

News & Views

Issue No.

50



2010

Editorial 1996 – 2010

To all our fellow healers, students and friends: we hope you will enjoy this 50th issue of 'NEWS & VIEWS', and we thank our fellow healer Rita Vangelder whose inspirational idea it was to make this a 'golden' celebration. We have taken excerpts from the past 49 issues, and trust we have made a good choice, since so much had to be left out.

Our intention from the start was to try and make every newsletter interesting, informative, and inspiring with a touch of humour, and this we have endeavoured to do with the help of those who have contributed material, for which we are grateful. We hope also that this book will be read by future healers who turn as students from chrysalis to beautiful butterfly.

We acknowledge the great debt we all owe to the late Ivan Kayes for his dedicated hard work as Editor, Chairman of JASH and later as Life President.

Fourteen years have passed so swiftly, and many things have happened to all of us and healing. But despite all the social, political, and economic changes, the golden light of healing continues to illuminate the lives of healers, for all healers know the joy that comes from helping those in need with love and compassion.

We would also like to express our thanks and that of our members, to the trustees of the Ark of Noah Trust, for helping to defray the cost of publishing this issue of News & Views. Many will recall that the trust was set up by the late Irene Noah to further the work of healing. Irene was herself a healer member of JASH and as such had a special place in her heart for the Association.

*Love and Light,
Yetta & Maurice Powell - Editors.*

Chairman's report March 2010

Welcome to the 50th edition of News and Views

Our editors have been very busy sorting through all the previous editions selecting some of the best articles for your enjoyment. Yetta and Maurice Powell have done a wonderful job throughout the last fourteen years of producing our Magazine.

I would also like to thank and mention people like Diana Martin (Founder, sadly departed), Ivan Kayes (previous chairman, sadly departed), Audrey and Gerald Cane (previous Secretary and Treasurer for holding their positions for in excess of forty years), all our previous committee members and all of our other long standing and newer members, who have continuously worked for the benefit of the Jewish Association of Spiritual Healers.

Complementary medicine has taken some knocks from the press over the last few weeks (this seems to happen every couple of years) as some scientists believe that most of it is the placebo effect, well they are entitled to their opinion and I am sure from the results we see, every week of the year, many thousands of people benefit from one or other therapy. We have been following the course of voluntary self-regulation for many years now and are gradually being accepted by the powers that be, as an important part of the health system. This has been helped by trials and studies in Primary Care Trusts throughout the UK, where on one study of 75 PCT's, 21 of them using complementary therapies, they found that the PCT's using the complementary therapies had lower drugs bills and people with chronic complaints made less visits to the surgery, WELL WHAT A SURPRISE!! Should you wish to work within the National Health Service, as a healer, at some time in the not too distant future, the only register that will be acknowledged by the Department of Health, will be that of the Complementary and Natural Healthcare Council, which we, as Spiritual Healers, cannot join at the moment as the paperwork is not yet in place.

Our Annual General Meeting will be held 13th June 2010 at the Burnt Oak Spiritual Centre, 143 Orange Hill Road, Burnt Oak, (on the corner of Deansbrook Road), Edgware, HA8 0TR commencing at 2-30 p.m., I look forward to seeing as many of you as possible.

Thank you for your continuing support especially with the work you do on behalf of the Jewish Association of Spiritual Healers and with our distant healing lists.

Steve Sharpe .

THANK YOU, YETTA & MAURICE

Congratulations to Yetta and Maurice on the 50th issue of News & Views. Their achievement is remarkable. For almost 14 years these two people have shown patience, perception and purpose in bringing out the journal in winter, spring, summer and autumn, despite the demands of daily life. They have shown not only a sense of duty as editors but also a sincere dedication to the cause of spiritual healing. News & Views, true to its name, presents news, news of members, news of gatherings ---visits, events in personal lives, as well as of a wide variety of noted individuals.

They draw extensively from our Jewish background, a rich mine or well of wisdom over the ages, but also from Indian and other cultures. What a pleasure to pick up the journal and find nuggets of wisdom, pertinent to aphorisms, or just plain information. I have learned how we got our surnames, what and what not to eat, the significance of precious stones, the wide personal experiences of our members, alongside the statutory contortions of National and European authorities in respect to healing.

I love some of the poems, from Yetta and others, I love too the sense of fun that pervades the page, eliciting a health giving smile or laugh. I learn that to stay healthy I should “try everything twice”, whilst “if you look like your passport, you just probably need the trip”.

Yet, up a stage, the need for balance in life is often mentioned, for example, Einstein’s words that “Life is like riding a bicycle. To keep your balance you must keep moving”. Reminiscent of Rabbi Nachman, one of my heroes, urging us to keep our balance on the narrow bridge called life.

There is something in News & Vies for every age. The words of children appear often as do the description of animals and their healing qualities. There is something holy about healing. It is done in many forms, using hands, thoughts, words, a hug. Someone not only cares but that care can achieve health.

Healers may sometimes take it for granted, but its really a beachhead into eternity. Our prayer book refers often to ‘Rofeh Cholim’ healing the sick. What a privilege to combine our particular Jewish inheritance with our general impulse and urge to help others.

May I thank you Yetta and Maurice, for News & Views on behalf of all members, officers, healers, patrons, readers for all you have done over the years in uniting us by your words and efforts.

We wish you good health and many happy years ahead.

21 February 2010 **AUBREY ROSE.**

A Tribute from Ray and Joan Branch

It was a great, honour for us to have been invited to be patrons of The Jewish Association of Spiritual Healers by the late Ivan Kayes who was the original chairman, editor of the news letter and later life President. When Yetta and Maurice became the editors of News and Views when Ivan retired, we continued as patrons and share that honour with our fellow patron and dear friend, Aubrey Rose.

Like Aubrey, we have followed every issue of "News and Views" and his splendid tribute to Yetta and Maurice says it all, for their total devotion as our editors reflects the demanding work, time and patience in the preparation of every issue, for each one is a gem of wisdom, inspiration, guidance and humour.

As the editor for 23 years of 'The Spiritual Healer', the Harry Edwards Spiritual Healing Sanctuary magazine, I know how exacting it can be in gathering material for 'News and Views', and now we have this bumper edition in Celebration of its 50th issue. Well done. Yetta and Maurice. Of course, like any go ahead organisation, they have the support of all their colleagues on the Committee and it is through all their team work that makes The Jewish Association of Spiritual Healers a major factor not only for the advancement of the Association, but in the healing movement in general, here in the UK and in the U.S.A, and Israel.

JOAN AND RAY BRANCH.

* * *

What are the aims and motives of JASH?

- 1. To bring the truth of Spiritual Healing to all communities regardless of creed, colour or race.**
- 2. To demonstrate that Spiritual Healing is in keeping with the teachings of Judaism.**
- 3. To attempt to relieve Sickness and Suffering.**
- 4. To help all who seek enlightenment by giving demonstrations and by holding discussion groups.**
- 5. To promote these aims by becoming members of the Jewish Association of Spiritual Healers, by enrolling Probationary Healers and by encouraging all those who are interested in our work to become Associate Members.**

IVAN KAYES

For many years Ivan Kayes was The Jewish Association of Spiritual Healers. He was president, secretary, publisher, editor, writer and the glue that held the organisation together. In September Ivan graduated to that special place for healers.

Excerpts from an article he wrote for our British Headquarters' newsletter will serve as a tribute to his memory.

"We are not all blessed with the ability to see outside of ourselves with clairvoyance or clairaudience. Many of us receive our help directly in the mind. In 26 years of healing I have never seen or even been conscious of a guide.

Nevertheless, I have been able to help patients. There have been a few near miracles and instant healings and I know that healing power is coming through Rapport between healer and patient is very important.

I want to enrol in the work of bringing peace and harmony to the world. What can I do to help? The answer is to think. Thoughts are like radio waves, or like ripples in a lake. They spread out wider and wider and even the ultimate small effect will touch whoever has the sensitivity and ability to pick them up. I would tell everyone to relax and think of peace and harmony spreading as a blanket all over the world. Keep it simple. Keep the idea of peace and harmony simple, repeating it daily - others will receive it and pass it on to others in turn. Remember, from little acorns...."

FLORENCE HORN Director J.A.S.H. (USA) 2004

THE BEAUTY OF NATURE

Breathe in the rich wine scent/ finger the velvety petals and admire, glossy green leaves that compliment the red rose,

Sprigs of orange wallflower, sweetly scented, Willowy stems of wild buttercup holding glossy yellow petals and stamens.

Light frothy blue sprigs of forget-me-not, Deep blue/purple petals of cornflower, Pure white delicate petals of columbine, Together in my vase they show the beauty of nature.

VICKY KAY .

TRUTH

When the Lord decided to create the universe, he created the seas, the mountains, the flowers, and the clouds. Then He created human beings, Finally He created Truth.

At this point however a problem arose: where should He hide Truth so that humans would not find it right away? He wanted to prolong the adventure of the search.

So the Lord asked his angels.

"Let's put Truth on top of the highest mountain", said one of the angels
"Certainly it will be hard to find there".

"Let's put it on the furthest star", said another angel.

Let's hide it in the darkest and deepest abyss", said another.

"Let's conceal it on the secret side of the moon", another suggested.
Finally the Lord said "No we will hide truth inside the very heart of human beings. In this way they will look for it all over the universe without being aware of having it inside themselves all the time"

The Story of Evolution

"We began as a mineral. We moved into plant life and into the animal state, and then into being human, and always we have forgotten our former states, except in early spring when we recall being green again. That's how a young person turns towards a teacher. That's how a baby leans towards the breast, without knowing the secret of its desire, yet turning instinctively.

Humankind is being led along an evolving course, though this migration of intelligence's, and though we seem to be sleeping, there is an inner wakefulness that directs the dream, and that will eventually startle us back to the truth of who we are," **RUM!**

"There is a force that gives you life —
Seek That In your body lies a precious jewel —
Seek That

Oh, wandering Sufi, If you are in search of the greatest treasure

Don't look outside, Look within, and seek That." **RUM!**

Jewish Association of Spiritual Healers

Sunday 18th June 2006 Glebe Road. Stanmore

I am grateful to you for inviting me and allowing me to say a few words.

