. This is very powerful.

Remember you have a great power within you, use it well for the highest good. Every time you have to make a decision ask for help and decide how it will be useful for everyone's highest good.

Think of the bigger picture as we see it..

When you feel threatened and you will at times, ask for protection and it will be given. We have noted that many of you have become pious and think that you are better than others because you are great healers or famous preachers .This attitude must go You are all equals .There are many light-workers quietly going about their daily business doing wonderful work (some not even realising that they are light-workers)

Do not become complacent ,some healers may be asked to give up their healing and do other work if it is for their own good.

.Many healers are doing healing for their own benefit and to be an important person .Check this in your own lives.

Enjoy life, look after your bodies, follow your dreams, for they are where you are meant to be. Travel to places where you have always wanted to go, do all the things that you want to do.

We will help. for abundance is yours, but you must believe. Have faith and trust in your own intuition for that is where the answer lies, within you.

Dance, sing, play, paint, play music, write, laugh, cook create. Whatever it is that you feel drawn to do is healing for you Don't put yourself down, love yourself for you are a perfect child of the Universe .

Continued on page 17

God loves you unconditionally. How can you love or heal anyone if you do not love yourself. Do unto others as you would be done by Love your neighbour as yourself. We will be with you always ask us for help even in small ways in your everyday life We leave you now with blessings and thanks to you all.



Received from Lewis Park.

I was recently giving one of my "Healing/Spiritual/Angelic" Lectures in Clacton, Essex, when I was approached two Healers (incidentally they were both Jewish) interested to know that JASH existed !

I find that in my travels hardly anyone has ever heard of JASH ! Mostly in this part of the world Healers are connected with or are Members of either Norfolk and Suffolk Healers Assn., or Rainbow Star Healers or United Spiritualists... all of which I am also affiliated to, and recognised by however... the Lady and Gentleman referred to were KEEN to plant a JEWISH Group in Clacton/Essex, and I passed on JASH's details to them. Hopefully they MAY have made contact.

The event was an excellent evening and about 70 Healers, Mediums, and other folk were very receptive, ...they have asked me back again when I can find a slot.

Incidentally, I have been giving Distant Healing to a well known film actress (her Husband and myself are friends), who unfortunately had a ghastly accident which gave her massive burns to her back, legs, feet, etc., so much so, that she was thought to be not only a candidate for massive skin grafts, but perhaps even worse, they were 'Life-threatening', I was asked to give distant healing, and began as soon as I heard. In few days, the situation had turned around, tissue healing had began, no grafts were necessary, and she was recovering slowly BUT surely, and is now home, having to attend hospital just once a fortnight... I received a wonderful letter from Her expressing the fact that she was "Aware of the Healing that was reaching her at her lowest ebb, and that it was a GREAT comfort".

I think that we often dismiss 'Distant Healing', but I personally find that it is AS effective, and sometimes MORE effective than 'Present' Healing...

LEWIS PARK PROBATIONER MEMBER JASH

KABBALAH AND THE SNAKE

I have been asked three times this week by radio or the press to comment on the Kabbalah Centres and their galaxy of Hollywood devotees. You may have noticed that David Beckham (he of the cross tattooed on his neck) was wearing a red Kabbalah band around his wrist when he missed the penalty for England in the European Cup match with France. It didn't do him much good. And the pop star Britney Spears strips with one too. Madonna's husband Guy Ritchie is not only a film producer but also an expert on Jewish Mysticism and assures us in *The Times* that he has never met a c**** amongst the devotees of the centre. Clearly it hasn't been having a positive effect on his language! And for every article telling us how credulous victims are fleeced there are plenty of others written that assert how people have been helped find their true selves by going to Kabbalah Centres. How very reassuring.

I am a serious devotee of Kabbalah. The real thing of course. Not the hocus *pocus*, Madonna in tefillin, red cotton band on your wrist, spend £7 on a bottle of water, "give me your money and you'll feel better or cure your cancer for a thousand dollar' sort of Kabbalah.

Serious Kabbalah is a very complex mystical tradition that is an integral part of Judaism. But it is a highly complex layer that only makes sense if it comes on the basis of a really solid foundation in knowledge and practice of traditional Judaism. Otherwise it is just like judging a person entirely by his clothes. To think that one can understand it without a mastery of the original language is like being an expert in Shakespeare through translation into Hindustani. My father often used the expression of an ignoramus that 'He knows about as much as a Cossack does of Kabbalah.' Kabbalah is both a theological system that understands the world very differently to rational philosophy and it is a system of practices that are designed to help a person get closer to God and to better understand the nature of spirituality. There are hundreds of different systems, ideas and practices in Kabbalah spanning over two thousand years of intense mystical activity from Israel to Spain and Provence, back to Safed and even to the Klois in Brody in Lithuania. Included in some of its writings are snippets of astrology, alchemy and magic as well as some common sense. It is this very minor aspect has now been distilled into a new Hollywood fad that calls itself Kabbalah when in fact it is to the real thing as Superman Comics are to Milton or Tolstoy.

