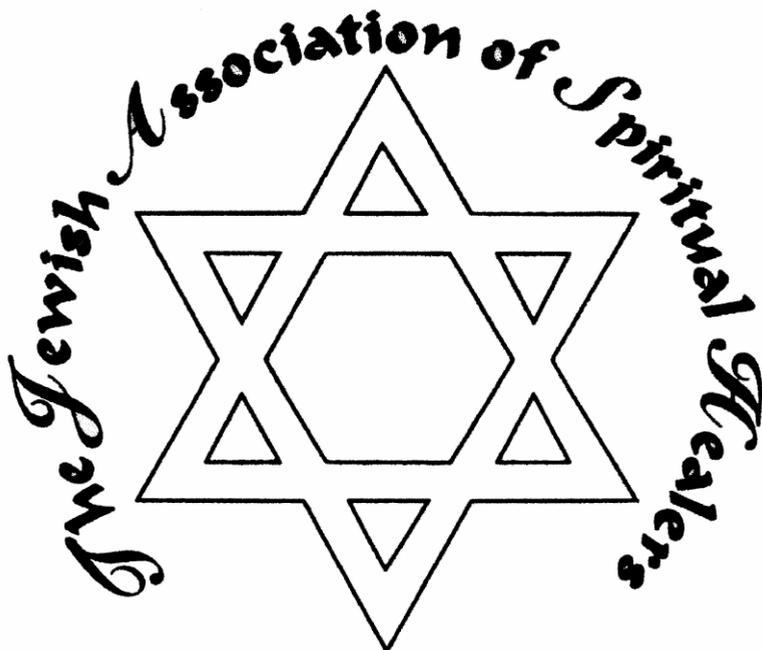


News & Views



Registered Charity
No. 275081



Summer

September 2009

Jewish New Year 5770

Issue No:- 48

THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

Registered Charity No. 275081

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The time has come round again --- swiftly it seems --- to wish all a happy and healthy New Year and hopefully a year of peace, prosperity, harmony and love.

As reported at the AGM, so far we have managed to produce 47 editions of 'News & Views' hopefully coming up to the 50th in 2010 --- perhaps we should make it a Golden issue!

Originally we set ourselves a standard which we felt and hoped all healers and readers would appreciate. That is, that every issue would be interesting, informative and inspiring, with a touch of humour thrown in.

We hope we have maintained that standard, and our thanks to all those who have contributed articles, poems, quotations etc., and hope you will continue to do so..

Since 'News & Views' is sent not only to JASH members, but also to other interested readers in the UK, USA and Israel, and appears in doctor's

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surgeries and other places and gets passed around, it gives you an opportunity to voice what you feel and have your poem / article in print for others to appreciate.

At our last committee meeting Rita Vangelder suggested that it would be a good idea to make a book using the newsletters, copies of which go back to 1996.

Well obviously we can't have a book with 47 times 28 pages (over 1,300 pages !) So possibly taking some articles and putting them together in a book would be possible.

When this idea was mentioned to our patron Aubrey Rose he was most enthusiastic and said he would be happy to be involved.

If anyone else would like to help with this project, please get in touch,

Love and Light , Maurice & Yetta Powell, Editors.

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The Mighty Oak

A flower raised its face to the sky
And said unto its Father, who am I ?
The Father looked upon the lonely flower
And said, there's many more that you will sire,
Go forth and know that you are the first of all,
When ever the winds blow, your seeds will fall,
Many will grow upon the land
As you and I dear one go hand in hand,
No more will you be lonely, because at a stroke,
You my flower shall be called "The Oak".

SHEILA GOLDSMITH.

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Trees

Each tree planted breathes in around a tonne of CO₂
emission over 100 years.

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Before you die, plant a tree , write a book, have a son. ANON.

Chairman's report August 2009

Our Annual General Meeting was fairly well attended and I thank everyone who gave up their Sunday evening to help with the smooth running of the Jewish Association of Spiritual Healers, although it does appear that you prefer an afternoon start time. I am pleased to welcome Patricia (Pattie) Greenberg to our Committee that now includes, Yetta and Maurice Powell, Audrey Cane, Margot Garcia, Francine Benjamin, Rita and Martin Vangelder, Dora Richardson and myself. Brian Copeland put himself forward to continue on the committee, but has since stepped down due to failing health. Many thanks Brian for all your past help and dedication and we wish you a speedy recovery.

Some of the subjects covered at the AGM were: The Research Council for Complementary Medicine (RCCM) set up by the government in 1983. Their website is www.rccm.org.uk if you wish to see any of their findings: The Complementary and Natural Healthcare Council (CNHC), who are aiming to be the regulatory body for therapists in complementary medicine, who wish to work within the National Health Service (NHS). We, as Spiritual Healers, are not required to register with the CNHC at the moment as we come into Group 2 of the recommendations set by the House of Lords Select Committee Report into Complementary and Alternative Medicine and represent a minimal threat to the public: The Doctor Healer Network (DHN) where Francine and I are committee members:

The Alliance of Healing Associations (AHA) all member groups have now achieved Stage 4 accreditation with the UK Healers. Roy Bennett and Brenda Peace have become Trustees: Training days with AHA 12th September and 10th October: Criminal Record Bureau checks.