I believe those of you who have the gift of healing are especially privileged and therefore have a special duty. You are witnesses to the existence of a force and a reality that is little understood or acknowledged in the massive material onslaught of the present world.

The privilege you have is to exercise your gift, which is really love in action, and thereby help people who are ill or afflicted.

The duty you have, and it is not easy, is to perfect your own being so that your healing power has a greater potency. It was a rabbi of olden times who stated that "the purpose of life is the perfection of the soul".

An additional duty of J.A.S.H. is to spread among the Jewish world knowledge of a tradition that is rooted in Jewish history, from Biblical times onward.

I have had an active life in the law, but over the last 30 years or so I have had the opportunity of contact with noted healers, whether 100-year-old Nan McKenzie, ex-fireman George Chapman, or others. That contact I have described in the book about my son, *'Journey into Immortality'*.

More recently I have had the privilege of having been asked to edit the stories of two women. One describes in this book (*From Bitter Came Sweet*) her Israeli background, and her search for truth as well as her extraordinary experiences as a healer. Quite remarkable.

The other woman, known to you, and a member of J.A.S.H. was Irene Noah who passed away on 9th October 2005. She and her mother Vera Chesno were multi-gifted women, descended from a great rabbi of the 18th century.

I never met Vera, who died in 1985, but over the last 10 years I have had constant contact with Irene, a brilliant and exceptional person. Like her mother, Irene was a healer of great ability, as well as being a clinical ecologist, a singer, and fluent in six languages. Irene asked me to edit the story Vera wrote at the age of 94 about her life.

Continued on page 7

Continued from page 6.

That I did and now we have the story of Vera in this book (*Vera*), It tells of the dramatic and creative life of one individual against the background of modern Jewish history, and describes in some detail the healing gifts of both mother and daughter. Irene has left her estate to her Ark of Noah Trust to spread healing among rabbis, especially with the establishment of some kind of healing retreat or healing programme.

I have included the story of Irene and of healing power itself in my autobiography (*Rainbow*) just recently published, with launches held in various places, including the House of Lords.

I hope those who read it will appreciate that healing is a vital dimension in life that does not conflict with a daily job, but which can enhance the quality of that job and the relationship between people.

Irene had been a member of various associations of healers, in Sussex as well as nationally and internationally, but she had a very special regard for Jewish healers, as her will and trust indicate.

As one of her trustees I would welcome any thoughts as to how best to give effect to her wishes. I am sure she would wish to encourage each of you to continue to do your best as healers, in love and in humility.

Aubrey Rose.

The Artist by *Pete Seeger*

The artist in ancient times inspired, entertained and educated his or her fellow citizens.

Modern artists have an additional responsibility -to encourage others to be artists.

Why?

Because technology is going to destroy the human soul unless we realise that each of us must in some way be a creator as well as a spectator or consumer.

Make your own music; write your own books, if you would keep your soul.

Reprinted by kind permission of The Seekers Trust Magazine.

4,600 MILLION YEARS OLD

Planet Earth is 4,600 million years old.

If we condense this inconceivable time-span into an understandable concept we can liken earth to a person 46 years of age, whose birthday is today. Nothing is known about the first 7 years of this person's life, and whilst scattered information exists about the middle span, we know only at the age of 42 did the Earth begin to flower.

Dinosaurs and great reptiles did not appear until one year ago, when the planet was 45.

Mammals arrived only 8 months ago. In the middle of last week man-like apes evolved into ape-like men, and at the weekend the last ice age enveloped the Earth.

Modern man has been around for 4 hours. During the last hour man discovered agriculture and the industrial revolution began about a minute ago.

During those sixty seconds of biological time, Modern Man has made a rubbish tip of Paradise.

He has multiplied his numbers to plague proportions; caused the extinction of 500 species of animals; ransacked the planet of fuels and now stands like a brutish infant, gloating over this meteoric rise to ascendance, on the brink of the final mass extinction and of effectively destroying this oasis of life in the solar system.....

(the above is taken from a Green peace leaflet).

Let us awaken people before it is too late. Planet Earth needs Healing too!

A human being is part of the whole, called by us 'Universe', a part limited in time and space. He experiences his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures, and the whole of Nature in its beauty.

Nobody is able to achieve this completely, but striving for such achievement is, in itself, a part of liberation and a foundation for inner security.

ALBERT EINSTEIN.

The Baal Shemtov was the founder of the Hasidic movement and lived in the eighteenth century. He would be what you would call the Jewish St. Francis of Assisi. He was that kind of man. He used to say that the greatest sin is having a melancholy attitude. And he preached all over the world the concept of *simcha*, the concept of joy ~ which has nothing to do with happiness. You can be very unhappy, and very joyous. Do you understand? But there is a difference, because happiness has to do with outer things, while joy has to do with inner things. If I know who I am, and if I am connected with a spiritual umbilical cord to my heavenly Father and that cord can never be cut off, then by definition I have every reason to be joyful. And other things are just annoyances. So, when people ask me, "How do you feel?" I usually tell them, whether I'm at home or in hospital or wherever, I tell them

"I'm not always happy, but I'm always joyous."

By Rabbi Gelberman, Reprinted from 'The Faces of Meditation'

'You Are A Child Of God'

by NELSON MANDELA.

Our deepest fear is not that we are inadequate, Our deepest fear is not that we are powerful beyond measure, It is our light, not our darkness, that most frightens us.

We ask ourselves ---

Who am I to be brilliant, gorgeous, talented, famous?

Actually, who are you *not* to be?

You are a child of God. Your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people the permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

'Life'

Everyone experiences joy, rejection, failure, anxiety, fear, grief, anger and accomplishment during their journey here on Earth. Survival is the name of the Game. It's what keeps us going; the strong of heart and faith makes it plus our attitude! Like a cat, we are constantly curious. As humans we are motivated to make things better by creating beauty.

GLORIA GERSTEN FLORIDA USA,

" Is Complementary Medicine Here to Stay?"

This was the title of the talk given by Dr. George Lewith, MB BChir MA DM MA DM MRCP MRCGP to members of the London Jewish Medical Society — 23rd April 1998.

Dr. Lewith's C.V. runs to 21 pages. He is currently honorary visiting Clinical Senior Lecturer in the Department of Medicine, Southampton University Medical School. He is in great demand as a speaker on complementary medicine and is acknowledged to be forthright and colourful in the presentation of his ideas.

So when I was invited to attend his talk, by a doctor who knew of my interest in healing and complementary medicine I jumped at the invitation. I expected the talk to be interesting, enlightening and provocative. And I was not to be disappointed.

As one would expect the audience was made up of almost 100 % medically qualified Doctors, (and on this particular occasion they were in the main, highly qualified consultants).

Because of his deep interest in complementary medicine and the access that he has to statistical research, through his connection with Southampton University Medical School, Dr. Lewith was able to present some rather startling information about the movement by patients towards unorthodox treatments. In fact he was able to inform us that expenditure on this type of medicine was now beginning to overtake that which was being spent on treatment given by medically qualified doctors. The most interesting aspect of this move, by patients, towards this 'chosen form of treatment', was that it was nearly all patient led. Qualified medical practitioners were in the main sceptical of such 'fringe treatment' as being at best unproved, and at worst, dangerous to the well being of their patients.

However Dr. Lewith made it quite clear to his listeners that, when qualified members of the medical profession formed real working relationships with complementary medicine practitioners, patients benefited. But he did state that it was essential that a better relationship had to be established. Question time showed up the fears of the doctors. that unqualified people were diagnosing patients illness' and problems, much to the detriment and danger to their patients well being. At this point it must be noted that members of the audience conceded that qualified doctors could also misdiagnose and prescribe drugs that harmed rather than cured. But in general terms it was most apparent that the doctor would like to see some kind of policing of those who practice complementary medicine and that acceptable levels of qualification had to be met before a person could become a practitioner offering complementary treatments to patients. The one area where they felt it to be almost impossible for such qualification to apply, was in the practice of 'Spiritual Healing' After a very brief discussion it was accepted that 'Spiritual Healing' did work, but, notwithstanding this, it relied very much on anecdotal proof; but those present conceded that, so long as the Spiritual Healers and other complementary practitioners worked closely with doctors and their patients, nothing but good would result.

"And, Yes, those present agreed that Complementary Medicine Is Here to Stay!"

Maurice Powell.

Suggestions for Feeling Good - When You are Down!

(Not all at the same time! Pick what is right for you)

1. Drink lots of water, filtered or natural mineral
2. Have someone massage your feet gently with lavender or neroli oil.
3. Have comfort food. e.g. porridge, jacket potatoes, chicken soup, toast and honey, banana, boiled egg.
4. Dr. Bach Rescue Remedy, four drops in water is very good for stress.
5. Dr. Bach Mustard two drops in water can help lift a 'black mood'.
6. Write down all the things you like, or write down all the good things in your life.
7. Try not to get too tired - slow down!
8. Collect quotations that inspire you, write them down in your own book
9. Tidy a drawer or cupboard
10. Do a little gardening or go for a walk in the park - not the street
11. Smile even when you don't feel like it. It can make someone's day.
12. Listen to music - perhaps dance or move to the music
13. Have your hair done
14. Vitamin B Complex is good for the nervous system.
15. Stretch your feet and legs Stretch your arms and spine. Hold your head up high - stand tall!
16. Delegate!
17. Meditate!
18. Watch a funny video.
19. Visit a friend or phone a friend. Visualise a colour you like the most Blue, Green, Mauve, are relaxing and calming, yellow, orange, red are stimulating and invigorating.
20. Breathe from your abdomen. - Regularly take five deep breaths every hour.
21. Buy yourself something - flowers, a magazine, or some little thing ~ treat yourself, you're worth it
22. Look in a mirror, and say — I love you and accept you just the way you are. You are wonderful.

