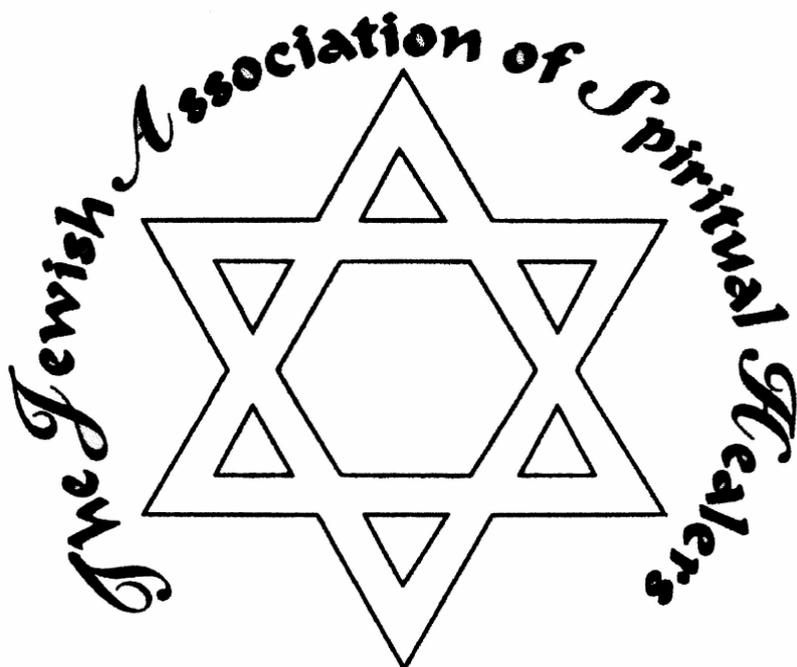


# *News & Views*



**Registered Charity  
No. 275081**



## *Summer - 2007*

Issue No:- 42

# THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

**A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS**

**AFFILIATED TO THE ALLIANCE OF HEALING ASSOCIATIONS**

Registered Charity No. 275081

**Patrons: Joan and Ray Branch and Aubrey Rose CBE**

**Chairman: Steve Sharpe**

**Hon. Secretary & Membership Secretary: Francine Benjamin**

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**Brian Copeland Vicky Kaye Margot Garcia**

**Yetta & Maurice Powell Steve Sharpe Rita Vangelder**

*Honorary Committee Member JASH --- North America*

*--Florence M. Horn --Director & Founder -- JASH -- NA*

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**S**ummer is almost here and nature shows us once again how colourful everything can be.

Time has certainly flown by. Next month sees another JASH AGM - a time when we can all get together and look at the past year and decide our Committee for the next year. A time to discuss the sterling work that JASH healers do.

Presently, there is much happening in the world of healing, and it's most important that you are aware of any changes that have taken place, or are about to take place, and how these changes may effect you. So, please try to come along; meet your fellow healers and help elect your Committee for the following year.

Make a note of the place and date of the meeting in your diary now ---

Sunday 1<sup>st</sup> July at 2.00pm Glebe Hall, Glebe Road, Stanmore

*Maurice & Yetta Powell Editors.*

## Chairman's Report May 2007

Our Annual General Meeting will be held 1<sup>st</sup> July 2007 at Glebe Hall, Glebe Road, Stanmore, Middlesex. At 2-30pm. I, as always, look forward to seeing old and new faces. Light refreshments will be available.

Our block insurance policy with Balens, through the Alliance of Healing Associations, only covers us for the practice of Spiritual Healing within the UK, although they will cover us for up to thirty days at a time abroad, that is whilst on holiday. We are currently addressing this situation to ensure that our members who reside outside of the UK have insurance cover equivalent to those residing within the UK. I will advise as soon as I have the information. We, at the time of writing, are still waiting for Balens to send us the current certificates. You are covered by insurance, we are waiting for the correct paperwork to send out to you.

Some research into the effects of healing with cancer has recently been published. You can find the details at :-

[www.elsevierhealth.com/journals/ctnm](http://www.elsevierhealth.com/journals/ctnm) please cite article as: Vaghela C, *et al* Evaluating healing for cancer in a community setting from the perspective of clients and healers: A pilot study. *Complementary Therapies In Clinical Practice* (2007), doi:10.1016/j.ctcp.2007.03.004 This is only a small study but gives quite positive results.

We will be discussing the format for assessment panel attendance at our next committee meeting in June, so that we have all the necessary information ready for our Annual General Meeting, and will, hopefully, be able to answer any questions you ask appertaining to this next stage of self regulation. This will also probably involve the possession of a current first aid certificate, which in itself is a double edged sword, as a) it will give us a better knowledge of the human body, and b) should show practitioners of conventional medicine that we are trying towards an integrated health system which includes complementary therapists. A basic knowledge of first aid could very easily save someone's life, when you are the first on the scene and know what to do!

Summer holidays will soon be upon us, so if you are going somewhere exotic, or even somewhere local, and wish to share your experiences, please write in to Yetta and Maurice for inclusion in the News and Views. There must be some fascinating stories out there, so why not share them with your fellow healers.

Our distant healing list via e-mail is proving to be very popular and successful, but please direct your requests through our secretary, Francine, to avoid any possible duplications and upsets.

I thank our committee for their expertise and hard work, as always.