It does seem to appeal to those same tost souls who desperately search for meaning in life by going off East and are impressed by gurus who do tricks.

Continued on page 19

Anyone who knows anything about Buddhism knows full well that it is a highly complex system that requires years of devotion and discipline and dedication to a very strict monastic existence. But a watered down popular Richard Gere version is very attractive to those who want more meaning in life without having to do too much hard work to achieve it. Our society is awash with salesmen of life styles, who recruit film stars to sell their wares, from Scientology with John Travolta to EST, all offering certainties and reassurances. Astrology is the most widely read section of popular newspapers and astrologers the highest paid journalists. I guess the publishers need to cover their bases. They all highlight the failure of traditional religions to do their jobs properly.

A fool and his money are easily parted and anyone who thinks that buying a £400 set of the Zohar (when perfectly good £50 versions abound) and passing ones hands over it or scanning the letters will bring them nearer to God or closer to their first million is ascredulous as those who take placebos made of chalk and sugar. But human beings are eminently suggestible, as many a religious fraud has discovered.

I have no grouse with people who need placebos or crutches. 'Better hocus pocus than heavy drugs' I say. In an era where Judaism is vilified by millions of primitive *fanatics* as well as Left Wing Intellectuals (funny how they make common cause) it is reassuring that something we have produced is given positive publicity in certain quarters. So I am not rubbishing Kabbalah Centres or snake oil salesmen. They perform useful functions on the margins of society.

My only gripe is with those who believe or claim the 'sweetie' they sell it is the real thing, the genuine article.

If you want an idea of how complex Kabbalah is, read Gershom Scholem or better still the current academic expert Moshe Idel. If you want to encounter a flavour read anything by Aryeh Kaplan. You will soon realize that it is heavy-duty not Hollywood pap. I think it has a lot to offer.

I teach popular Kabbalah because I realize that too many Jews have no idea of the richness of our spiritual and mystical heritage and all they see of Judaism are boring synagogues, uninspiring rabbis and a religion that has become preoccupied with externality. A dose of Avraham Abulafia soon reassures them that yoga, meditation and deep spirituality have been part of our heritage for as long as in India.

Continued from page 19

KABBALAH AND THE SNAKE

But to get it to work, as with any skill, takes application, dedication and commitment and this usually goes hand in hand with deep religious belief and practice. I give tastes in the hope that *my* pupils will take it further but I do not kid them that they are Kabbalists.

The biblical keeps warning us about being seduced by easy answers. In this week's Torah reading there is the story of the Snake on the Mast (still the symbol of the medical profession to this day). When there was a plague of snakes Moses set this banner up and people who looked at it were cured. The Mishna in Rosh Hashanna asks the obvious question of how a symbol could cure. It replies that by looking upwards and conducting ones thoughts to God one finds the will to fight the poison and gets cured. It really depends on us rather than the symbol. The Talmud says that King Hezekia destroyed the Snake on the Banner because people started worshipping it instead of God. This is the very mistake people make when they think the answer to their problems lies in popular Kabbalah. Plus Ca Change etc.

*Printed by kind permission of Rabbi **JEREMY ROSEN** -
Yakar.*



“It is love that invokes the spirit and activates -the life energy. It is love that balances our brains and makes us creative. And it is love for our true self, for the self that we can be, that drives us on to want to be better and want to be healthier and to want to be more evolved. Love is health and life”.

*From LIFE ENERGY by Dr. John Diamond, M.D.
Published by Dodd, Mead & Company.*

Send Back A Rose

If they send you a rock
Send back a rose
For that is how love
Grows and grows

If they send you a snarl
Send them a smile
It can work wonders
Just try it a while

If they send you their anger
Send them gentleness
To sweeten the pain
Of their emptiness

And send them joy
If they are depressed
Tranquility and peace
If they are stressed

If they are worried
Show them the sea
It will be there
Long after you and me



If they are ‘strung up’
Show them a cat
With relaxed charm
and grace
We can be like that

If they feel burdened
Show them a bird
in flight
And let their
problems
Go up to the light

If they lack self worth
Show them a flower
Giving fragrance and
beauty

We too have such power

If they have lost faith
Show them a babe’s eyes
They will see Heaven there
And then realise.