*These suggestions are tried and tested **THEY WORK** .*

Yctta Powell Healer Member NFSH. JASH. WFH

GOOD DEEDS

Many years ago a poor farmer, living in Scotland, heard a cry for help. It came from a nearby bog or what we would call a marshland quagmire. The farmer, Fleming by name, raced to the swampland and rescued a child who was up to his waist in black peat, screaming his head off, knowing he was unable to help himself in any way. The child knew he was about to die. The farmer managed to pull him out, sent him home safely and forgot about the matter.

Next day a richly dressed gentleman pulled up at the farmer's cottage and told the farmer he was the father of the boy he had rescued. He told him that because he had saved his child's life he wanted to repay him. Fleming told him he couldn't accept payment for what he had done.

As the carriage was about to pull away from the house, the gentleman noticed a little boy standing at the cottage door.

"Is that your son?" The gentleman asked. Fleming told him it was. When the gentleman heard this he made Fleming the offer to pay for the education of his son, if he would accept.

Fleming knew that his son was intelligent and because the offer was for the child, he felt he couldn't refuse.

Many years later the child graduated from St. Mary's Hospital School in London and started his life's work.

Time passed and the gentleman's son was again in trouble. This time he was stricken with pneumonia that threatened to take his life, but the doctors were able to save him using penicillin.

The farmer's son was Alexander Fleming, who discovered the penicillin the doctors used. The gentleman's son was Winston Churchill.

Reprinted, by agreement, from the Edgar Cayce Newsletter.

"When you came into this world you cried, whereas everyone else rejoiced. During your lifetime, work and serve in such a way that when it is time for you to leave this world, you will smile at parting while the world cries for you. Hold this thought and you will always remember to consider others before yourself."

PARAMAHANSA YOGANANDA.

"**God** is merciful. Man needs food more than wealth for his life. Food is easier to obtain than wealth. More than food man needs water to live. Water is cheaper to obtain than food. More than water, man must have air to live by. Air is free and given to us all in abundance".

SATGURUDEV SHRI HANS JI MAHARAJ.

YOU ARE MY SUNSHINE -- submitted by Samantha Rock.



Like any mother, when Karen found out that another baby was on the way, she did what she could to help her three year old son Michael prepare for a new sibling. They found out that the new baby is going to be a girl, and night and day after day, night after night, Michael sings to his sister in Mummy's tummy.

The pregnancy progresses normally for Karen, then the labour pains come. Every five minutes – every minute. But complications arise during delivery and there are hours of labour. Finally, Michael's little sister is born. But she is in a serious condition. With sirens howling in the night, the ambulance rushes the infant to the neonatal intensive care of St. Mary's Hospital.

The days inch by. The little girl gets worse. The paediatric specialist tells the parents --- “There is very little hope. Be prepared for the worst.” They have fixed up a special room in their home for the new baby and now they plan a funeral.

Michael keeps begging his parents to let him see his sister.

“I want to sing to her,” he says.

Week two in intensive care: it looks as if a funeral will come before the week is over. Michael keeps nagging about singing to his sister but children are never allowed in Intensive Care. Karen makes up her mind. She will take Michael whether they like it or not. If he doesn't see his sister now, he may never see her alive.

She dresses him in an oversized scrub suit and marches him into ICU. He looks like a walking laundry basket, but the head nurse recognises him as a child and bellows “Get that child out of here now! No children are allowed”!

The mother rises up strong in Karen, and the usually mild mannered lady-glares steely-eyed into the head nurse's face, her lips a firm line and she says; “He is not leaving until he sings to his sister”!

Karen tows Michael to his sister's bedside. He gazes at the tiny infant losing the battle to live. And he begins to sing. In the pure-hearted voice of a three year old ---- Michael sings

“You are my sunshine, my only sunshine, you make me happy when skies are grey” ---

Instantly the baby girl responds. The pulse rate becomes calm and steady “Keep on singing, Michael”.

“You never know, dear,....how much I love you.

Please don't take my Sunshine away....”

The ragged, strained breathing becomes as smooth as a kitten's purr. “Keep on singing, Michael”.

“The other night, dear, as I lay sleeping, I dreamed I held you in my arms...”

Michael's little sister relaxes as rest, healing rest, seems to sweep over her.

Continued from page 13

YOU ARE MY SUNSHINE

Tears conquer the face of the bossy head nurse. Karen glows

“You are my sunshine my only sunshine. Please don't take my sunshine away”.

Funeral plans are scrapped. The next day, the very next day, the little girl is well enough to go home!

Woman's Day magazine called it: **‘The miracle of a brother's song’.** The

Medical staff just called it a miracle.

NEVER GIVE UP ON THE PEOPLE YOU LOVE.

Reprinted from the Bristol District Association Of Healers Newsletter.

INSTRUCTIONS FOR LIFE

Take into account that great love and great achievements involve great risks.

When you lose, don't lose the lesson.

Follow the three R's:

Respect for self

Respect for others

Responsibility for all your actions.

Remember that not getting what you want is sometimes a wonderful stroke of luck.

Don't let a little dispute injure a great friendship.

When you realise you've made a mistake, take immediate steps to correct it.

Spend some time alone every day.

Open your arms to change but don't let go of your values. Remember that silence is sometimes the best answer.

Live a good, honourable life. Then when you get older and think back, you'll be able to enjoy it a second time.

A loving atmosphere in your home is the foundation of your life. In disagreements with loved ones, deal only with the current situation, don't bring up the past.

Share your knowledge, it's a way to achieve immortality. Be gentle with the earth.

Once a year, go to someplace you've never been before. Remember that the best relationship is one in which your love for each other exceeds your need for each other Judge your success by what you had to give up in order to get it.

Dalai Lama.

On Meditation.....As a healing process.

"Meditate Daily.

When you still the mind, it has the opposite effect to stress on the body and mind.

So when you meditate, your body's rhythms settle down. Blood pressure comes down, the heart rate is reduced, stress hormones return to normal levels and the brain becomes more organised —more coherent."

Professor WILLIAM JAMES.

"The longer people meditate, the more common it becomes for the same physical patterns that are experienced during meditation to show up in the waking state. Generally someone, who meditates regularly, becomes healthier and looks far younger.

It's this practice that ultimately transforms people from human beings to spiritual beings."

DR. DAVID SIMON (Medical Director of the Chopra Centre)

"On a physical level regular meditation stills the mind and helps regulate the thyroid gland which in turn helps regulate hormone production. It reduces the release of stress chemicals that can destroy one's health, helps to lower blood pressure and heart rate. It helps re alkalise the body, which slows ageing. Whereas, stress makes the body more acid which triggers disease.

Meditation encourages production of the hormone melatonin which encourages deeper sleep.

It helps stimulate the pineal gland situated in the brain and which is often called the 3rd eye..."

"The individual remains alert and yet calm at the same time. This is why meditation triggers a unique state of being."

"Modern science for the first time, has documented the existence of what ancient traditions have spoken of for millennia as the state of enlightenment, a state of total brain functioning."

ALARIC ARENANDER Director of brain research Fairfield, Iowa.

‘Each man is truly an ambassador of God’

SIR GEORGE TREVELYAN.

GUIDELINES FOR BEING HUMAN

1. You will receive a body. You may like it or hate it, but it will be your for the entire period this time round.
2. You will learn lessons. You are enrolled in a full-time informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
3. There are no mistakes, only lessons. Growth is a process of trial and error, experimentation. The failed experiments are as much a part of the process as the experiment that ultimately 'works'.
4. A lesson is repeated until learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go to the next lesson.
5. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
6. There' is no better than 'here'. When your 'there' has become a 'here' you will simply obtain another 'there' that will, again, look better than 'here'.
7. Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
8. What you make of your life is up to you. You have all the tools and resources you need, what you do with them is up to you. The choice is yours.
9. Your answers lie inside you. The answers to life's questions lie inside you. All you need to do is look, listen and trust.
10. You will forget all this or you will choose to remember.
11. Should you choose to remember, you will know that with forgiveness, love and trust you will embrace all that is yours, take your place as a guide and undertake to live your life in absolute abundance, love and adventure.

Written by Rob Bishop, (first printed in L'Chaim — meaning 'To Life' — magazine) Subsequently published in The B.A.H.A. Alliance Review, and reprinted by their kind permission.

A CHILD'S TEN COMMANDMENTS TO PARENTS

1. *My hands are small; please don't expect perfection whenever I make a bed, draw a picture or throw a ball. My legs are short; please slow down so that I can keep up with you.*

2. *My eyes have not seen the world as yours have; please let me explore safely. Don't restrict me unnecessarily.*

3. *Housework will always be there. I'm only little for a short time - please take time to explain things to me about this wonderful world, and do so willingly.*

4. *My feelings are tender; please be sensitive to my needs; don't nag me all day long. (You wouldn't want to be nagged for your inquisitiveness.) Treat me as you would like to be treated.*

5. *I am a special gift from God; please treasure me as God intended you to do, holding me accountable for my actions, giving me guidelines to live by, and disciplining me in a loving manner.*

6. *I need your encouragement to grow. Please go easy on the criticism; remember, you can criticise the things I do without criticising me.*

7. *Please give me the freedom to make decisions concerning myself. Permit me to fail, so that I can learn from my mistakes. Then some day I'll be prepared to make the kind of decisions life requires of me.*

8. *Please don't do things over for me. Somehow that makes me feel that my efforts didn't quite measure up to your expectations. I know it's hard, but please don't try to compare me with my brother or sister.*

9. *Show me how best I can help others with love, kindness and laughter, because I want to be able to make everyone happy.*

10. *Please, from time to time, hold me close to you for I need to feel your love for me. Remember, I won't be little for long; and I want to be able to recall that closeness in the years to come.*

Food That Helps To Keep You Young and Healthy....

AVOCADO - high in the good, mono unsaturated types of fat which resist oxidation and help to neutralise fat in other foods. Research also suggests that eating avocado lowers and improves cholesterol. They are a great source of vitamin E, C and potassium, as well as good sources of vitamin B6 and B3.