Steve Sharpe.

## *six lessons on happiness ...*

### 1. Give yourself permission to be human.

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

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

### 2. Happiness lies at the intersection between pleasure and meaning.

Whether at work or at home, the goal is to engage in activities that are both personally significant and enjoyable. When this is not feasible, make sure you have happiness boosters, moments throughout the week that provide you with both pleasure and meaning. Research shows that an hour or two of a meaningful and pleasurable experience can affect the quality of an entire day or even a whole week.

### 3. Keep in mind that happiness is mostly dependent on our state of mind, not on our status or the state of our bank account. Barring extreme circumstances, our level of well-being is determined by what we choose to focus on and by our interpretation of external events. For example, do we focus on the empty part or the full part of the glass? Do we view failures *as* catastrophic, or do we see them as a learning opportunities?

### 4. Simplify! We are, generally, too busy, trying to squeeze more and more activities into less and less time. Quantity influences quality, and we compromise on our happiness by trying to do too much. Knowing when to say no to others often means saying yes to ourselves.

### 5. Remember the mind-body connection. What we do - or don't do -with our bodies influences our mind. Regular exercise, adequate sleep and healthy eating habits lead to both physical and mental health.

### 6. Express gratitude, whenever possible. We too often take our lives for granted. Learn to appreciate and savour the wonderful things in life, from people to food, from nature to a smile.

**...*Tal Ben-Shahar*. Positive psychology expert.**

# **GLOBAL WARMING .....**

I do not believe that Global Warming will destroy the world, because Hashem (The Almighty) promised that Moshiach (The Messiah) would come and save us, and Hashem (The Almighty) never breaks his promises. Science proves that the ice caps are melting and that the world is getting hotter, but this will not destroy the world.

I think global warming is a message from Hashem (The Almighty) to test our belief and to see if we will pray or not when we are suffering.

Man has destroyed the atmosphere and caused global warming by cutting down rain forests and putting pollution into the air. Hashem (The Almighty) has allowed us to do this to see if we will then put our mistakes right and stop the pollution.

Basically, some people are not appreciating what Hashem (The Almighty) has done for us. So, when we are suffering from the heat, we will realise & appreciate Hashem (The Almighty) and what he has done.

Hashem (The Almighty) made the Torah (the Law) and science, and if you believe in both it is very confusing.

I accept global warming is happening, but I do not believe that it will finish the world-Science says that the polar ice caps are melting, and that there will be too much water and then there will be a flood. But Hashem (The Almighty) promised that he will never destroy the world with a flood, and he meant it so much that he sent a rainbow.

That is what I believe in the Torah's (the Law's) point of view, but in scientific terms I believe that it will become really hot and humid. Then there will be another ice age then it will be hot again.

*OLIVER SOLOMON.* Age 10 yrs.

Grandson of Patricia Marks JASH Healer.

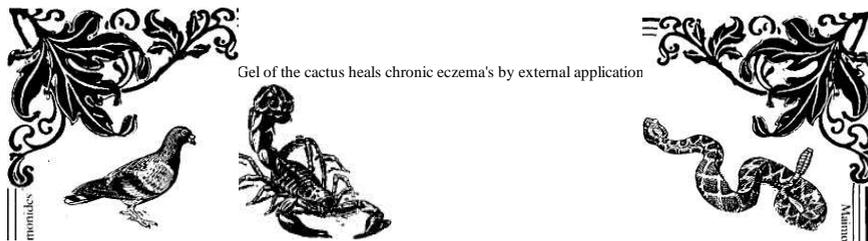
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“**H**umanity is now going through its final examination as to whether it can qualify for its Universe function and thereby qualify for continuance on board the planet. Whether humanity will pass its final exams for such a future is dependent on you and me.”

*R. BUCKMINSTER FULLER.*

While in Israel in May we visited Safed where we came across the book as titled below, which included remedies from Maimonides.

We thought you might enjoy reading of some of the remedies for various conditions (though we do not advise their use or accept responsibility for them).



## WONDROUS HEALINGS



of the  
**WISE KABBALISTS**  
and the Ancient Physicians

**SECRETS OF NATURAL MEDICINES FOR DISEASES OF THE HEART, PARALYSIS, DEAFNESS, LOVE, INFERTILITY, WARTS, IMPOTENCE, HAIR, KIDNEY STONES, RHEUMATISM, BLOOD VESSELS, LUNGS, EPILEPSY, CANCER, ETC.**

*Continued on page 7.*

**Deafness and body pains:** Mustard oil (oil in which mustard seeds have been boiled), dipped into the ear of the deaf person, *WILL RESTORE HIS HEARING*, and immersion of the body in the above luke warm will help for *ALL PAINS OF THE BODY*.



Pine resin is a miraculous cure for cirrhosis of the liver

**Properties of Almonds and Sugar Cane:** Almonds have the property of guarding the brain, both its skin and its mucous, and also *PROTECT THE BODILY ORGANS* and their secretions and prevent the production of mucous which causes diseases. Sugar cane has the characteristic of *STRENGTHENING THE EYESIGHT*.

**Cure for Leprosy --from Rabbi Tuvya:** The leaves of the Cypress Tree beaten to a powder and mixed with vinegar purify the body of leprosy, skin diseases and fungi, when applied to the affected parts of the body.