Yetta and Maurice have now edited and completed 48 superb issues of News and Views and are looking for ideas for a special 50th edition soon. I think a large accolade to them both is very much in order.

I take this opportunity, on behalf of your Committee, to wish you all a Happy Healthy and Prosperous New Year and may 5770 bring you all you wish for yourselves, including world peace!

My thanks, as always, to your Committee for their time, dedication and expertise.

Steve Sharpe.

You're smarter than you think.

We all have a brain (apart from politicians of course and that idiot driver in front of you), but were you aware that we also have 7 types of intelligence? This is one reason why we are all so different in how we think, act and remember things. The 7 intelligence's are as follows: -

1. Linguistic/verbal - excellent orators.
2. Kinaesthetic - good at ballet, sports etc.
3. Perceiving the visual world - inventors, engineers, etc.
4. Musical - great singers, have melody and rhythm.
5. Logical - smart with numbers, reasoning, maths, puzzles.
6. Interpersonal skills - good at dealing with relationships.
7. Introspective - have internal emotions, empathy, feelings & intuition.

Everybody has a little of all of these but some are obviously gifted in one or two areas to the detriment of the others. Did you know that success in life depends mainly on 6-7 than the others, & IQ (intelligence quotient measurable by various tests is only 20% of your total score?

Interestingly enough your heart cells have memories, this has been documented where the recipient of a heart transplant can take on some of the characteristics of the donor. The heart is more than just a benign pump, hearts can communicate subconsciously giving a whole new meaning to the phrase 'heart to heart'.

It has also been discovered that the intestines have a brain, hence the term 'gut feeling'. So we really are far more brainy than we first supposed.

How to regain health -

Illness never occurs spontaneously, it is the end result of minute stresses. These stresses are physical, emotional and nutritional. When stresses are prolonged symptoms occur. These symptoms are a perfect response to stimuli. Symptoms can sometimes be altered from the outside but health can only be regained from within by obeying the natural laws. All healing is done by the body. All therapies should aid nature in the quest for normalcy that can restore and maintain health.

Nature is not only smarter than we think, nature is smarter than we can think!

DR. RICHARD COOK - CHIROPRACTOR - 020 864 678

Know your self ...

What I talk about is really simple because it is about life. It is about existence. It is about peace. But thinking about it one cannot help but say, "How can that be simple?"

For so many people life has become incredibly complicated. We are all drowning in the sea of definitions.

A simple question is asked, "Who are you?" And the number of answers you get is unimaginable.

This is what Socrates said: "Know thyself." Know what that self is. Know the self that you are.

We have lost touch with ourselves so much that we do not even recognise another person and say, "You are like me. You, too, desire to be happy and hate sadness." But how far apart are we on this journey of life? How far apart are we in our fundamental desire to be content? We are so similar. So unique and yet so similar.

When you are full, when your heart is content, do you know what happens? It's amazing. All of a sudden, you become kind. Have you ever noticed that when you are happy, when everything is good, you're kind? This is your nature. When you are in peace, kindness comes out. When you are in joy, beauty is reflected. When the heart is content, a smile comes naturally. When the heart is full, it's a beautiful day. And it's not because there's sunshine. It could be raining; it could be miserable. But you are full. It's a beautiful day. And it needs to be a beautiful day every single day.

PREM RAWAT.

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INVOCATION FOR HEALING

May the great White Light of healing
be received by these souls in need.

May they be placed in the hands
of the great Masters who heal.

May they be surrounded by
God's light and may we do our work
in being pure instruments towards this goal.

Reprinted from Messages of Light - 2008 - Israel.

10 Tips for Happiness

In these days of swine flu, the credit crunch and a poor summer etc., Professor Richard Wiseman, a psychologist at a University in Hertfordshire, believes we need cheering up, so he is conducting an experiment testing the most effective ways of lifting our spirits. He feels that people 'catch' the emotions of those around them. Therefore --- he says --- an increase in happiness could be infectious.

Here are his tips for happiness ;-

- 1) **Meet up with an old friend.**
- 2) **Watch a funny TV show or film.**
- 3) **Exercise for 30 minutes 3 times a week.**
- 4) **Halve your television viewing.**
- 5) **Buy experiences such as holidays, rather than material goods.**
- 6) **Take up a hobby, join an organisation or learn a new skill.**
- 7) **Walk for 20 minutes in the sun.**
- 8) **Spend ten minutes listening to relaxing or uplifting music.**
- 9) **Stroke a dog (or a cat if you prefer cats).**
- 10) **FIX YOUR FACE IN A SMILE FOR 15 SECONDS TWICE A DAY.**

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'Be a smile millionaire'

PARAMAHANSA YOGANANDA

Every Day ---

Although every day is not great, once in a while and when you awake in the morning, do you say, "Damn, it's another day to get through," or do you awake with a bounce and a smile and say, "Life is a gift and I'm going to open it," savour the goodness of every hour, and Thank God for all his blessings!

GLORIA GERSTEN --- MIAMI USA.

Just for today

submitted by SUSY BLOOMFIELD

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for 12 hours that would appal me if I felt I had to keep it up for a lifetime.

Just for today I will be happy. After all, most people are about as happy as they make up their minds to be.