BEANS - Studies indicate that regular consumption of beans, in particular lentils and soybeans, reduces the risk of cancer. Soybeans are an excellent source of low fat protein and are included in foods such as miso, tamari soy sauce, soy milk, tofu and tempeh **BROCCOLI** - This provides a fantastic array of antioxidants **and** is packed with vitamin C, beta-carotene, folate and vitamin E. It is also rich in chromium that can regulate insulin and blood sugar levels. Most protective **when eaten raw.**

BERRIES - Blueberries have three times more antioxidants than the second richest sources, red wine and green tea. Both blueberries and cranberries help ward off urinary tract infections.

CABBAGES (including pok choy) - contain some great anticancer and antioxidant compounds. Studies have shown that people who eat cabbage once a week have only a 66% of the risk of contracting colon cancer, compared with those eating it only once a month. It is an excellent source of vitamin C and dietary fibre, it can be eaten raw or lightly cooked.

CARROTS - High in vitamins A and C, also dietary fibre. Carrots are legendary in

fighting off ageing diseases. Studies have shown that eating a couple of carrots a day lowers blood cholesterol by 10%. The beta-carotene in carrots acts against ageing and disease. It was also found that those with low levels of beta-carotene in their blood are more apt to have heart attack, strokes and various cancers.

CITRUS FRUIT'S - The orange, possibly the complete package of natural anticancer inhibitors. An excellent source of vitamin C, which helps to make collagen, that is essential for healthy skin. It also helps maintain the body's defence against bacterial infections. Grapefruit has a unique type of fibre that dramatically reduces cholesterol.

FISH - The essential fatty acid —Omega 3 fatty acid, cannot be manufactured by the human body, but is present in fish. So we need to consume small amounts of this polyunsaturated fat that research suggests may help prevent against cardiovascular-disease, high cholesterol and heart attack. Research also indicates that Omega 3 inhibits the adult-onset of diabetes, some skin diseases and rheumatoid arthritis. Best sources of omega 3 are found in cold water fish such as salmon, swordfish, anchovy, herring, mackerel, sardines and tuna, (Good vegetarian sources are nuts, linseeds - flaxseed oil.)

Continued on page 19

Continued from page 18.

Food That Helps To Keep You Young and Healthy...

GRAPES - Red and black grapes contain 20 known antioxidants that work together to fend off free radicals, which cause ageing and disease.

ONION and GARLIC - Forget the breath, they help prevent cancer, thin your blood by discouraging clots and raise the good type (HDL) of cholesterol. They also have antibacterial and anti-inflammatory factors that help keep colds and flu at bay. Next time you have a bad case of the flu, try eating a mashed bulb of raw garlic in between two slices of bread. It's really effective!

SPINACH - Tops the list, along with other green leafy vegetables, as a food most eaten by people who don't get cancer – a super source of antioxidants.

TOMATO - Tomatoes are the richest source of lycopene, which forms the red pigment in tomatoes and watermelon. New research suggests that it may help to preserve mental and physical functioning among the elderly and reduce risks of prostate, pancreatic and cervical cancer.

SEAWEED - Most common varieties are kombu, used in soups and stews, wa-kame that is normally found in miso soup, and nori that you have with sushi rolls. They are all rich in essential minerals, and medical studies suggest seaweed is effective in helping to prevent a variety of cancers.

WATER - It's vital for life and helps your body function at its best. We lose about 2 litres per day through normal body functions such as breathing and perspiration. We need 2-3 litres of pure water every day to help with the process of digestion, transporting nutrients and waste elimination. If we do not drink enough water it leads to dehydration, which can leave us feeling tired and lethargic as our cells become sluggish through toxic build-up in our bloodstream. Drinking enough pure water is also an excellent anti-ageing tonic; it helps the skin to stay hydrated, supple and fresh, as well as controlling the appetite and keeping hunger pangs at bay. When exercising, it is important to remember to increase water consumption to prevent dehydration, especially in hot weather. It is a good idea to drink water before exercise, also during and after exertion to replenish lost fluid.



*From the Collected Writings of Dr. Edward Bach the man who discovered
The Bach Flower Remedies*

The Story of the Oak Tree

One day, and not very long ago, a man was leaning against an oak tree in an old park in Surrey, and he heard what the oak tree was thinking. Now that sounds a very funny thing, but trees do think, you know, and some people can understand what they are thinking.

This old oak tree, and it was a very old oak tree, was saying to itself, "How I envy those cows in the meadow that can walk about the field, and here I am; and everything around so beautiful, so wonderful, the sunshine and the breezes and the rain and yet I am rooted to the spot".

And years afterwards the man found that in the flowers of the oak tree was a great power, the power to heal a lot of sick people, and so he collected the flowers of the oak trees and made them into medicines, and lots and lots of people were healed and made well again.

Some time after this on a hot summer's afternoon, the man was lying on the edge of a cornfield very nearly asleep, and he heard a tree thinking as some people can.

The tree was speaking to itself very quietly, and it was saying, "I don't any longer envy the cows who can walk about the meadows, because I can go to all the four quarters of the world and heal the people who are ill": and the man looked up and found that it was an oak tree thinking.

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.

The Use of Touch in Spiritual Healing

by:-

Dr. Shillelagh Donnelley [MB, BS Dip.](#), Palliative Medicine MNFSH, Healing Practitioner

HEALTH is a spiritual issue not a religious one - there is a difference. The staunchest atheist recognises the existence of love and hate, blame and forgiveness, guilt and responsibility, jealousy and generosity, hope and despair. These are the spiritual issues that we are talking about - states of being. Healing arises when transition occurs from a negative and destructive state of being to a positive and constructive one. The energy mat transforms is love – love of oneself and love for others.

To benefit from this healing, the inner spirit must be ready to change, ready to accept that it can change its mode of operating and willing, at least, to work at it. The only belief that stands in the way of healing is the belief that one is not loveable. This belief rejects compassion and turns away, ironically bringing the soul closer to collapse into vulnerability and closer to reaching out for that love, in the end, everyone will turn back to accept that love.

Whereas Medicine works from the outside in, Healing works from the inside out Love is the food of the soul and compassion is the manifestation of that love. Thus anyone who shows compassion to another is a healer as they heal the wounds of the soul, in turn calming the mind and easing the body.

Compassion is conveyed by touch and thought. The feeling of being loved induces serenity and relaxation, reducing fear and isolation, thus enabling the restoration of harmony between all parts of me being – a true healing process.

Touch is thus an important integral part of healing and one that is readily understood by every man, woman and, child and animal. Touching the affected part with reason that touch should be part of every healing session and demonstration for it brings the art to the general acceptance of all members of our world.

Perhaps the Federation would consider these points and allow the use of touch during public demonstrations, to allow greater comprehension and acceptance by the public and the freedom of Healers to work intuitively to their full potential.

Reprinted from *Healing Today* July 1999 issue -- by kind permission of:-

The National Federation of Spiritual Healers.

The Symptoms of Inner Peace

1. A tendency to think and act spontaneously, rather than from fears based on past experiences.
2. An unmistakable ability to enjoy each moment.
3. Loss of interest in judging self.
4. Loss of interest in judging other people.
5. Loss of interest in conflict.
6. Loss of interest in interpreting actions of others.
7. Loss of ability to worry (*this is a very serious symptom*).
8. Frequent overwhelming episodes of appreciation.
9. Contented feelings of contentedness with others and nature.
10. Frequent attacks of smiling through the eyes of the heart.
11. Increasing susceptibility to love extended by others as well as the uncontrollable urge to extend it.
12. Increasing tendency to let things happen rather than make them happen.

If "you have all or even most of the above symptoms, please be advised that your condition of PEACE may be so far advanced as to not be treatable."

Like A Beautiful Dream 4-5- 2008

How I loved to stop and stare
At the smiling faces everywhere,
Children playing with their friends
And I pray this never ends,
Parents resting on title grass
Watching their children pass,
With bright blue sky
No cloud to be seen,
And beauty all around to gleam,
Trees and flowers, doves and swans
Fathers playing with their sons,
I pray this time will never pass
As I walk upon the green, green grass.
Thank you Lord for all I've seen,
For the love I've had, where e'er I've been,
To touch this place, this place serene.
THE BEAUTIFUL LEV HA PARK IN RA' ANANA
Lev Ha means 'Heart' in Israel. SHELIA GOLDSMITH.

From 'Collected Writings of Dr. Edward Bach

All knowledge comes only from Within Ourselves, in silent communication with our own soul.

Doctrines and civilisation have robbed us of the Silence; have robbed us of the Knowledge that we know all Within Ourselves.

We have been led to believe that we must be taught by others, and our own Spiritual Selves have become Submerged.

The acorn, carried hundreds of miles from its mother - tree, knows without instruction to become a perfect Oak.

The fish of the sea and rivers lay their spawn and swim away; the same with the frog. The serpent lays its eggs in the sand, and goes on its journey; and yet within the acorn and the spawn and the eggs, is all the knowledge necessary for the young to become as perfect as their parents.

Young swallows can find their way to their Winter quarters hundreds of miles away, whilst parent birds are still busy with the second brood.

We need so much to come back to the knowledge that **Within Ourselves Lies All Truth.** To remember that we need seek no advice, no teaching but from within.

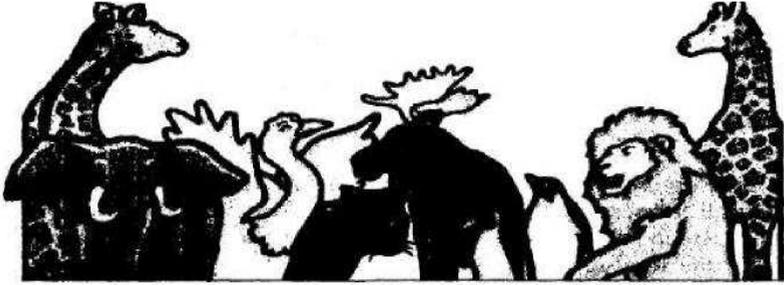


**Teach as Love, Compassion, Honour
Grandfather**

**Look at our brokenness.
We know that in all creation
Only the human Family
Has Strayed from the sacred way.
We know that we are the ones
Who must come back together
To walk in the sacred way
Grandfather,
Sacred One,**

**Teach us love, compassion, honour
That we may heal the earth
And heal each other.**

Ojibway Prayer Reprinted by kind permission of The Science of Thought.