**Cure for Sleeplessness:** from Rabbi Maimonides - 'Chapters of Moses'. The oil of almonds when dropped in the nose ---causes sleep.

**Cure for Epilepsy:** The root of the Red Peony bush, when wrapped up and tied around the neck of a young person who is ill with epilepsy, will heal him. This has been tried and tested. The cure is caused by the odour of the root. (Also tea made from the seeds of the peony is very helpful).

**Cure for Blocked Veins and Arteries:** Take a piece of metal or the blade of a knife, end heat to white hot. Then extinguish with water or white wine. Repeat this procedure many times --heating and extinguishing. Then give to the sick person to drink of the wine regularly, every day. Rabbi Tuvya "MA'SE TUVYA."

**A cure for Severe Bleeding of The Nose:** the Kabbalists wrote that the smelling of crushed Myrtle Leaves causes the stopping of nosebleed. The Myrtle contains Tannic Acid, and Tannic Acid vapours cause the coagulation of blood.

**A Cure for Athletes Foot:** Sea Salt which has been slightly dampened, should be applied between the toes every day. If this is not helpful then apply ordinary Vinegar every day.

**Cure for Pain Along the Length of The Spine:** A bandage should be made of the following compound: Kidney bean flour, vinegar, honey and wet sticky tar. Cook ingredients into a batter and bandage onto painful areas while the batter is lukewarm. 'Chapters of Moses', Rabbi Maimonides, Art. 9, Chapter. 115.

- / -

We hope you find these ancient remedies fascinating **but advise much caution**. We shall publish more in later issues.

# Your Best Defence Against Disease is What You Eat

**1. Yoghurt** contains good bacteria called probiotics, which protects against colds and diarrhoea-related diseases. Check the label to make sure the yoghurt contains live cultures of lactobacillus, acidophilus or bifid bacteria.

**2. Tea Black, oolong, pekoe and green teas strengthen the immune system.**

**3. Fruits and vegetables.**

Food high in antioxidants, phyto-chemicals, vitamins and minerals improve immune function. Think colourful: choose dark green, red, orange and yellow vegetables, such as broccoli, spinach and other greens, carrots, cabbage, tomatoes, red peppers, squash and sweet potatoes. Also cantaloupes, mangoes, apricots, pumpkin, citrus fruits, apples, strawberries, cranberries, blueberries and grapes.

**4. Other immune boosting foods.**

These include mushrooms, whole grains (raisin bran in particular) walnuts, Brazil nuts, almonds, ginger, onions, garlic, salmon and turkey.

**5. Go easy on fats and sweets.**

Especially watch the amount of saturated fats and concentrated sweets you eat.

**6. Stay hydrated.**

Drink plenty of fluids keep nasal passages from drying out. Water is best, followed by tea and fruit.

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## Can eating bananas make you smart?

Hidden in the scientific name for the banana, *Musa sapientum*, is the answer: the Latin means, "muse of the wise person." Potassium, which the banana contains in abundance, is essential in proper brain functioning, for which reason it has been called "the salt of the intelligence."

## ***More Recommended Books ....***

**1. ‘The Broken Wings’** by Kahil Gibran, published by Citadel Press.

A beautiful and tender love story by the author of ‘The Prophet’. It is his story which sadly is doomed because of social conventions.

Written with great sensitivity.

**2. ‘Optimum Nutrition for the Mind’** by Patrick Holford, published by Piatkus.

A very important book for health and well being Patrick Holford reveals that what you eat does affect your mind, and how you feel and how you think. He shows how you can beat depression, increase your IQ, help children with learning difficulties and hyperactivity, speed up recovery from Schizophrenia and prevent Dementia, Alzheimer’s and Parkinson’s Disease.

**3. ‘Grow Younger, Live Longer’** (Ten Steps to reverse ageing)

by Deepak Chopra, published by Rider.

Deepak Chopra states that human ageing is reversible and shows how using the tools in this book you can literally turn back the markers of getting old. We have to escape the prison of conditioning.

The ten steps are: 1. Change Your Perceptions. 2. Access restful awareness and restful sleep. 3. Nurture your body through healthy food. 4. Use nutritional supplements wisely. 5. Enhance Mind/Body integration. 6. Exercise. 7. Eliminate toxins from your life. 8. Cultivate flexibility and creativity in consciousness. 9. Love. 10. Maintain a youthful mind.

**4. ‘The Universe in a Single Atom’** by the Dalai Lama, published by Little Brown (How Science and Spirituality Can Serve Our World)

In this book, the Dalai Lama discusses his vision of science and faith working hand in hand to alleviate human suffering.

**5. ‘Old Souls’** by Tom Shroder, published by Simon & Shuster New York. Scientific Evidence for Past Lives.

Ian Stevenson physician and psychiatrist, travels the world: to record personal accounts of children claiming to recall a previous life.

Case histories which have been collected over many years research, form the basis for the book. Tom Shroder accompanies Ian on a last journey returning to isolated villages and inhospitable people along the way to confirm or deny stories and theories. A thought provoking book in which no stone is left unturned in the quest to authenticate collected accounts.