Just for today I will try to strengthen my mind, I will learn something useful. Read something that requires effort, thought and concentration.

Just for today I will adjust myself to what *is*; and I will not keep,, trying to adjust everything else to, my own desires.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out. I will do at least two things I don't want to do —just for exercise. And today, if my feelings are hurt, I will not show it to anyone.

Just for today I will look as agreeable as I can, dress becomingly, speak low, act courteously, criticise not one bit, and not try to improve anybody except myself.

Just for today I will have a programme. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half-hour all by myself for meditation and relaxation. During this half-hour I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially I will , not be afraid to enjoy what is beautiful, and to believe that, as I give to the world, so will the world give to me.

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“I love and approve of myself entirely and unconditionally,
therefore I am at peace.”

*KIRI'S mantra sent from Australia ---
Patricia Robins.*

Crop Circles...

Robin Williams who is a student healer, has written about his experience on seeing a Crop Circle in Wiltshire, which had a profound effect on him. Here we reproduce some excerpts from the article he sent us.

These are his words;- “It was a beautiful and very powerful heart energy --- the overall feeling was very loving, powerful and healing. The location of every circle is completely and very precisely intended. Many of the circles lie on the Michael and Mary lay lines, which passes from St. Michaels Mount in Cornwall through Bury St. Edmunds in Suffolk, and goes straight through Glastonbury and Avebury.

The shapes?



Some people also question how crop circles come to be formed, with some of the options being that they are formed by extra terrestrial beings, man-made, by the military or by spirits [e.g. earth devas] from other realms. Having felt the beautiful, powerful, loving energy within the circle I know that whatever being created the circle did so with the highest of intention. Given the state our planet has reached and how it sometimes appears to be on the brink, it needs something miraculous for us to heal ourselves and our home. Crop circles are a "miracle" and an exquisite way of helping our healing process along - and as we ourselves heal, we become increasingly able to appreciate the sublime beauty and perfection of each circle in all its aspects.

All is well - let us all help to bring the light from our hearts. We live in a beautiful and exciting time when the energies which have caused so much destruction are collapsing and those of love and light are growing inexorably.

This talk was given by Yetta in December 2008 at the International Global Link Conference Eilat, Israel.

Exploring The Power of Thought

‘I would like to begin my talk by reminding you of some familiar quotations:-

From the Bible:

“As a man thinketh, so will he be.”

From the Buddha, *“Our own worst enemy cannot harm us as much as our unwise thoughts. No one can help as much as our compassionate thoughts.”*

From Norman Vincent Peale, *“Change your thoughts and you change the world.”*

From Edgar Cayce, *“What we think makes us what we are physically and mentally.”*

From Dr Louis Turi, *“Your future is nothing less than the reincarnation of your thoughts.”*

So, in other words, we create our circumstances, our reality. We are not the victims of chance or fate.

The Effect of Thought

Most of us as healers and light workers are aware that our thoughts have a profound effect on us, and everyone we meet. Apparently, on average, we each have 60,000 thoughts every day (I don't know how this was worked out). Every cell in our body, and we possess, 100 trillion of them, respond to what we think, and this affects us on every level. It's known that our thoughts affect our emotions, and that our emotions affect the chemical balance of our bodies and minds. Chemical imbalance can create physical and mental disease.

We also know that thoughts are magnetic, like attracts like. So thoughts of despair, doubt anxiety and depression attract similar negative thoughts - and the reverse is true. We can say that we draw towards us angels of light or angels of darkness, it's our choice.

Many are unaware of this. After all thoughts can come fast and furious and uncalled for and we may not be fully conscious of them. We imagine our thoughts are ours and ours alone, no one else could possibly know of them,

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Exploring The Power of Thought

until by studying, reading, meditating and growing in experience and consciousness, we see that it is possible to be more aware of what and how we think. We begin to see that by trying to think more positively, we can help to make our lives happier and more beneficial to ourselves and others.

But first we have to look honestly at ourselves and our fears and long-held false beliefs and other negative feelings. We have to face them and hopefully try to let them go. This requires commitment, awareness and courage and we have to work at it. It is all too easy to slip back into negative feelings, especially when stressed, unwell or tired. There are various tools to help us such as meditation, affirmations, and visualisations – but more of that later.

Kinesiology

For those of you who know about Kinesiology brought into being by an American chiropractor called George Goodheart, you may have seen how our thoughts affect us physically, and therefore on all levels. Using a simple arm muscle test, the person being tested is asked to repeat positive words such as “love,” “joy,” “peace,” or a statement such as “I am happy,” and when tested the arm remains strong. This works equally well if the words are thought, or written down. When negative words are spoken or thought such as “hate,” “fear,” “anger,” the arm muscle goes weak. The body knows what is good or bad for it and reacts immediately. This is a useful tool for detecting allergies, and you can read more in a book by John Diamond called “You’re Body Doesn’t Lie” which demonstrates that absolutely everything in our environment affects us for good or ill.

So what is thought? Well, thought like everything else in the Universe is energy. Absolutely everything which appears solid is energy vibrating at different levels, manifesting in different ways. So energy can manifest as a human being, an animal, a mountain, a chair, a table, and so on. Everything is energy and as we know, energy can neither be created or destroyed, it merely changes form.