Dear Lord
So far today
I'm doing all right.
I have not
gossiped,
lost my temper.
been greedy, grumpy, nasty, selfish
or over-indulgent

However. I'm
getting out of bed in a few minutes
and I will need
a lot more help
after that.

Amen.

Reprinted by kind permission of THE SPIRITUAL HEALER.

“To laugh often and much; to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics, and endure the betrayal of false friend's; to appreciate beauty, to find the best in others, to leave the world a little better whether by a healthy child, a garden path, or a redeemed social condition, to know even one life has breathed easier because you have lived, **this is to have succeeded**”.

Ralph Waldo Emerson.

A smile is the light in the window which lets the world know there's a soul at home."

Reprinted from Sumy News and Views.

"Only let the moving waters calm down, and the sun and the moon will be reflected on the surface of your being". *Rumi*

WHAT I AM THANKFUL FOR ...

- ... the mess to clean up after a party because it means I have been surrounded by friends.
- ... the taxes I pay because it means that I'm employed.
- ... the clothes that fit a little too snug because it means I have enough to eat.
- ... my shadow who watches me work because it means I am out in the sunshine.
- ... the spot I find at the far end of the parking lot because it means I am capable of walking.
- ... all the complaining I hear about our government because it means we have freedom of speech.
- ... that lady behind me in church who sings off key because that means I can hear.
- ... the piles of laundry and ironing because it means my loved ones are near by.
- ... the lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means I have a home.
- ... my huge heating bill because it means that I am warm.
- ... weariness and aching muscles at the end of the day because it means that I have been productive.
- ... the alarm that goes off in the early morning hours because it means I am alive.

Submitted by BARRIE GOLDSMITH - JASH Healer, Kfaz Saba Israel.



Sachi

Soon after her brother was born little Sachi began to ask her parents to leave her alone with the new baby. They worried that like most four-year-olds, she might feel jealous and want to hit or shake him so they said no But she showed no signs of jealousy. She treated the baby with kindness and her pleas to be left alone with him became more urgent. They decided to allow it.

Elated she went into the baby's room and shut the door, but it opened a crack-enough for her curious parents to peek in and listen. They saw little Sachi walk quietly up to her baby brother put her face close to his and say quietly "**Baby tell me what God feels like I'm starting to forget.**"

DAN MILLMAN.

The above story is reproduced from 'Chicken Soup for The Soul' With their kind permission

WATER

1. 75% of people are chronically dehydrated.
2. In 57% of people the thirst mechanism is mistaken for hunger!
3. Mild dehydration will slow down your metabolism by 5%.
4. ONE large glass of water can shut down midnight hunger pangs.
5. Lack of water equals daytime fatigue.
6. 8-10 glasses of water per day can decrease back and joint pain by up to 80%.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, basic maths and focus difficulty.
8. Drinking 5-6 glasses of good water per day decreases the risk of colon cancer by 45%, slashes breast cancer by 79%. and bladder cancer by 50%.
- 9. HAVE ANOTHER GLASS OF GOOD WATER!!!**

Just Think! — Your Amazing Body

Contains 60 trillion cells (6 with 13 zeros after).

Has 600 muscles and 300 bones.

It takes 40 muscles to frown and only 17 to smile.

The heart beats 72 times each minute, that's 100,000 times a day and 30 billion in a lifetime!

8 million blood cells die every second and are replaced.

It takes 20 seconds for a blood cell to circle the entire body.

If all the blood vessels were laid in a line they could go around the world twice!

We blink 12 times a minute.

We breathe 9 million times in a year.

Air moves in and out at 5 miles per hour.

When we cough the air moves out at 60 m.p.h.

A sneeze can be expelled at 100 m.p.h.

The nervous system controls your whole body.

There are 100 billion neurones, if you were to count them all at one per second this would take 3,171 years!

The brain is like a computer, but it never switches off and organises everything.

The brain sends electrical impulses down the spinal column then through the nerves to every organ, tissue and Cell.

These signals travel at 300 m.p.h.

Light pressure on nerves reduces the transmissions by up to 40%

When our nervous system is working correctly we are healthy.



"I'll Wait For You"

(a Hassidic Story)....

Sent from Jerusalem by Sadie Leigh.

A highly-esteemed Rabbi, living in Tsarist Russia in the early 19th century, invited a young Yeshiva student to spend Shabbat (Sabbath) with him. This was a great honour, and the young man set off happily on horseback, early on the Friday, to travel the considerable distance. He was unaware that a group of brutal men were following him. They were acting for

the Tsar's army, press-ganging young men who would then serve 25 years in the army under dreadful conditions.

The youngster arrived early at the Rabbi's home. All the lights were ablaze, and the great man, dressed all in white, was seated at the head of a table, which was set for the Sabbath. He greeted his guest: "Ah, there you are my son! Have you fed and watered your horse? No? Then do so my son. There is plenty of time: I will wait for you."

The young man went outside, and was immediately grabbed gagged and bound and dragged off to serve in the army. For a time he tried to remember his prayers as a Jew, but as the years passed he became indifferent and brutalised like all the others, pressed, in this manner, into army service 25 years have passed and the old man of 40, battle scarred and ragged has been discharged.

He trudges aimlessly, through a dense forest, wondering where to go, what to do? Suddenly a ferocious storm erupts, with thunder and lightening and great torrents of rain. He runs, frozen and drenched, trying to find shelter, and crashes into a clearing with a house nearby. The windows are ablaze with light, the door is open. With nowhere else to go, he stumbles through the door. A Rabbi dressed all in white, is seated at the head of a table, which is set for the Sabbath.

The Rabbi speaks: "Ah, there you are, my son. Have you fed and watered your horse? Why do you look so surprised, my son? Did I not tell you I would wait for you?"

“The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with heaven, nature and God. Because only then does one feel that all is as it should be, and that God wishes to see people happy, amidst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for sorrow.”

ANNE FRANK.

"People are accustomed to look at the Heavens and wonder what happens there, it would be better if they would look within themselves and see what happens there."

Rabbi MENACHEM MENDEL.

"Why do you hope humankind will awaken from its nightmare and seek to establish brotherhood and good will on earth? because you know that every man and woman is a divine spark. " WHITE EAGLE.

The ultimate purpose of Spiritual Healing is a spiritual one, being a way of helping a person to reconnect with their own spirituality and the sacred in life and so promoting healing.

Meditation

Meditation is listening – a contemplation – being still within.

Meditation is the primary way a human being can find peace of mind, and connection to love, light and spiritual sources, Meditation begins with the simple act of stopping the everyday activities and sitting quietly with a prayer and thoughtfulness to God in mind and heart, this combined with the quieting of the mind by the natural act of deep breathing until a relaxed state is reached, brings one to the place where God can be known. When you sit quietly and meditate you are establishing a strong light within yourself.

Prayer is asking, requesting God to do certain things in your life and thanking God for his gifts.

The natural healing

"We are Spiritual beings having a human experience - not weak, shameful creatures who are here being punished or tested for worthiness. We are part of an extension of an ALL-Powerful, Unconditionally Loving God-Force / Goddess Energy / Great Spirit, and we are here on Earth going to boarding school - not condemned to prison. The sooner that we can start awakening to that Truth, the sooner we can start treating ourselves in more nurturing, Loving ways.

The natural healing process - like nature itself - regularly serves up new beginnings. We do not reach a state of being that is "happily ever after." We are continuously changing and growing. We keep getting new lessons/opportunities for growth. Which is a real pain in the derriere sometimes - but is still better than the alternative, which is to not grow and get stuck repeating the same lessons over and over again."

Reproduced from - Healing Hands Magazine

The Creator creates

The Creator creates,
The believer believes,
Peace is the want of all men,
But only those who believe that this realisation is the ultimate
Will find this wanted Peace.

Trust Him, for he will show you,
All other things are immaterial,
They never last,
But, this will last forever.

Your body is but a shell,
But, this shell must be kept from harm,
For inside this shell there is something that must be loved,
From this love, comes love for others,
This love is life, happiness and PEACE.

Written by. SHARON POWELL, at age 15.

"We are all tiny droplets of Divinity. Don't let us ever forget it and the power of creative thought".

SIR GEORGE TREVELYAN

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 safely, 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.

As published in '**BEYOND**' *Reproduced by kind permission of The Seekers Trust*

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

Laugh a Lot and smile a lot more... *it's very Healing!*

Discoveries of Old Age

1. I started with nothing and I still have most of it.
2. My wild oats have turned into prunes and bran flakes.
3. I finally got my head together. Unfortunately, now my body is falling apart.
4. Funny, I don't remember being absent minded. Funny, I don't remember being absent minded.
5. If all is not lost, where is it?
6. It's easier to get older than wiser.
7. These days I spend a lot of time thinking about the hereafter. I go somewhere to get something and then wonder what I'm here after.

Talmud according to a grandmother...

1. The optimist sees the bagel, the pessimist sees the hole.
2. Israel is the land of milk and honey; North London is the land of Milk of Magnesia.
3. Next year in Jerusalem, the year after that, how about a nice cruise?
4. Without Jewish mothers who would need therapy.
5. Where there's smoke, there may be smoked salmon.
6. A bad matzo ball makes a good paper weight
7. Anything worth saying is worth repeating a thousand times.

Poem for Women

by Betty Marchant

He didn't like the casserole
And he didn't like my cake
My biscuits were too hard
Not like his mother used to make.
I didn't perk the coffee right!
He didn't like the stew
I didn't mend his socks
The way his mother used to do.
I pondered for an answer
I was looking for a clue
Then I turned around and smacked him
Like his mother used to do.