**You are invited**  
*to the dedication of a stained  
glass window  
in memory  
of Sheila Rose  
and our son David*

**On**  
**Friday 29th June 2007**  
**at 6.30pm**

**at**  
**North Western Reform Synagogue,**  
**Alyth Gardens, Finchley Road,**  
**Golders Green,**  
**London NW11.**

*A book illustrating Sheila's life will  
be available for you at the service.*

---  
**Aubrey Rose.**



*Stained glass window designed  
by Ardyn Halter and dedicated  
in memory of Sheila Rose.*

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## **Time for 10 things ...**

1. Take time for **Work** It is the price of success
2. Take time for **Thought** It is the source of strength
3. Take time for **Play** It is the secret of youth
4. Take time for **Reading** It is the foundation of knowledge
5. Take time for **Prayer** It washes the dust of earth from your eyes
6. Take time for your **Friends** They are the source of happiness
7. Take time for **Love** It is the only sacrament of life
8. Take time for **Dreaming** It draws the soul up to the stars
9. Take time for **Laughter** It helps to carry the burden of life
10. Take time for **Planning**

**Then you will have time for the first nine things**

*Please Note These Important Changes:*

## **CODE OF CONDUCT**

Page7:Item1.15

Currently reads:

Healers must not give healing to women in childbirth or treat them for ten days thereafter even if they hold an appropriate qualification in midwifery.

According to discussions with the Nursing Midwifery Council and reference to the document Nursing and Midwifery Order (2001), which is available on the Department of Health website, [www.hms0.gov.uk](http://www.hms0.gov.uk) section 45 reads as follows:

Attendance by unqualified persons at childbirth

45 (1) A person other than a registered midwife or a registered practitioner shall not attend a woman in childbirth.

We are told that If during their practice as a healer, one of the Alliance members was providing any advice, guidance or care that relates to the practice of a midwife, they would be in breach of Nursing and Midwifery Order and subject to conviction (and fine)

However, the Midwives Rules and Standards explain that the role of the midwife covers the ante natal, intra natal and postnatal period. Nevertheless, it does not appear to preclude a healer becoming part of the team headed by the midwife, if requested by the mother involved.

## COSMIC INVOCATION

May the great Light of the Cosmic Whole  
Bring balance to the energies of this tiny planet  
May all life respond in a positive manner to these great forces.  
May the Cosmic will, transcend the little will of humanity.  
May unconditional love lift the suffering and cause thereof.  
May all minds open to the recognition of the One Life,  
and understanding bring the truth that life is forever.  
May I become one whole in this truth.  
May we all become our true whole spiritual beings.  
Awakened into unconditional love and harmony.

*Reproduced by kind permission of 'MESSAGES OF LIGHT' - Savyon Israel.*

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### **Dear JASH Members and readers of 'News & Views'**

As your editors, we do our best to make *your* 'News & Views' inspiring and informative, but we need *your* contributions --poems, quotes, comments, articles, letters, etc., etc., whatever is appropriate.

It's *your* magazine and *your* opportunity to help make it one which sets a high standard. So please send in your material.

As a start, we would like to know how you became a healer and your experiences in healing. We have already had a few interesting articles on this theme from some of our healers, but like Oliver Twist, we are hungry for more.

Send items for inclusion to the editors either by post or by e-mail to either:

[maurice.powell1@lineone.net](mailto:maurice.powell1@lineone.net)

or to

[Yettapowell@btinternet.com](mailto:Yettapowell@btinternet.com)

**It's up to you, let's hear from you....**

# The Elephants of Phuket

No one is insignificant in the eyes of the Creator, and what He makes, He cherishes. Consider the elephants of the Pavilion Hotel in Phuket, Thailand, where one of the most popular attractions is elephant rides. As many as eight tourists ride on one animal. The elephants take them first to see the surrounding forest, then down to the beautiful beach, then to stop for lunch at a freshwater lagoon, then finally back to the hotel.

"Our nine elephants" writes the hotel manager, "are kept chained to in-ground posts, not because they need to be, but because it makes the tourists feel better that their children are safe from a tromping when they are feeding the beasts.

About twenty minutes before the first wave of the recent tsunami hit, our elephants became extremely agitated and unruly. Four of them had just returned from a trip and their handlers had not chained them yet.

In a desperate panic, the four unchained elephants helped the other five elephants tear free from their chains. Then they all climbed a hill and started bellowing. Many people followed them up the hill.

Then the waves hit!!

As soon as the waves subsided, the elephants charged back down from the hill and started picking up children with their trunks and running them up the hill. When they had taken all the children to safety, the elephants began helping the adults.

God's elephants rescued forty-two people that day. Then they returned to the beach and carried four people who had been killed by the waves; one of which was a child. Not until the task was done did they allow their handlers to mount them. Then, with handlers atop, they began moving the wreckage.

*Submitted by a linker,*

*As published in 'BEYOND'*

*Reproduced by kind permission of The Seekers Trust.*

## ***THE VALUE OF VINEGAR***

**Vinegar is one of Nature's most miraculous products, far better to use than chemicals which can do so much damage.**

Vinegar has a multitude of practical uses; for health, cooking and cleaning etc. Its value has been known from ancient times; it has a 10,000 year history. It was used by the Babylonians, Ancient Egyptians, Greeks and Romans, and mentioned in the Bible. The ancients used it as a condiment, a preservative, a medicine, and anti biotic, and a detergent, just as we do today.