In 1925, Albert Einstein demonstrated this in his famous formula which is $E = Mc^2$ which basically means everything is energy.

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From the Cosmos to the Universe, to the Earth to all beings to all sub atomic particles all is pure energy. He therefore invalidated Newtonian physics, which had believed that all objects were solid, and were attracted to each other by gravity. Einstein showed how subatomic particles were vibrating frequencies of pure energy that gave the appearance of being solid. Therefore if all things are energy, this means that everything and everyone is One. So in Quantum Physics, scientists have discovered what spiritual teachers have always known and taught through the ages.

What is Energy?

We know thought is energy, so now what is energy? Well, to me, and you may not agree of course, energy is the life force therefore God, the Source, the Creator of All. To me energy equals life equals God, and to that I would add *love*. To me, the Divinity we call God has lovingly created with His thought everything in the Universe and the Cosmos. He has given us the power and freewill to create with our thoughts the circumstances of our lives. Sadly many are as yet unaware of this gift, and just drift haphazardly in and out of our minds, blaming everyone and everything for their situation. Remember, we are not victims, we are creators! We create with our thoughts. It has been said that in a future age what we think will manifest instantaneously, but we're not there yet! When we look at the miracles and wonder at this world of ours, this beautiful earth in which we live and the countless galaxies and universes beyond, in this amazing Cosmos, it's impossible to comprehend the Divine Being that created such magnificence with such love. Our minds and human intelligence can never understand. It is our souls and hearts which can admire, appreciate, and feel the beauty and miracle of it all. The myriads of creation on this earth, fish of all kinds, amazing animals all with their instincts of how to live, birds flying and singing sweetly, flowers of all colours and perfumes, mountains, lakes, stars, forests, seas..... how wonderful it all is. And we have been given the gift of appreciating this beauty, this wonder, this gift of consciousness, of being aware that we are truly spiritual beings given physical bodies and the opportunity to live on this earth. We are here to experience, to learn, to enjoy and to express The Creator through ourselves.

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We are all one, and yet each one of us is unique, like every snowflake, every leaf.

The Effects of Thought

So, what are the effects of our thoughts, not only on ourselves but on others and our very environment? Deepak Chopra, who is considered to be a world-renowned leader in the field of mind-body medicine and human potential, has written in his book “Quantum Healing,” as follows, “Every thought you are thinking creates a wave in the unified field. It ripples through all the layers of age, intellect, mind, senses and matter, spreading out in wider and wider circles. You are like a light, radiating, not photons, but consciousness. As they radiate, your thoughts have an effect on everything in nature, for man moves, lives and breathes in the Cosmic Body.”

So we all affect each other and everything. We are all responsible. Can it be said that centuries and ages of negative thought have created war, misery, violence and pollution? Can we say that the tsunamis, earthquakes, volcanic eruptions and tornadoes, as well as poverty, starvation and disease have been created by man’s negativity?

What do you think?

So How Does Thought Work?

Put very simply, two main areas of mind are involved; the conscious mind and the subconscious mind. Our conscious mind is our thinking, reasoning mind that makes choices and decisions. We choose what we give our attention to, what we focus on. Apparently our thoughts create a vibration or electrochemical reaction in the brain. Our subconscious mind absorbs the vibration and acts upon the information received, whether it is ultimately beneficial or not. It is not judgmental, it just accepts and manifests. The power of the subconscious mind is continually at work; it will act on any command from the conscious mind.

Great Souls.

It is said that every idea, intention, action, discovery, invention and work of art is preceded by thought. Through out the centuries, great men and women have inspired, uplifted and transformed our lives with their

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Exploring The Power of Thought

wisdom, and beauty, and inspiration expressed in their work. To mention just a few; Mozart, and Beethoven, Shakespeare and Goethe, and Blake and the wonderful paintings and sculpture of Michelangelo, and Leonardo de Vinci. Einstein and Socrates and so many others, all are great souls who have enriched and transformed our lives with their divinely inspired thoughts and works. Though they have gone, their thoughts manifested in their work lives on, and as we read listen and look, we are influenced by them still. Of course there are many, many more, and perhaps we too have experienced inspiration at some time in our lives. These are the words of the visionary dancer and choreographer Martha Graham, “Where does it all come from? Each of us has moments where we are swept away by an inner sense of excitement about something we are doing or want to do. In that instant we know that something transcendent is moving within us.”

Knowing that words proceed thought, it’s very true that the spoken word has great power, and can have a deep effect on the listener, particularly words spoken by someone in authority. Here’s an example; Dr. Bernie Siegel, a dedicated and compassionate cancer specialist tells a true story of a doctor who visited two patients in a hospital ward. Unfortunately and unforgivably their medical records got mixed up. So the doctor (in good faith) told Mr. A who had terminal cancer that he would soon be well enough to go home, and then turning to Mr. B who had been cleared of any disease, told him that he should put his affairs in order, for nothing more could be done for him. What do you think happened? Well Mr. A gradually got better, whereas Mr. B seemingly well, became ill and eventually died. Such is the power of the words we speak.