In the interest of that healing smile
Children's Science Exam Answers —

If you need smiles, and who doesn't read through these science exam answers

Q: Name the four seasons.

A: Salt, pepper, mustard and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How is dew formed?

A: The sun shines down on the leaves and makes them perspire.

Q: How can you delay milk turning sour? (*brilliant, love this!*)

A: Keep it in the cow.

Q: What causes the tides in the oceans?

A: The tides are a fight between the Earth and the Moon. All water tends to flow towards the moon, because there is no water on the moon, and nature hates a vacuum. I forget where the sun joins in this fight.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

Q: What happens to your body as you age?

A: When you get old, so do your bowels and you get intercontinental Q:
What happens to a boy when he reaches puberty?

A: He says goodbye to his boyhood and looks forward to his adultery.

(*Should get an A+ for this answer!*)

Q: Name a major disease associated with cigarettes.

A: Premature death. (*Give this child an A + +*)

Q: How are the main parts of the body categorised? (e.g., abdomen)

A: The body is consisted into three parts ~ the brainium, the borax and the abdominal cavity. The brainium contains the brain; the borax contains the heart and lungs, and the abdominal cavity —contains the five bowels A, E, I, and U.

Q: What does the word 'benign' mean? —(you'll like this answer).

A: Benign is what you will be after you be eight years old.



I AM MUSIC

I am the most ancient of the arts. I am more than ancient; I am eternal. Even before life began upon this earth, I was here - in the winds and the waves. When the first trees and flowers and grasses appeared, I was among them. And when humanity came, I at once became the most delicate, most subtle and most powerful medium for the expression of emotions.

In all ages I have inspired people with hope, kindled their love, given a voice to their joys, cheered them on to valorous deeds, and soothed them in times of despair. I have played a great part in the drama of life, whose end and purpose is the complete perfection of human nature. Through my influence, humanity has been uplifted, sweetened and refined. With the aid of humanity, I have become a Fine Art. I have a myriad of voices and instruments.

I am in the hearts of all and on their tongues, in all lands among all peoples, the ignorant and unlettered know me, not less than the rich and the learned. For I speak to All, in a language that all can feel. Even the deaf hear me, if they but listen to the voices of their own souls. I am the food of love. I have taught people gentleness and peace;

and I have led them onward to heroic deeds. I am comfort for the lonely, and I harmonize the discord of crowds. I am a necessary luxury to all,

I am MUSIC

Reprinted from The South African Journal of Natural Medicine



We are members of a vast cosmic orchestra in which each living instrument is essential to the complementary and harmonious playing of the whole”

L. ALLEN BOONE.

Notes on a Talk by Dr. Deepak Chopra 6th

May 2006

1. We are at a time of crisis if we don't see about global warming within the next 10 years, humanity could well face extinction in 50 years time.
2. Originally there was evolutionary biology – survival of the fittest – fight and fright response. Now we have meta-biology – evolution of the consciousness.
3. There are leaps in evolution. There is no direct link between amphibians and birds. There is no direct link between primates and humans.
4. Human beings by the next creative link can become super beings.
5. Reality – 3 ways to understand it. A) Physical – through our senses but unreliable. B) Mind – ideas, concepts, technology, – theories. C) Soul/Spirit.
6. We are not our physical body – physically we change all the time, with every breath. We are made up of atoms. A million atoms have gone through our bodies – over 95% of all atoms in our bodies are replaced in one year – the entire body is replaced. We share atoms with everyone.
7. The human body has 100 trillion cells perfecting 100,000 activities, and each cell is in contact and in harmony with every other cell. Everything is synchronistically connected.
8. Healing is a real phenomenon – people can heal themselves, healing is holy.
9. Our real nature is love – the ultimate truth at the heart of creation. We are reflections of everything, no separate self. All is an expression of our consciousness; we are an expression of Nature. When we forget that we lose our way.
10. The soul creates internal and external reality. The world is a projection of what is inside our consciousness. When still and quiet, you can feel the presence of your soul – the ever present witnessing of awareness. This presence is the only real part of you.

"Beyond, Behind, Before, Above."

Beyond the brightening stars, further than moon
And planets, is the Universal Mind;
Behind manifestation there are strewn
Existence-cosmic templates, intertwined
Pattern on pattern, potential lives on lives,
Precursors sacred in Immortal Plan.
Before a thing exists, becomes and thrives,
As thundering mountain, mighty ocean, man,
Before the tiny flower, worm or fly
Is made reality, there is The Thought,
(Vision ethereal of Creation's eye
O'ere matter physical's robustly wrought).
So much beyond, behind, before, above
All life, and I can gladly call it Love.

© *INGRID COLLINS*, JASH Healer

HERE COMES TOMORROW

My father died in September 1950.

Wandering vaguely along a hospital corridor, trying to get my thoughts together, I saw a nurse coming towards me, carrying a new-born baby wrapped in a blue - for - a - boy blanket. As she drew level with me, she held out the baby, saying, with a smile, "Here comes tomorrow!"

I touched his cheek, and said, "Have a good life! God bless!" Later I thought, one soul departs, another arrives. It comforted me. That baby is now approaching middle age. Has he had a good life? I will never know, and he will never know how he lifted me from the deep depression I was under. God bless you, whoever you are.

Sadie Leigh.

Love is a gift

I am in love
With the nature
With the birds
Robins
Blue tits
Sparrows
Canary.

I am in love
With the flowers
Roses
Apple blossoms
Vine trees with
Green and red grapes.

I am in love
With the music
Which makes me
Love more.

I am in love
With nice people
With their kindness.

I am in love
With peace and
freedom
With truth and honesty
With children
When they laugh
Play, sleeping.

Being in love
Is a gift From
Whom Created all
And my heart.

© Fery 2003

Life

This is life
Enjoy it
Be happy
This is life
Appreciate it
Value it
Don't waste it
This is life
Live for it
Cheer for it
Don't be hard on it
Life is short
Today
Give love
Get love
Tomorrow
May be
Too late
To give
That's life.

© Fery 2005 London

Memories

How strange is
The way of our life
Our memories stay
Some times
I wonder
Where is that street
We used to play at
Where is the house
We grew up in
Where are the people
We knew

Where have they
gone?
The jasmine pot
My mother planted
Still is
At the corner
In the garden
Every year
The scent of it
Goes every where
Where is she now?
Where has she gone?
All gone
Only their memories
Stay
In our mind.

© Fery 2006 London

FERY ABCHIN REZAIE

Fery is a full JASH healer who comes from Iran. Her beautiful, sincere 'feeling' poems are written in Farsi and she then translates them into English. Thank you Fery for sharing them with us.

RITA VANGELDER | WHITE DOVE HEALING CENTRE. ESSEX

I was asked to put down a few words on how I became a healer. I believe I had it all my life. The awareness, able to rise above when things became difficult. Be able to draw things to me for my lessons in life. To be able to bounce back and go forward with more determination.

I was one of a twin born, six weeks premature - 3 lb. 8 oz; fed with a fountain pen. The nurses said I gave them the creeps as I seemed to home in on their conversation, and I never slept like my twin brother. I had premonitions, knew what people were thinking, always helping someone less fortunate than myself.

I lived in Canada and then Israel. Life seemed to carry me forward. There were waifs and strays at my heels; they said they felt safe with me. I lived through the Yom Kippur War helping in a hospital for badly injured soldiers.

I was 110 percent clairvoyant, so I was told, and I started a development group with Gerald Bellamy when I returned to England 25 years ago. His brother-in-law, Sam Joseph, was a well known medium and healer. I met him in my own home when I opened the house for a charity meeting. Sam said " I envy you; you have had the gift all your life." I only became aware of it when I was 18 years old. He told me that I would be doing so many things, but it went over my head at that time.

I have never looked back. It has been so fulfilling, helping people to help themselves, from headaches to strokes to suicide tendencies when life seems so empty. It's all been by word of mouth. I have never advertised, but have helped others to bring out their own gifts and seen the change in attitudes from darkness to great joy.

My purpose is to serve and give a purpose to others. We work with very high energies and seeing is believing.

So always look to the light, remember good things don't last and bad things don't last. All we have is the present moment. Enjoy it to the full; remember the thought is the deed.

In the spirit world I am known as the Leader.

Incidentally, I am married 40 years on March 3rd 2003 and am blessed with three daughters and five grandchildren. Ages ranging 17-5 years. I bless the gift I have and there is never a dull moment There is always something new to learn and new souls to meet on the journey of life.

RITA VANGELDER Healer Member - J.A..S.H.

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

Breath is God's gift to you at birth. Breath connects your life thread to the Creator's nature while you are here physically on this Earth. When you breathe with your attention upon it, you permit your own soul access to your mind and body, allowing clarity and certainty to enter your experience.

Be consciously aware daily of your breathing to take you home, to re-establish the connection of your mind with the Source who has always loved you and always will, unconditionally. True love (unconditional love) is the only true reality.

As reported on the Internet ... A true story about Perception ... Truly something to think about...

The place, Washington DC Metro Station on a cold January morning in 2007. The man with a violin played six Bach pieces for about 45 minutes. During that time approximately 2 thousand people went through the station, most of them on their way to work. After 3 minutes a middle aged man noticed there was a musician playing. He slowed his pace and stopped for a few seconds and then hurried to meet his schedule.

4 minutes later; The violinist received his first dollar: a woman threw the money in the hat and, without stopping, continued to walk on.

6 minutes later: A young man leaned against the wall to listen to him, then looked at his watch and started to walk again.

10 minutes later: A 3-year old boy stopped but his mother tugged him along hurriedly. The child stopped to look at the violinist again, but the mother pushed hard and the child continued to walk, turning his head all the time; This action was repeated by several other children; Every parent, without exception, forced their children to move on quickly.

For 45 minutes — The musician played continuously. Only 6 people stopped and listened for a short while. About 20 gave money but continued to walk at their normal pace. The man collected a total of \$32. 1 hour later. He finished playing and silence took over. No one noticed. No one applauded, nor was there any recognition. No one knew this, but the violinist was Joshua Bell, one of the greatest musicians in the world. He played one of the most intricate pieces ever written, with a violin worth \$3.5 million dollars. Two days before Joshua Bell sold out a theatre in Boston where the seats averaged \$100.