Hippocrates, the father of medicine, prescribed the drinking of vinegar for his patients. It was used by Cleopatra, and Hannibal used vinegar to help his troops and elephants cross the Alps. Vinegar poured on huge boulders and branches which had been set on fire, turned them soft and crumbly, so they were no longer an obstacle. Leonardo d Vinci knew about the effects of vinegar on papyrus, as mentioned in the book 'The De Vinci Code'. In the Middle Ages, vinegar was used for washing and treating the plague, leprosy, fever and snake bites.

During World War 1 it was used to treat wounds in the trenches.

There are many kinds of vinegar ---the main ones being: malt vinegar, wine vinegar, cider vinegar, rice vinegar and balsamic vinegar.

### **The uses of vinegar:**

**Arthritis:** drink a glass of water with 2 teaspoons full of cider vinegar and 2 teaspoons full of honey 3 times a day ---dissolves crystal deposits of uric acid.

**Athletes Foot:** soak feet in vinegar and water 3 evenings in a row.

**Asthma:** 1 tablespoon full of cider vinegar added to a glass of water should be taken in sips for half an hour.

**Cramps:** take cider vinegar before going to bed.

**Corns:** soak a piece of stale bread in vinegar, tape same over area and leave over night.

**Eyes tired and sore:** 2 teaspoons full of cider vinegar and honey in a glass of water 3 times a day.

*Continued on page 15*

**Brittle Nails:** apply vinegar directly.

**Sore Throat:** gargle with half cider vinegar and water.

**Stings:** --Wasps, soak a cotton bud in vinegar and apply to area. Bees, -- remove sting first then apply vinegar.

**Toothache:** soak cotton bud in vinegar and place on area.

**Wart remover:** apply a lotion of half cider vinegar and half glycerine; apply daily until wart dissolves.

**Stiff neck :** soak a rag in half vinegar half warm water solution, wring rag out and wrap around neck.

**Insomnia:** drink a glass of 2 teaspoons full of cider and honey before retiring.

### **Uses of Vinegar for cleaning in the home.**

**Removing coffee and tea stains:** equal mixture of salt and white vinegar.

**Oven cleaner:** wipe with white vinegar.

**Cleaning kettles:** gently boil half- pint of white vinegar with water, then rinse thoroughly.

**Cleaning the fridge:** wash with solution of equal parts of water and vinegar.

**Cleaning windows and mirrors:** 2 tablespoons of vinegar to 3 pints of warm water.

**Floor cleaner:** quarter-pint vinegar to 1 gallon of water.

**Microwave cleaner:** put 2 tablespoons of vinegar in a cup of water and microwave on high for 45 seconds to one minute. Wipe out oven.

**Leather:** leather can be revived by wiping with damp cloth sprinkled with white vinegar.

There are many more uses e.g., keep cut flowers fresh by adding 2 tablespoons of vinegar and one of sugar to each litre of water. Etc., etc., etc.

## Ten things God won't ask

- 1 God won't ask what kind of car you drove; He'll ask how many people you drove who didn't have transportation.
- 2 God won't ask the square footage of your house; He'll ask how many people you welcomed into your home.
- 3 God won't ask about the clothes you had in your wardrobe; He'll ask how many you helped to clothe.
- 4 God won't ask what your highest salary was; He'll ask if you compromised your character to obtain it.
- 5 God won't ask what your job title was; He'll ask if you performed your job to the best of your ability.
- 6 God won't ask how many friends you had; He'll ask how many people to whom you were a friend.
- 7 God won't ask in what neighbourhood you lived; He'll ask how you treated your neighbours.
- 8 God won't ask about the colour of your skin; He'll ask about the content of your character.
- 9 God won't ask why it took you so long to seek salvation; He'll lovingly take you to your mansion in heaven, and not to the gates of hell.
- 10 God won't ask how many people you forwarded this to; He'll ask if you were ashamed to pass it on to your friends.

In Happy moments, praise God.

In Difficult moments, seek God.

In Quiet moments, worship God.

In Painful moments, trust God.

In Every moment, thank God.

*Reproduced from the magazine 'BEYOND' by kind permission of The Seekers Trust.*

## **Laugh a Little ..... *It's Very Healing!***

***You remember the old Jewish comedians? Don't you miss their humour? Not one single swear word in their comedy. ....***

There was a beautiful young woman knocking on my hotel room door all night! I finally had to let her out.

A car hit an elderly Jewish man. The paramedic asks, "Are you comfortable?" The man answers, "I make a good living."

I just got back from a pleasure trip. I took my mother-in-law to the airport.

I've been in love with the same woman for 49 years. If my wife ever finds out, she'll kill me!

Someone stole all my credit cards, but I won't be reporting it. The thief spends less than my wife did.

We always hold hands. If I let go, she shops.

My wife and I went back to the hotel where we spent our wedding night, only this time I stayed in the bathroom and cried.

She was at the beauty shop for two hours. That was only for the estimate. She got a mud pack and looked great for two days. Then the mud fell off.

The doctor gave a man six months to live. The man couldn't pay his bill, so the doctor gave him another six months.

The Doctor called Mrs. Cohen saying, "Mrs. Cohen, your check came back." Mrs. Cohen answered, "Well, so did my arthritis!"

Doctor to patient: "You'll live to be 60!" Patient: "I AM 60!" Doctor: "See! What did I tell you?"