We see this also in the power of the witch doctor, who can inexplicably cause the death of a seemingly healthy person, and in speeches of any evil man such as Adolph Hilter, whose words had a horrifying effect on the whole world. On the other hand the inspiring speeches of Winston Churchill helped to rouse a tired nation to victory.

Obviously it is vital to give children positive and loving messages, rather than criticism that they may carry with them all their lives. So it’s important for all of us to watch our thoughts and watch our words and try to come from our hearts centre, from love.

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Absent Healing Now I feel that on the subject of thought I must mention absent healing, sometimes known as “distant healing.” As a spiritual healer, I often receive requests from people who would like healing but are not able to be present for one reason or another. I use several methods to try to help them. After I make sure previously that I am grounded and protected, I attune to the Source, asking for help. I use prayer, thought and the patient’s name, and trust that healing will come from the Divine source, and ever-present healing guides. Remember, everything including the person’s name who needs help, is energy. Some healing centres have a book and the names of those needing help are read out with a prayer. The method I prefer is to visualise the patient before me and give healing to them. I always ask to be used as a channel, and ask for protection and blessing. If I know the patient’s problem, I can place my hands on where the affected area will be. Usually I feel a tingling sensation in my hands and I keep them there until it subsides. Because all is energy the healing energy is present and many patients gain relief and are often cured.

Prayer and Meditation

I feel that we can say prayer is thought. Usually it’s when we ask God for help for healing, comfort, reassurance and so on. Here’s a little prayer which may amuse you:

Dear Lord

So far today I’m doing all right. I have not gossiped, lost my temper, been greedy, grumpy, nasty, and selfish and overindulgent. However, I’m getting out of bed in a few minutes and I will need a lot more help after that.

Amen .

Well, prayer is asking whereas meditation is listening, a relaxed awareness. Although it is not thought, meditation can help every aspect of our lives and lead to more positive thought. It’s said that when a number of people meditate in an area at the same time for a number of sessions, that area becomes more peaceful and freer from violence than before. If only we could get the whole world to meditate!

Deepak Chopra has written that “If you were to ask me what was the most important experience of my life, I would say it was learning to meditate.

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For me that is the most important thing a person can do to restore harmony and evolve to a higher state of consciousness.”

It has been said that meditation is a journey to freedom and self-knowledge. In the silence within we find peace, inspiration, compassion and love, and hopefully grow in awareness and spirituality. Physically it can reduce high blood pressure, anxiety and depression and help relaxation and sleep.” When I train students who wish to become healers, I make meditation a priority. The method I use, and there are many, is to ask them to focus on their breath coming in and going out. They can visualise the drawing in of the breath going up, and the out breath going down. It’s a very simple method – but very profound, for breath is our God-given life force, given at birth, sustaining us through life until we leave this Earth.

Do you know the story of the man who found a bottle washed up upon the seashore? On opening it, an enormous Genie appeared and said, “Master, you have freed me at last after a thousand years so I grant you three wishes. But I warn you that after your third wish I will destroy you, for I am an evil Genie.” The man asked first for great riches. For his second wish a beautiful palace – but he had no idea what to wish for the third time because he was frightened of the Genie destroying him. Then he saw a pole reaching up to the sky and said to the Genie, “For my third wish I want you to climb that pole, and when you get to the top, climb down to the bottom, then climb to the top again, and so on, do not stop, keep climbing up and down.” In this way the man was not harmed by the Genie. Similarly, if we meditate on our breath going in and going out, or going up and down, then negative thoughts cannot touch us.

Affirmations

Now I would like to mention affirmations and visualisations since they are so valuable in helping us to be and think positively, and so have happier, healthier lives. In other words *accentuate the positive and eliminate the negative* - as the song goes! We all use affirmations whether we are aware of it or not, since we are telling ourselves something all the time. As has been said, whatever we give our attention to, and what we think we get more of, manifests for us, so it’s important to affirm good, positive things.

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In a way it's rather like a form of self-hypnosis. In order for affirmations to work for you, you should repeat them often by writing, thinking or speaking them aloud. They should be repeated in a relaxed frame of mind and in the present tense.

Here are a few examples but it is always best to create your own:

1. Every day in every way I am getting better and better.
2. I feel well, I look well, I am well.
3. With every breath I feel more alive.
4. My life is full of love, happiness, good health and abundance.
5. I am calm – my mind and body are at peace.
6. I love and accept myself, totally, just the way I am right now.
7. I trust life to give me what I need.
8. I sleep relaxed and awake refreshed.
9. I have abundant energy, creativity and well-being.
10. I am overflowing with peace, joy and love.

It's rather like watering a plant so that it can grow and flourish. Incidentally, where plants are concerned, experiments have been carried out where two similar plants are observed; one was thought about and spoken to with love, and the other ignored. The first plant flourished beautifully, the other wilted. This has also been shown in a book by Masaru Emoto, "The Hidden Messages in Water." with crystals forming in frozen water. The word love or similar written on the glass container created a beautiful, symmetrical crystal, the word hate or similar, created a misshapen, distorted crystal.