This is a true story. Joshua Bell playing incognito in the metro station was organised by the Washington Post as part of a social experiment about perception, taste and people's priorities. The questions raised in a common place environment at an inappropriate hour, was, do we perceive beauty? Do we stop to appreciate it? Do we recognise talent in an unexpected context?

One possible conclusion reached from this experiment could be this: If we do not have a moment to stop and listen to one of the best musicians in the world, playing some of the finest music ever written, with one of the most beautiful instruments ever made ... How many other things are we missing?

Submitted by **Michael Powell.**

Vitamin D

'Can you imagine what would happen if one of the drug companies came out with a single pill that reduced the risk of heart attack, cancer, stroke, osteoporosis, PMI, seasonal affective disorder, and various auto immune disorders? There would be a media frenzy the likes of which has never been seen in response to a medical breakthrough.'

Dr. Michael Holick — Vitamin D Researcher USA.

As Dr. Soram Khalsa, a clinical professor of medicine in the USA, writes in his book **'Vitamin D Revolution'**, —recently published by Hay House, **such a pill exists — Vitamin D which is inexpensive and easily obtainable.**

We strongly recommend this easy to read book since it can help so many people whose problems may be caused by a Vitamin D deficiency.

Deficiency symptoms include:- muscular weakness, feeling of heaviness in the legs, chronic muscular pain, fatigue and tiring easily, frequent infections and depression.

We get so little sunshine (for Vitamin D) and the food we eat is not sufficient to give us the amount we need.

Professor Khalsa suggests 2,000 *I.U's* (50 micrograms) per day for good health, although this may vary with children and people with various medical conditions.

Professor Khalsa writes with warmth, simplicity and passion about this Vitamin and urges the reader to inform family, friends and their doctor about its value to maintain good health.

*You can look up further information on —
www.VitaminDRevolution.com ---
and Professor Khalsa invites you to communicate
with him on his Web site Blog.*

The Bible and religion according to children ...

In the first book of the Bible, Guinness, God got tired of creating the world, so He took the Sabbath off.

Adam and Eve were created from an apple tree.

Noah's wife was called Joan of Ark. Noah built an ark, which the animals came on to in pears.

Lot's wife was a pillar of salt by day, but a ball of fire by night.

The Jews were a proud people and throughout history they had trouble with the unsympathetic Genitals.

Samson was a strongman who let himself be led astray by a Jezebel like Delilah.

Samson slayed the Philistines with the axe of the apostles.

Moses led the Hebrews to the Red Sea, where they made unleavened bread, which is bread made without any ingredients, because there were no bread shops.

The Egyptians were all drowned in the dessert. Afterwards, Moses went up on Mount Cyanide to get the Ten Amendments.

The First Commandment was when Eve told Adam to eat the apple. The Fifth Commandment is to humour thy father and mother. The seventh Commandment is thou shalt not admit adultery.

Moses died before he ever reached Canada, that's because he wouldn't eat milk and honey.

Joshua led the Hebrews in the battle of Geritol and blew up the walls with trumpets.

The greatest miracle in the Bible is when Joshua told his son to stand still and he obeyed him.

David was a Hebrew king skilled at playing the liar. He fought with the Finklesteins, a race of people who lived in Biblical times.

Solomon, one of David's sons, had 300 wives and 700 porcupines. He also explained, "Man doth not live by sweat alone."

...,?????? ***That's religious education*** ??????

From — Ruth Kaye, an update on her work.

After seventeen years employed as a healer by the Leeds Teaching Hospitals NHS at Cookridge Hospital which has been the Yorkshire Centre for Clinical Oncology, I have now moved this January to the Bexley Wing, St James's University Hospital, which is one of the largest cancer hospitals in the UK. I have my own therapy room situated on the first floor in —non surgical out patients, and referrals are coming in from specialist nurses, consultants directly, and from radiotherapy departments, and the wards etc., for any patients who are unable to sleep, distressed and anxious, or weepy and cannot accept needles of any kind – also those suffering from anticipatory sickness and nausea even before the chemotherapy is administered. I also help many of the staff and offer meditation and relaxation sessions to both staff, patients, bereaved, carers and families.

I make my own CDs which are freely given out to all areas of the hospital, —on the wards, clinics and information rooms; so patients who may never meet me personally, have reported benefit from just listening

I give induction sessions to the radiologists, to student nurses and all new qualified nurses, so as to give them a fuller understanding of my service. Then through their own direct experience, they can recommend to patients that they too have benefited from what I do. I also work directly on the wards with patients who are on treatment and too poorly to be brought to my room. And on request will help those who are dying; alleviating their fear and helping them let go gently.

I do not work in a team, and it has been a long and difficult struggle to get what I do accepted fully and so well established. It is not for everyone but we have to have choices, and for the first time the Chaplain has befriended me, which is a tremendous step forward because previously I had not been accepted.

I also have four separate cancer support groups, two of which are held outside of hospital, for patients who do not choose to return to memories of their treatment but, who wish to keep on seeing me, so, one is in Harrogate at The Cairn Hotel and the other at The Britannia Hotel in Leeds.

Continued on page 43

Continued from page 42 *From —Ruth Kaye, an update on her work*

On March 15th I am hoping to make a Presentation of Spiritual Healing and Meditation as a bigger event, and have already now done two of these on my own, just a reach out to a wider audience, and always by word of mouth. I am not into financial gain, and only want to cover my hotel expenses and pass on this message that spiritual healing is not necessarily to help those who are ill, but can be used as preventative medicine, particularly if combined with meditation and music in the groups. As explained, I make my own CDs, and these are freely given out in clinics and to patients on wards, helping those who are unable to sleep and very afraid of their diagnosis and prognosis.

My youngest patient is four years old, and is brought to the hospital twice a week to join in the group sessions, and for a one to one after, and to hear 'Postman Pat', 'Bananas in Pyjamas' and all the nursery rhymes being played out from my room is quite baffling to some of me staff, until they realise it is Ben in my room. I have seen several Jewish patients, one of whom is a Jewish Buddhist from New York.

Thank you Ruth far sharing this with us. You are doing such wonderful work and you are an inspiration to all of us.

From 'Esoteric Psychology' by Alice Bailey

The fact of God will be established, and men's questioning in this respect will end. Such a God will not be a national or radical God, not Christian, Hindu or Buddhist.

Such a God will not be a figment of man's creative imagination, or an extension of his own consciousness, but a Deity of essential life, who is the sum total of all energies, the energy of life itself, the energy of love, the energy of intelligence, of active experience, and that energy which produces the interplay between the seen and the unseen, a God most surely transcendent, but at the same time most assuredly immanent, a God of such immensity that the Heavens proclaim Him, and so intimate that the humblest child can recognise him'.

Within the next few years the fact of persistence and of the eternity of existence will have advanced out of the realm of questioning into the realm of certainty. There will be no question in anyone's mind that the discarding of the physical body will leave a man still a living conscious living entity. He will be known to perpetuating his existence in a realm lying behind the physical. He will be known to be still alive and aware

15 Personal acts of Power

from 'Invisible Acts of Power' by CAROLINE MYSS

A to-do list, should an opportunity arise:

- 1) Hold a door open.
- 2) Smile.
- 3) Offer a kind word and encouragement.
- 4) Give a compliment.
- 5) Listen without interruption.
- 6) Make a call when your intuition tells you to.
- 7) Offer a prayer for a homeless person.
- 8) Pray - period.
- 9) Forgive others and yourself.
- 10) Prepare a meal for a Mend.
- 11) Refrain from judging another person harshly.
- 12) Remember that life is full of miracles and have faith that every difficult situation can change in the blink of an eye.
- 13) Remember the truth that there is no such thing as a small or insignificant act of service.
- 14) Keep your power and attention in present time.
- 15) Begin and end the day in appreciation of either doing, or accepting an invisible act of power.

Submitted by J. BEITH JASH Healer.

Israel

On the sixth day, God turned to the Angels and said: "Today I am going to create a land called Israel. It will be a land of mountains full of snow, sparkling lakes, forests full of all kinds of trees, and high cliffs overlooking sandy beaches with an abundance of sea life."

God continued, "I shall make the land rich so as to make the inhabitants prosper, I shall call these inhabitants Israelis, and they shall be known to most people on earth."

"But Lord", asked the Angels, "don't you think you are being too generous to these Israelis?"

"Not really", God replied, "just wait and see the neighbours I'm going to give them"!

LOVE

“It matters not who you love, when you love, who you love,
where you love, or who you love. It matters only that you love.”

John Lennon.

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

HENRICH 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

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.

Devotion....

Above all, whatever anyone may say or do, you should not give up your devotion to God. Without the love of God, this cosmos is an empty void. Love is God, God is love.

Develop this divine love. Cherish it in your hearts at all times and in all situations. Do not give it up whatever troubles or difficulties you may be faced with. That love will be with you, in you and beside you and protect you.

Do not blame God if difficulties confront you. Regard even these difficulties as gifts from God intended for your good. Life is a succession of good and bad. If you take in your stride these ups and downs of life with firm faith in God, the divine will take good care of you. Always remember the Lord's name.

Bhagavn Sri Sathaya Sai Baba.

Wealth

The greatest blessing we have is that one breath comes in and one breath goes out.

No one can possibly be wealthier than this.

It is the most valuable thing, even more priceless than diamonds. You can buy houses, land, cars, with diamonds, but you cannot buy this breath with diamonds.

Maharaji 1995.

Happiness....

Happiness is the realisation of God in the heart. Happiness is the result of praise and thanksgiving, of faith, of acceptance; a quiet, tranquil realisation of the love of God. This brings to the soul perfect and indescribable happiness. God is happiness.

White Eagle.

Strength....

The secret of strength lies in the quiet mind.

White Eagle.

Wisdom....

The highest wisdom is kindness.