A doctor held a stethoscope up to a man's chest. The man asks, "Doc, how do I stand?" The doctor says "That's what puzzles me!"

Patient: "I have a ringing in my ears." Doctor: "Don't answer!"

A drunk was in front of a judge. The judge says, "You've been brought here for drinking." The drunk says " Well okay, so let's get started."

**Q:** Why don't Jewish mothers drink?

**A:** Alcohol interferes with their suffering.

*Continued on page 18*

**Q:** Why do Jewish mothers make great parole officers?

**A:** They never let anyone finish a sentence.

A man called his mother in Florida, "Mum, how are you?" "Not too good," said the mother. "I've been very weak." The son asked, "Why are you so weak?" She replied, "Because I haven't eaten in 38 days." The son says, "That's terrible. Why haven't you eaten in 38 days?" His mother answered. ---"Because I didn't want my mouth to be filled with food if you should call."

A Jewish boy comes home from school and tells his mother he has a part in the school play. She asks, "What part is it"? The boy says, "I play the part of the Jewish husband." The mother scowls and says, "Go back and tell the teacher you want a speaking part."

**Q:** How many Jewish mothers does it take to change a light bulb?

**A:** (Sigh) "Don't bother. I'll sit in the dark. I don't want to be a nuisance to anybody."

**Q:** What's the difference between a Rottweiler and a Jewish mother?

**A:** Eventually, the Rottweiler lets go.

**Subject: *Another oldie Jewish tale***

An elderly man in Miami calls his son in New York and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing. Forty-five years of misery is enough."

"Pop, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the old man says.

"We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her," and he hangs up. Frantic, the son calls his sister, who explodes on the phone, "Like heck they're getting divorced," she shouts, "I'll take care of this." She calls her father immediately and screams at the old man, "You are NOT getting divorced! Don't do a single thing until I get there. I'm calling my brother back! , and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up. The old man hangs up his phone and turns to his wife. "Okay," he says, "They're coming definitely here for Passover and this time they paying their own airfares."

*These gems were collected off the Internet and sent in by our Chairman - Steve Sharpe*



**Dear Grandma,**

You are so much older and wiser  
than me  
Please tell me ----

Why is there so much suffering  
In the World?  
Why do people make war  
And kill each other?

**Dear Child,**

Although I am older  
There is much I do not know  
For we are the bricks  
Not the Architect

**And Grandma,**

Why are some people sick?  
Some people poor?  
Some hungry and thirsty?  
And some very sad?

**Dear Child,**

One day perhaps  
We will have the answers  
But for now we are just the bricks  
Not the Architect

**So Grandma,**

What can I do?

**Dear Child,**

You do have a choice  
You can choose peace and kindness  
You can choose light and love  
You can help others.

**So dear one,**

Be a strong loving brick  
For the Architect.



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***Free Thyself*** ---(*Taken from the collected writings of Dr. Edward Bach*)

**Here he shows, how each of us may become our own doctor.**

***It is the Story of life.*** ---A small child has decided to paint the picture of a house in time for her mother's birthday. In her little mind the house is already painted; she knows what it is to be like down to the very smallest detail, there remains only to put it on paper.

Out comes the paint-box, the brush and the paint-rag, and full of enthusiasm and happiness she sets to work. Her whole attention and interest is centred on what she is doing -nothing can distract her from the work in hand.

The picture is finished in time for the birthday. To the (very best of her ability she has put her idea of a house into form. It is a work of art because it is all her very own, every stroke done out of love for her mother, every window, every door painted in with the conviction that it is meant to be there. Even if it looks like a haystack, it is the most perfect house that has ever been painted: it is a success because the little artist has put her whole heart and soul, her whole being into the doing of it.

This is health, this is success and happiness and true service. Serving through love in perfect freedom in our own way.

So we come down into this world, knowing what picture we have to paint, having already mapped out our path through life, and all that remains for us to do is to put it into material form. We pass along full of joy and interest, concentrating all our attention upon the perfecting of that picture, and to the very best of our ability translating our own thoughts and aims into the physical life of whatever environment we have chosen.

Then, if we follow from start to finish our very own ideals, our very own desires with all the strength we possess, there is no failure, our life has been a tremendous success, a healthy and a happy one.

The same little story of the child-painter will illustrate how, if we allow them, the difficulties of life may interfere with this success and happiness and health, and deter us from our purpose.

The child is busily and happily painting when someone comes along and says, "Why not put a window here, and a door there; and of course the garden path should go this way." The result in the child will be complete loss of interest in the work; she may go on, but is now only putting someone else's ideas on paper; she may become cross, irritated, unhappy, afraid to refuse these suggestions; begin to hate the picture and perhaps tear it up: in fact, according to the type of child so will be the reaction.

The final picture may be a recognisable house, but it is an imperfect one and a failure because it is the interpretation of another's thoughts, not the child's. It is of no use as a birthday present because it may not be done in time, and the mother may have to wait another whole year for her gift.

This is disease, the reaction to interference. This is temporary failure and unhappiness: and this occurs when we allow others to interfere with our purpose in life, and implant in our minds doubt, or fear, or indifference.