Visualisation

Visualisation can be used with affirmations as a powerful way of using your imagination to create vivid, positive pictures in your mind, something we do all the time anyway. Our thoughts cause us to visualise the events in our lives. Through visualisation we can create the things we desire since it can activate the Law of Attraction. We have all heard of people, particularly athletes who have visualised winning races and have indeed won. A daily visualisation combined with affirmations can reprogram me your subconscious mind. Your thoughts can hopefully manifest for you if

you have the intent, determination and commitment, but of course it can work the other way, it may achieve what you are worrying about, or bring about negative things. We do have the choice. Repetition, intention and feeling are the key.

Visualisation is also used to get the body to heal itself since experiments have shown (1984 George Washington Medical Centre, Washington), how visualisation strengthens the immune system. There has been much success with cancer patients using visualisation, particularly in America, and it can also help with Aids. It has been used at London's Middlesex Hospital and there is a dramatic case of a man with Kaposi's Sarcoma who was helped to regain good health by Louise Hay using visualisation.

An interesting report in 1962 from the Kyushi Journal of Medical Science in Japan related how the immune system of Japanese children reacted to their expectations of what was real. When the children, blindfolded, were told that poison ivy was to be brushed against their arms, they produced strong allergic reactions such as swelling, redness and itching. On the other hand if they were told they were being touched by something harmless, these reactions did not appear. Also the allergic reactions manifested even if they were brushed with some harmless plant if they had been told it was poison ivy. This phenomenon is happening all the time. We tell ourselves such a thing is so, and we feel and act upon it.

Law of Attraction

On the subject of affirmation and visualisation, I have to mention the Law of Attraction, which has been written about in so many books recently. Books and videos such as: 'The Moses Code', 'Cosmic Ordering', 'The Bleep', 'The Secret', 'Happier than God', 'Consciously Creating Circumstances', a veritable plethora – they all have the message that you can attract and achieve anything you want into your life by the right thought and intent, for it seems that it is truly what The Creator wants for us – a happy, prosperous and fulfilling life. As Yoganada has said "Our thoughts are powerful creative forces floating in the ether, ready to accomplish their purpose when they are concentrated and consciously directed". Apparently this was always known throughout the ages by a select few, but now it is possible for everyone to achieve their dreams, but we have to reconcile this with the knowledge that we choose our life, our

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parents etc., the part we play whether good or bad in order to experience and learn each time we incarnate. So there is a dilemma here.

I have heard it said and I really don't know how true this, is but apparently if you think you are doing something, say like swimming or running, your body can actually get the benefit of it, it's worth trying, particularly for people unable to do these things.

Essex University Research

And here I come to an exciting and groundbreaking experiment that is being undertaken at Essex University in England in which it is hoped that the power of thought can help those suffering from paralysis. Scientists have developed a device that allows objects to be manipulated with brain waves. They have shown that it is possible to connect the brain directly to the muscles of a paralysed limb and then use thought to move it. They have been able to control the movement of a cursor on a computer screen with their thought.

The researchers hope that their technology will eventually allow people to move wheelchairs, control TV's and computers and even drive cars with their thoughts. The scientists use a cap fitted with electrodes, and they hope to change completely how humans interact with computers by abandoning keyboards for devices that interpret signals directly from the brain, from thought. The video game manufacturer 'Nintendo' hope to use this research eventually to develop games that can be controlled by thought.

White Eagle

After writing this talk I happened to pick up a book, written some thirty years ago, called "Spiritual Unfoldment" by Grace Cook, channelling White Eagle, a wise teacher in spirit. He states, and I quote, "Instruments are being built to register the vibrations of thought. These inventions are overcoming space and demonstrating that the ether is full of sound and waves of light. You are learning to be receptive to thought waves – you are discovering that you yourselves are receiving stations, and that by exercise of your mind and will, you can tune into what ever station you desire. Thought is the most powerful agent." This book was published thirty years ago. I would also like to mention something that was discovered in the fascinating field of quantum physics and quantum mechanics under the direction of scientist Max Planck.

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Exploring The Power of Thought

It was shown that the thought and intention of the scientist studying subatomic particles influenced them according to what he expected. These particles apparently responded and reacted in exact proportion to the thought and belief of the scientist studying them at that time. So science has apparently proved that an object cannot exist independently of its observer.

Evolution of Thought

When we see how thought has evolved over the ages from primitive man to the human being of today, it feels us with sense of awe and wonder. Primitive man probably as far as we know, thought mainly of hunting for food and finding a mate, whereas man today has grown and is growing in awareness, consciousness and the awakening realisation of the Divine Plan of The Creator of all. As Rumi the thirteenth century poet has written “Humankind is being led along an evolving course, though the migration of intelligence's, and although we seem to be sleeping, there is an inner wakefulness that directs the dream and this will eventually startle us back to the truth of who we are.”

Conclusion

There is so much more, but to conclude, I'd like to draw your attention to the messages channelled by Menorah and recorded in the August 2008 edition of “Messages of Light.” On July 21st a channelled message stated that, “Through out time, through out space, thought is the great creator.” It continued, “The energy creates the thought, and the thought therefore becomes manifest within the physical frame of the planet and thus is created the particular manifestation of love. Therefore, begin to understand the joy in doing and at the same time the great responsibility you hold in the creation of the thought.”

On July 28th the message was, “Your power of thought is a power way beyond if you use that power correctly, joined together with unconditional love.”