Yetta Powell.

JEWISH PENICILLIN

Buddhists in Japan believe in plants. Toshio Tanahashi a restaurateur says "We forget about plants because they don't speak, but they give everything to us and don't request anything in return. Plants teach us to give the best things to others". They know that vegetable diet *shojin* food purifies the body inside and outside.

For Jews, we have what has been labelled "Jewish penicillin". Mothers have been cooking chicken soup and giving it to their families for generations. But alongside the onion, parsnip, turnip, swede, carrots, leek and celery in the pot, are we aware of the x factor ingredient that helps us heal and feel better? How many of us in the 21st century wash the vegetables, cut them and boil them, bearing in mind the earth and farmers that helped produce them? Buddhists send out thanks as they work. So should we all. We are all part of the same vibrational energy as spirit - humans, plants, leaves on the trees, animals, birds, minerals, rocks etc. By absorbing the positive vibrational energy of the vegetables in our food, we give ourselves the x factor, the gift of nutrients necessary for our optimum health.

Those who follow *shojin* cuisine do everything by hand, as did our grandmothers. They understand that vegetables don't like machines. Washing them with our hands transfers chi (positive energy) into the food, more x factor. Vegetables have chi, but food made in factories or machines has no power. That's why it's important to "go back to basics".

When Buddhists entertain they understand it's important to welcome your guests through the five senses - flowers and pictures on the walls to look at, incense for the sense of smell; no music to affect the sense of sound, while the touch and taste are in the food.

How many of us have the TV on or blaring music while we eat? Next time, when entertaining family or friends, fill a vase with fresh flowers, burn incense, oil or fragrant candle and serve food prepared by your own hands, sprinkled with unconditional love. Become aware of the taste and texture of the food. Be aware of how everything "feels" and how everyone "reacts". Communicate with each other. A family, who eats together, gains more than just sustenance. With your understanding, before you go to sleep, give thanks for your day and know that **you** made a difference. The next time you peel and prepare, you'll never take a vegetable "for granted" again....

Continued on page 23

Getting the Most Vitamins from Your Food

- Wash but don't soak fresh vegetables if you hope to benefit from the B vitamins and C they contain
- Make your salads when you're ready to eat them. Fruit and vegetables cut up and left to stand lose vitamins.
- If you don't plan to eat your fresh fruit or vegetables for a few days, you're better off buying fresh-frozen ones.
- Aluminium, stainless steel, glass and enamel are the best utensils for retaining nutrients while cooking.
- Store vegetables and fruits in the fridge as soon as you bring them home.

HEATHER PRICE - HEALER MEMBER J.A.S.H.

Heather Prince is a healer and a Spiritual Response Therapist.

If you have a health concern or wish to know what nutrients your body lacks, please contact -crystalhealer7@aol.com or 07970 160372.

[Http://hometown.aol.co.uk/crystalhealer7/myhomepage/business.html](http://hometown.aol.co.uk/crystalhealer7/myhomepage/business.html)

Venues where Member Healers of J.A.S.H. give healing

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by J.A.S.H. MEMBERS & Probationers

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Crystalhealer7@aol.com or phone 07970 160372

PERSONAL

Our Condolences

To JASH member and Honorary Treasurer
Gerald Cane on the sad loss of his
dear sister Betty Cohen.



*“From the multisensory point of view,
insights, intuitions, hunches and inspirations,
are messages from the soul, or from advanced
Intelligence's that assist the soul on its
everlasting journey”*

GARRY ZUKAV.

*“Nothing we ever imagined is beyond our
power, only beyond our present knowledge”*

THEODORE ROZAK.

THINGS I Miss, (going back a bit !) ---(I'm sure you can add to my list)

1. Matrons in hospital and sisters in wards.
2. Immaculately clean hospital wards.
3. Butchers, greengrocers, fishmongers and grocers delivering their goods without extra charges and they gave you a present at Xmas not the other way around.
4. Cubicles in hairdressers.
5. The little corner shop selling papers, sweets and groceries.
6. Friendly, courteous shop assistants.
7. Apples and strawberries etc., that tasted wonderful.
8. Friendly policemen walking down your street.
9. Doctors who had time for you.
10. Vets and dentists who didn't charge the earth.
11. Conductors on buses and coloured tickets you could collect.
12. Farthings and halfpennies, three-penny bits and sixpences, florins and half-crowns, etc. The money looked like real money and bought so much more.
13. Air that was fresh and not polluted.
14. Water in rivers and lakes, and sea that was clean.
15. Lyons Corner House --- those wonderful salads!
16. Films you could watch with your children without fear of violence, swearing and much worse.
17. Writing and receiving letters instead of 'phoning and e-mails.
18. Putting your baby in his / her pram in the front garden or leaving the pram' outside a shop without worrying it would be taken.
19. Leaving the back door unlocked when you were out.