**On Simplicity** *From Opening Doors Within by the late Eileen Caddy, Findhorn.*

“Nothing is by chance. When you see strange things happening in your life and wonder why they should happen to you, take time to see how it all fits in, and you will see a reason for every thing. The reasons may not always be what you expected, but nevertheless be willing to accept them and to learn by them, and do not find against them. Life should be effortless. A flower does not struggle to unfold in the rays of the sun, so why should you struggle to unfold in the rays of God's limitless love? If you do, it is of your own doing and it is not part of God's perfect pattern and plan for you. Simplicity is God's hallmark to keep life simple. Keep in constant contact with God, and watch yourself unfold in His love.”

\*\*\*\*\*

**on Sunday 10th June from 12 noon -12.15**

We invite you to set time aside, on your own or with others, for a few minutes of silent meditation, focused on the symbol of the radiant six-pointed star of light. It is a star of love, and of true peace, and it is without judgement.

Visualise a radiant six-pointed Star shining over the whole world ---

**---a Star of Peace**

**---a Star of Healing**

**---a Star for Everyone**

It brings freedom from fear. It awakens new understanding of brotherhood and heart-to-heart communication.

The Star with six points is the Star of the human and the divine united.

**It is a symbol of a new consciousness.**

Spiritually, we now stand at a new age of consciousness, when a gradual recognition will dawn that those in the physical life must learn to work and create in co-operation with the Universe of Spirit, with God.

## *The Therapeutic Qualities of Gems and Crystals*

Gems and semiprecious stones, prized in history for their colour and healing properties, are again increasing in popular therapeutic use, as gem elixirs, or as crystals, they are also said to affect the body's electromagnetic fields.

To clean a crystal: soak in (non-iodized) salt water 1 - 3 days, then expose to the sun for 1 - 7 days. (Except opals). For their best effect wear them 24 hours a day.

**(The Morning sun charges gems with purple, blue, green rays. The Afternoon sun charges them with yellow, orange and red rays.)**

***Various crystals and gems have the following properties:-***

**AMETHYST** (Purple): Psychic Insight, Peace of Mind. Eases Stress. Helps to Lessen: Drinking and Other Addictions. Too-high sex drive, or feeling drained. Helps eyes hair.

**AQUAMARINE** (Beryl Sky Blue): Communication: Heals, Soothes. Slows bleeding.

**BLOODSTONE** (Green with Red Flecks): Strong Muscles, Blood. Prevents Haemorrhage.

**CITRINE** (Yellow): For Clear Thinking, Balancing Mood swings; Relieving Depression.

**CHRYSOPRASE** (Green): Brings Trust, Peace of Mind and Heart, Calms Fear. Balances Physical. Mental & Emotional Well-being. Healing Heart Centre. Lungs, Thalamus, etc.

**DIAMOND** (Powerful, Highly evolved): Mental Clarity; Amplifies all other gems. Caution-brings more of whatever you think about: (success, criticism, anger, lack, greed, love, etc.).

**EMERALD** (Green): Balance, Harmony, Stability, Growth. Also Ancient Poison Antidote.

**JADE** (Highly evolved): Inner Peace and Healing, especially the Heart. Releases Anger and Criticism. Historically also brings success. Money. Long Life. Calming and soothing the Nervous System.

**LAPIS LAZULI** (Dark Blue): Imagery, Meditation. Strong ESP. Oneness, Overview. Throat and Thyroid.

**MALACHITE** (Green): Opens Psychic awareness. Protects; effects vary. Eyes. Blood sugar. Joints (contains Copper).

**MOONSTONE** (White): Balances Moods swings. Cleans Lymph; Stimulates Pineal gland. Said to slow Cancer?

**PEARL**: Balances Moods, absorbs toxins. Caution: May intensify all thoughts - anger, loving, etc.

*Continued on page 23*

**QUARTZ "ROCK CRYSTAL"** (Clear): Best all-purpose crystal, especially for Healing. Cleanses. Mind & Body (Also water). Also helps serious illnesses and cleanses toxins, and transit at death.

**RHODOCHROSITE** (Pink): The Most Loving quality, Calming and Healing especially for a broken Heart or Loss. Healing Body, Mind and Spirit. Excellent for lecturers, leaders, organisers.

**RUBY**: Intensifies Sensuousness, Courage, Passion, Jealousy; Strengthens Circulation, Heart.

**SAPPHIRE** (Dark Blue): Communication, Patience, Meditation. Helps ability to Manifest. Historically, healed delusions and fevers.

**TIGERS EYE**: Focusing Your Mind Mental Power. Cleansing Bloodstream. after Cigarettes or Drink.

**TOPAZ** (Yellow): Powerful for Clear thinking. Managing Moods & Strong Emotions, especially for “feeling” people. Excellent for Planning; Releases fears, depression.

**TOURMALINE** (Green/Pink): Balances Body Polarity. Quiets the mind and nerves: powerful, measures radiation.

**TURQUOISE**: The “Stone of Life”. Strengthens Lungs, Heart, Life energy. Emotional and Healing, Balance.

**GOLD**: Highest energy conductor; Very Healing; Energising. Excellent for Leaders, Teachers.

**SILVER**: Also good conductor for gems. Also Releases Unwanted Feelings, Habits.

**COPPER**: Excellent. Conductor. Adds intensity. Soothes Arthritis. Joints. Draws out toxins from the body.

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An old man was walking on the beach at dawn when he noticed a young man picking up starfish stranded by the retreating tide, and throwing them back into the sea one by one. He went up to him and asked him why he was doing this. The young man replied that the starfish would die if left exposed to the morning sun.