So, it is our hope that with our positive and loving thoughts, we can change ourselves & therefore the world, with its elements of greed and selfishness, violence and fear, to that which has been predicted and promised ---a dimension of peace and joy, harmony and love and abundance for all’.

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Social and Personal

Congratulations:- To Dora and Viv Richardson on the birth of another granddaughter Chloe Isabel 3rd. July 2009.

Condolences:- to The Family of Leslie Williams.

Leslie, one of our healers, who had been terminally ill for sometime, wrote the following to Rita Vangelder who feels that Leslie would have wanted it read by all.

Another Year

So its a new chapter in my life's book
Each year a fresh page,
Smooth and unsullied by the events to come
Laughter and tears,
The passings and births,
I could go on, I won't,
I would rather greet the day,
The bright sky in the morning cheers me,
You see I now have a terminal illness,
The doctors tell me.
Each morning I think
"Well you were wrong for yesterday.";
am I going to hand out safe advice,
Oh yes, never lose the opportunity to tell someone
you love them or you care for them.
The smile warms you and gets you
through the day,
I care about you all,
There I feel better already.

Leslie Williams JASH Healer Member.

R. I. P.

When you carry out acts of kindness you get a wonderful feeling inside. It is as though something inside your body responds and says
'Yes this is how I ought to feel.' RABBI HAROLD KUSHNER.

Introduction to ... 'A COURSE IN MEDITATION' --- A ROAD TO JOY AND INNER PEACE ...

From the book of lectures compiled by :- Menorah Charney

In the world of rush and worry in which we live today, we neglect to stop and stare. Our lives are centred around physical accomplishments and continual action. When you meditate, it becomes a part of your daily life. All life becomes more significant as you learn to live in both the subjective and objective worlds at the same time. Prayer takes on a new meaning and understanding dawns.

The material world, thought and emotions, rule our lives. Desires and temptations surround us. In the Western world, we push ahead counting every precious moment of time. Each second needs to be accounted for with some kind of activity or other. We come to a peak of materialistic activity to the point of destroying our world, either through overextending our emotions and physical frames, or through acceptance of an idea promulgated through centuries, that man has to suffer in order to appreciate the good. We eventually reach a point of crisis where we ask ourselves ... *what next?*

With this, comes the beginning of the search. Search for what? Quiet and peace of mind. Are you able to sit in silence? How long? Just sitting and being part of the universal whole, part of the joy of life. Part of the universal energy flow. This becomes a reality when you begin to take time each day to sit in your own silence, in deep concentration for 20 minutes ... this is meditation.

There are many techniques available. The individual will find the technique most suited to the particular line of thought and energy that he/she follows. As one continues meditating, a quiet joy comes into the life experience. There is so much joy in letting go of the personality and allowing in the energies of the soul or the higher self. From there comes the knowledge of your quest, the knowledge of your power which, until now, used incorrectly without understanding caused much suffering, trauma, pain or fear.

One of the big problems facing humanity is the lack of love for the self. If there is no tolerance, love or goodwill for the self - if there is only striving for acceptance by the outside world, the world gives back the reflection we give out. Most of us strive for acceptance of ourselves, based on the acceptance of our peers and society at large.

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This means striving outside ourselves, grasping for power and all that this entails. Money used incorrectly, power used with fear. If we look around, we see the total lack of freedom of the individual - it does not matter whether one is living in a democratic system or a tyranny. It is our minds that imprison us.

Freedom is wholeness. This comes through acceptance of oneself reaching to those energies that gave us creation. By going inwards to the love energy within us, by lighting that internal flame and allowing tolerance, goodwill and acceptance of ourselves, we automatically create a new world of peace. We reach into the reality of life and develop the ability to work with 'thought forms' (the visualised images that come into the mind) in order to better our lives.

The acceptance of the self, as part of the creative whole, is one of the most wonderful outcomes of meditation. When you reach to your higher self, soul, or real self, the energy combines with your lower personal energies and you begin to know the feeling of oneness and wholeness. Slowly then comes the acceptance of universality of all life, of cosmic impressions, telepathic communications and the knowledge that we are the creators of our reality.

Each moment, each day, what occurs is our decision. We respond to the energy flows of life. We begin to understand and be responsive to the nuances of the flow of energy in the wind, the sea, the trees, the minerals, and crystals. Life, rather than becoming less active, becomes more so, but in a very different and joyful way. We become the expression of joy and love. As we absorb these energies from nature so we, in our turn, release them to all life.

The daily 20 minute meditation eventually internalises. The glorious energies of unconditional love and joy can be called on at all times. Life can slowly become a dance of harmony and love. There will come a time with evolution of consciousness, that meditation as we now experience it will be the normal life experience. The soul will control its vehicle, the personality, which is what we strive for through meditating.

Our thanks to Menorah Charney for allowing us to reproduce this extract.

Copies of her book can be obtained from:-

The Sheila Samson Centre of Enlightenment, P.O. Box 125, Sanyon 56530 ISRAEL

Emails: menorah@bezeqint.net : phylwald@inter.net.il

LOVE

“Every kindly smile, every kindly thought and action, every deed done for love or sympathy or compassion of others proves that there is something greater within us than that we see.”
DR. EDWARD BACH.