More about Natural Hormone Supplements...

Written in stone! ... From more than 5,000 years ago there is evidence about the use of plants for medicinal purposes as borne out by engraved tablets (carbon dated about 3,000 BC.) written by the Sumerians. From the earliest Egyptian writings, through to the Middle Ages and onward to our time man has been extending his knowledge of plants and their power to heal.

The pharmaceutical industry has endeavoured to build on such knowledge and many medicines and remedies are based on synthesised versions of 'natural medicines'. Both 'natural' and 'synthesised' medicines play an important role in restoring patients to health, a fact that must be recognised by all for it is only through such recognition that some of today's spectacular cures have been made possible.

The medicine chest is there but so are nature's medicinal plants, we just have to recognise their ability to help us. Here are a few examples:-

Feverfew ... An ancient remedy for headaches and migraine.

Basil ... Can ease stomach ache, or used in a steam bath can relieve congested sinuses, or rubbed on bruising will reduce inflammation.

Red Chilli Peppers ... They contain Capsaicin which produces their spicy heat, but do you know that it can bring pain relief for inflammatory conditions, diced up and soaked in olive oil and applied to painful joints it can be most soothing.

Sage ... Used as a gargle will help soothe a sore throat, rubbed onto the teeth it acts as a breath freshener and strengthens the gums.

There is a cornucopia of natural medicinal plants for everyday ailments, it's up to us to discover or rediscover them. For example:-

Multi-Mac ... a highly revered Peruvian herb with a 2000 year history as a powerful enhancer of libido and stamina. According to legend the Inca warriors ate maca for strength and endurance. Today it is known as Peruvian ginseng. maca's reported beneficial effects for sexual function could be due to its high concentration of proteins and vital nutrients it has no known side effects and can provide a variety of benefits for both men and women which includes increased energy and a reduction of stress. Used regularly for maximum performance, it is very good as an alternative to hormone replacement therapy if you wish to have more information please contact Rita Vangelder --- **mobile number 07906971772.**

Do Remember 'Laughter and Smile' --- that great healer duo ...

... LIFE AND A CAN OF BEER

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else, he asked once more if the jar was full. The students responded in a unanimous "yes."

The professor then produced two cans of beer from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed. "Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things-your family, your children, your health, your friends, your favourite passions-things that if everything else is lost and only they remained, your life would still be full.

"The pebbles are the other things that matter like your job, your house, your car. The sand is everything else-the small stuff." "If you put the sand into the jar first" he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Take time to get medical checkups. Take your partner out to dinner, play another 18 holes. There will always be time to clean the house, and fix the disposal.

Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the beer represented.

The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of beers."

From the web: funny@netfunny.com

Said by Biblical Mothers? Well, maybe, just maybe, they said it ...

'David! I told you not to play with that sling shot! Go practice your harp. We pay good money for those lessons!'

'Noah! No, you can't keep them! I told you, don't bring home any more stray pets!'

'Samson! Leave that lion alone. You don't know where it's been!'

Quotes to Inspire

“You are what you wish yourself to be. For in that kingdom of the mind, you fashion in the precious mould of thoughts, the motive power which shapes your destiny.

For what you think is what you will become, what you believe in indicates the way, and whilst you live, the will is never dumb. Remember when your life you plan, it has been sagely said of man, this I can if I think I can.”

ANONYMOUS.

“If I keep from meddling with people they will take care of themselves.

If I keep from commanding people they will behave themselves.

If I keep from preaching at people they will improve themselves.

If I keep from improving on people they become themselves.”

LAO TZE.

*“Sow an action and you reap a habit;
Sow a habit and you reap a character
Sow a character and you reap a destiny.”*

WILLIAM JAMES.

“I am an old man and have known many troubles, but most of them never happened.”

MARK TWAIN.

“Everything we have to say can be can be summed up in a few words :-

Open - Allow - Surrender - Ask - Watch - Listen - Remember - Be - Love.

Anything more would be redundant”

(A message from THOMAS) related by JAMES F. TWYMAN