“But the beach goes on for miles, and there are thousands of starfish. You will not be able to save them all. How can your effort make a difference?” The young man looked at the starfish in his hand and then threw it to safety in the waves.

“To this one,” he said, “It makes a difference.”

Retold from *The Star Thrower*, by Loren Eiseley .

## Social & Personal

### *Congratulations ....*

To Rita and Martin Vangelder on the marriage of their daughter Illy to Warren Freedman on Sunday 27<sup>th</sup> May.

### *Congratulations also to:-*

HARRY FULTON

JUAN CARLOS LEMA

RAMA BHUDIA

and

MANJULA SHAH.

On becoming

Full Healer Members of JASH

\*\*\*\*

*Also a big thank You Jamie Jane (age 10) for your menu for happiness*  
Jamie Jane is the granddaughter of JASH Healer - Marilyn Grosber

| Ingredients  | Method  |
|---|---|
| 4 £1.0Z of happiness  | Start with a lovely day   |
| 1 breakfast in bed  | Roll in a piece of my heart   |
| A slice of happiness  | Next run a lovely hot bath  |
| A bunch of flowers  | Add some expensive shampoo  |
| 1 long hot relaxing bath  | Next hire a nice film   |
| 1 restaurant meal   | Add a nice cup of tea   |
|            | Add a nice glass of wine  |
|   |  |

*from Jamie - Jane*

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*We remind members to please let us have any announcement you wish to have included in our Social & Personal page. May we all send healing and love to all in need.*

## Feel The Love!

In the thrilling song of birds  
In gentle, kind and loving words  
Feel the love!



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

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

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

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

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

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



© YETTA POWELL.

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“We do not have to redeem the world altogether in one go. We do it one day at a time, one person at a time, one act at a time. A single life, said the sages, is like a universe. Save a life and you save a world. Change a life and you begin to change the world.”

*Chief Rabbi Sir Jonathan Sacks.*

## Sharing

There isn't much that I can do, but I can share my bread with you,  
and sometimes share the sorrow too...

There isn't much that I can do, but I can sit an hour with you, and  
I can share a joke with you, and sometimes share reverses, too...

There isn't much that I can do, but I can share my flowers with  
you, and I can share my books with you and sometimes share  
your burdens, too...

There isn't much that I can do, but I can share my songs with  
you, and I can share my mirth with you, and sometimes come and  
laugh with you...

There isn't much that I can do, but I can share my hopes with  
you, and I can share my fears with you, and sometimes shed  
some tears with you...

There isn't much that I can do, but I can share my friends with  
you, and I can share my life with you, and oftentimes share a  
prayer with you.

*Anon*

\*\*\*



**‘Life is a precious gift’**

**Rachael Aged 7.**



## **J.A.S.H. healing Venues**

### **THE GLEBE HALL, GLEBE ROAD, STANMORE**

(A short walk from Stanmore - Jubilee Line Underground Stn.)

**Healing given every Thursday 2.00 -- 4.30 p.m.**

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

*All are welcome. for further information please phone 020 8954 0787.*

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### **THE WHITE DOVE HEALING SANCTUARY**

**REDBRIDGE and ILFORD area**

**J.A.S.H. Healer Members & Probationers give healing**

**under guidance of Rita Vangelder,**

*for further information on this clinic please phone 020 8551 5289*

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### **SOUTHGATE LEISURE CENTRE**

**Winchmore Hill Road - Southgate N14**

**Healing Mondays 1.00 p.m. - 2.30 p.m. (no appointment necessary)**

**Also available by appointment phone Francine 07956 261 738**

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**We also take this opportunity to ask all readers of News & Views,  
to send love, light and healing to all those in need.**



**Readers are reminded that advertising can now be carried in News & Views**

**--- please pass this information on to all who may be interested.**

**The advertising rates are:-**

**Full Page ads. £60.00 for 2 issues**

**Half-Page ads. £30.00 for 2 issues**

**Quarter Page ads. £15.00 for 2 issues**

**Classified lineage also accepted - cost by arrangement**

## Quotes to Inspire

**“We ourselves feel that what we are doing is just a drop in the ocean .**

**But if that drop was not in the ocean, I think the ocean would be less because of that missing drop.”**

*MOTHER THERESA of CALCUTTA.*

***“If your compassion does not include yourself it is incomplete.”***

*BUDDHA.*

**‘Every blade of grass has its angel that bends over it and whispers, “Grow, Grow”.’**

*The TALMUD.*

***“I laugh when I hear that the fish in the water is thirsty. I laugh when I hear that men go on pilgrimage to find God.”***

*KABIR.*

**“Called or not called, God is always there”**

*CARL JUNG.*

***“It is not because things are difficult that we do not dare. It is because we do not dare that they are difficult.”***

*SENECA.*

**“In our age, an energy that is Light, Life and Love will flood the Earth, re -animating the realm of matter and raising its vibratory rate to that of the spiritual worlds. The two will interpenetrate and interact. So high is this frequency that it will repel all particles, energies and beings attuned to the lower frequencies of egoism, greed, selfishness, violence, hatred, rivalry and war. There will be a total transformation.”**

*SIR GEORGE TREVELYAN.*