“What comes from the heart, touches the heart.” *DON SIBET.*

“At the touch of love, everyone becomes a poet.” *PLATO.*

‘When you allow yourself really to fall in love with the world, your whole being becomes full of a mother’s passion to protect her children and a father’s hunger to see them safe and strong.’

INDIAN CHIEFTAIN.

“One word frees us of all the weight of pain of life. That word is ‘Love’.”
SOPHOCLES.

“We can sure physical diseases with medicine, but the only cure for loneliness, despair and hopelessness is love.

There are many in the world who are dying for a piece of bread but there are many more dying for a little love.”

Mother Teresa.

“Where there is love there is life.”

GANDHI.

“The more I give to thee, the more I have.”

WILLIAM SHAKESPEARE.

“Love is a promise, love is a souvenir, once given never forgotten, never let it disappear.”

JOHN LENNON.

“All love is sweet, given or returned.”

PERCY BYSSHE SHELLEY.

“Grand father
Sacred One
Teach us love, compassion and honour
That we may heal the Earth
And heal each other.”

A OJIBWAY INDIAN PRAYER

“To love, and to be loved,
this on Earth is the highest bliss.”

HEINRICH HEINE.

“You live that you may learn to love.
You love that you may learn to live.
No other lesson is required of you.”

MIRADAD.

“Teach only love for that is what you are
Love is the way I walk in gratitude.”

GERALD G JAMPOLSKY.



All You Need Is Love

MACHINES

Machines and I
Just make me cry
Is my brain
Just wired all wrong?

Why can't we go back
To the past
When life was
just a song

My house is full up
With machines
For cooking washing
Drying

With switches here
And odd knobs there
I spend my time
A sighing

At night I swear
When I'm asleep
The machines
Come out to play

And laugh
At all we humans
Perhaps they'll rule the
World one day!

Anon.

---o0o---

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

“If you want others to be happy

Practice compassion

If you want to be happy

Practice compassion.”

DALI LAMA.

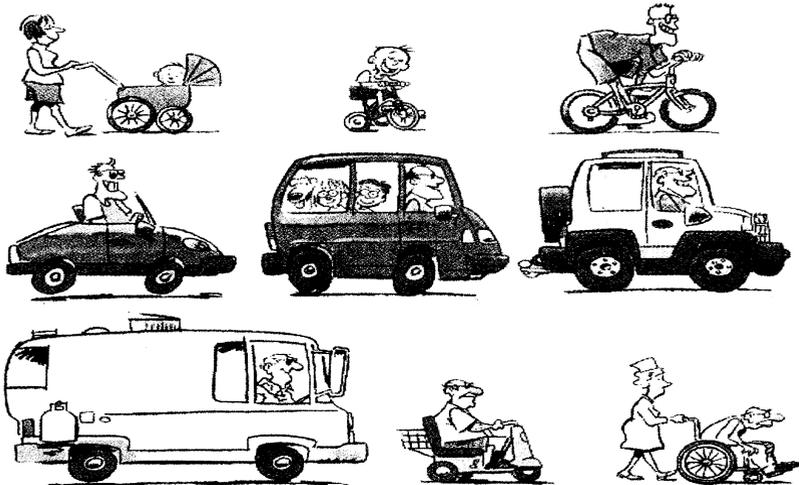
A Recommended Magazine ...

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We have been receiving the Cygnus Review through the post for some years, and appreciate and enjoy fine articles by well known writers and healers, such as William Bloom, Diana Cooper, and Dr. Wayne W. Dyer and many others. Cygnus have lots of books and CDs' on healing, health and spiritual guidance etc., which you can but for much less than the usual price. I have bought a number of books from them; my latest being 'The Mystery of 2012'. The usual price of this book in the bookshops is £16.50 --- but the cost from Cygnus was £9.99.

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The Wheels of Life



QUOTES

“Man invented time to feel comfortable in space. But it doesn't actually exist. All experience is happening at once.”

ALBERT EINSTEIN.

“The greatest discoveries are those we make about ourselves.”

RALPH WALDO EMERSON.

“If we follow our bliss, our ‘moira’ (high destiny) we will be doing what we feel most inwardly qualified and inclined to do, regardless of the social and material consequences.”

JOSEPH CAMPBELL.

“The gap between science and spirituality is being bridged by the recognition that our visible physical reality is connected to an invisible ‘spiritual reality’ that is quantum mechanics, quantum physics.

Some quantum physicists are attempting to prove that spirit and consciousness exist equally in a physically material world.”

SHIRLEY MACLAINE.

“This existence of ours is as transient as autumn clouds.

To watch the birth and death of beings is like looking at the movement of a dance.

A lifetime is like a flash of lightning in the sky, rushing by like a torrent down a steep mountain.”

BUDDHA.

“The source of all creation is pur consciousness--- pure potentiality seeking expression from the un-manifest to the manifest.

And when we realise that our true self is one of pure potentiality, we align with the power that manifests everything in the universe.”

DEEPAK CHOPRA.

“I want to know God's thoughts --- the rest are details.”

ALBERT EINSTEIN.

“Walk surely on the garden path of life that leads to God, helping others along the way whom you find wandering by the wayside.”

PARAMMHANSA YOGANANDA.