The Torah.

‘TIMELESS HEALING’ by Professor Herbert Benson MD
Published by Simon & Schuster 1996

THE POWER OF FAITH and BELIEF

In his book, Herbert Benson MD a distinguished Harvard professor and cardiologist practising medicine for over 30 years, writes of the profound effects belief can have on health. He presents the scientific research which now accepts that belief and faith can affect the ability to recover from serious illness. He says that faith soothes the mind, and on the other hand perpetual worry makes an impression on our nerve cells, so that **believing you may be sick or in danger can even bring about the very illness you fear.**

He writes that a few words from a doctor — or diagnosis can dramatically change a patient's view of himself, **he may begin to think himself as 'sick'.** In feeling that medicine was missing something vital, professor Benson became one of a handful of medical investigators who established the scientific field recognised today as mind/body medicine. He taught methods of relaxation and simple meditation techniques to patients, to help lower blood pressure, heart and metabolic breathing rates, and became convinced that our bodies benefit from our 'rich' inner feelings and thoughts and beliefs.

In over 30 years as a doctor, he found that the patient's power to help himself was the most powerful form of healing.

Also he discovered that when people believed what doctors said and recommended, the success rate was high, but it could also work the other way.

Beliefs could have positive or negative physical repercussions.

In searching through medical literature for evidence that faith and spirituality are good for you, he saw that every civilisation had faith in a God or gods and that religious commitment is associated with better health.

He asks do we have faith because God intended us to worship and be fulfilled by belief? Was this human capacity for faith implanted in us by our Maker who wanted us to know Him?

Professor Herbert Benson states that it is undeniable that faith is central to human life and health. He writes that 'we cannot deny the emotional and physical solace of spiritual life'. Believe in something good if you can. Or even better, believe in something better than anything you can fathom. Because for us mortals, this is profound medicine'.

Extracts taken from the book 'TIMELESS HEALING'

"You already have the precious mixture that will make you well, use it!"

RUMI.

Bringing Spirit back into medicine

by Dr Bernard Brom *MB ChB (UCT), CEDH (France), Dip ACUP. (Singapore)*

"Hello"

The little voice at the other end of the telephone line was that of my god-child. "Hello," she said. "Hello," I said. "Did you phone me to tell me something?" "No," she said, "I just wanted to say hello." There is something so sweet and simple in that. Of course there was much more. She had after all brought me up into her conscious mind and then followed through and reached out to make contact. One sometimes loses sight of the meaning behind these linking and Interfacing processes. Patients telephone to make appointments, and their enquiries may in some way be a reaching out for contact from their practitioner and healer. There is a dynamic there that is often missed. The passing trade appears mundane and one misses the sacred in the moment. Can there be something sacred in a patient making an appointment? The clouds drift across the sky in front of my window like sheep slowly moving across the meadow, saying nothing and even going nowhere, and yet in some strange way they touch my heart. I sometimes think that we make the sacred into something mundane because we are just not paying enough attention, not seeing the magic and mystery that really envelopes all things.

Am I staring at the plant or is the plant asking me to pay attention to it? The notion that somehow everything is just electrons and protons does not go down well with me.

'Anything that we consecrate to the divine embodies divine virtue and becomes sacred. It then becomes a symbol of the surrendering of our ego, and of our worshipful gratitude. All things can become sacred through conscious reverence,' - Aaron John Beth'el in The Spiritual Guide for the New Millennium.

It seems that once again we have choice here. Life is mundane if we choose to see it that way, or we can open our conscious mind to the wonder of the creative process and see the astounding charm and sacredness in all things.

I call your name O Wise One and watch the words drift slowly across the space between us your answer echoes around the valley sending gifts of love to all who wish to hear.

We wish to thank The South African Journal Of Natural Medicine and Dr. Bernard Brom for their kind permission in allowing us to copy this article.

*We hear a lot of bad things about the speed of travel, time and the internet
but I opened my e-mail's and saw I had:*

A MEMO FROM GOD

It read:-

To:	YOU
Date:	TODAY
From:	THE BOSS
Subject:	YOURSELF
Reference:	LIFE

I am God.

Today I will be handling all of your problems. Please remember that I do not need your help.

If life happens to deliver a situation to you that you cannot handle, do not attempt to resolve it. Kindly put it in the SFGTD (something for God to do) box. it will be addressed in My time, not yours.

Once the matter is placed into the box, do not hold on to it. If you find yourself stuck in traffic; don't despair. There are people in this world for whom driving is an unheard of privilege.

Should you have a bad day at work, think of the man who has been out of work for years. Should you despair over a relationship gone bad. think of the person who has never known what it's like to love and be loved in return.

Should you grieve the passing of another weekend, think of the woman in dire straits, working twelve hours a day, seven days a week to feed her children. Should your car break down, leaving you miles away from assistance, think of the paraplegic who would love the opportunity to take that walk.

Should you notice a new grey hair in the mirror, think of the cancer patient in chemo who wishes she had hair to examine. Should you find yourself at a loss and pondering what is life all about, asking what is my purpose? Be thankful. There are those who didn't live long enough to get the opportunity.

Should you find yourself the victim of other people's bitterness, ignorance, smallness or insecurities; remember, things could be worse. You could be them!!!

Should you decide to send this to a friend you might brighten someone's day! If this is sent to you it mood friend!!!! Good Luck!

permission of THE MICHAEL MANN Centre.

A CREATIVE CREED FOR A NEW FUTURE

The past has lost its power over me since I know that it cannot affect me unless I decide to honour it.

I am greater than I thought.

Day by day I feed positive happy thoughts into my mind, replacing the negative, self-defeating sentences I told myself in the past.

I am as happy as I make my mind up to be. I think and act cheerfully and I am cheerful.

Whenever I have any task to perform, I think of it as easy.

By virtue of being a human being I have the ability to go beyond myself and rise above my conditions.

Such words as "difficult", "I cannot", "impossible" have disappeared from my vocabulary, their place taken by this phrase: "It is easy and I can." I have become truly human by defining myself in choices.

I have found myself and I am myself.

No one else on earth is like me.

No matter what happens I will always be myself.

I do what I feel is the right thing to do.

Since I cannot possibly be anyone else, I do those things that I enjoy doing, rather than the things that other people think I ought to do.

I set about doing things without worrying whether I do them perfectly, since I know I have the right to make mistakes.

I am a valuable worthwhile person because I am me, not because of how well I do something.

Nevertheless, I learn from my mistakes and become increasingly successful and competent.

I am glad of the fact that I am something new in this world. With each passing day, I make the most of what nature gave me.

The power that resides in me is new in nature and no one but I know what I am capable of doing.

Nor do I know until I have tried.

It is not by my size that I win or fail, but by my courage to be the best of whatever I am.

Through writing and thinking about this great person that I am, I now know that I am ready to share myself and my gifts with you.

The way to know if something is right for you is — Does it make your heart sing or sink?

Writer unknown. Edited. Taken by kind permission from the Michael Mann Centre Magazine.

Striving for 'Perfection'

“We have not come to this planet to live here forever. This world is like an inn by the side of our path. We have stopped a while in many such places before, and have no idea how many more we shall pass through on our way.

There is no telling how long this cycle of coming, staying and going has been in progress.

Indeed the whole creation is created for the spirit, and we should realise that the spirit is not created by the creation. The entire creation has manifested itself in order to help teach the individual soul. There is no other reason for creation apart from this. The purpose of creation is to permit the individual soul to realise truth.

When the soul receives Knowledge of truth, it attains salvation.

The creation is inert, untrue and changeable like a dream. By contrast God is manifest truth, consciousness and bliss. When we have looked into the book of creation and also acquired the Knowledge of God, our soul should become realised, and we should then set the book of creation aside”.

Shri Hans Ji Maharaj.

“It seems to be becoming harder and harder in this age to stick to what, we believe - or feel. We are told constantly that we have to live in ‘the real world’- but ‘the real world’ is within us. The reality is that ‘Truth, Goodness and Beauty’ in the outer, manifested world are only made possible through the inner, invisible pattern - the unmanifested archetype.”

HRH The Prince of Wales

**“The universe is transformation
Our life is what our thoughts make it.”**

MARCUS AUREIUS 121 - 180 AD (ROMAN EMPEROR AND PHILOSOPHER)



ABACUS

Driving one morning in the early 1970's I was just about to join the A1 when a small fluffy object ran into my car. Thinking I had run over whatever it was, I got out and looking up at me was a duckling no older than a few days, seeing me it walked towards me squeaking loudly. I scooped it up and looked for the rest of his family, but nothing; so we both got in the car and turned at the next exit for home. And that is how Abacus joined the family. He settled in immediately, and was house trained in 10 days. He adopted me as his mother, never letting me out of his sight, was very protective first of me, then the rest of the family. He liked to snuggle up under my arm or sleep between my feet. When still a duckling he would become stressed if left alone for too long, so I bought a wicker basket, filled it with hay and put him on the parcel shelf of my car, where he was quite content, being the centre of attraction when left alone in the car, becoming popular with adults and children alike, bringing smile to whoever saw him in the car. As we had Abacus very early in his life, he'd missed getting instruction in swimming and how to fly from his mother, so this became my job, neither of which he enjoyed, preferring two legs to get about. When he was about 4 months old it was decided that perhaps it would be better if he lived the life of duck: so, one Sunday we packed a picnic lunch and went to the Serpentine. All five of us, myself my children and the duck. After eating and packing away, we took Abacus to the water and put him on it and ran, 2 adults, and 2 children followed by a shrieking duck. My children said he was screaming for his mummy. —After a few attempts we gave up and took him back home. Such amusing incidents with him were commonplace. One day I heard screaming coming from outside the house, it was the refuse collector shouting "Get him off of me Mrs." So I called off Jason our dog who was wagging his tail and licking the collectors hand, — "No not him", yelled the dustman," the -xx-xx-duck".

Jason and Abacus would enjoy football, but only after Jason realised there was a 'pecking' order, 1. Abacus 2. Jason and the 3 guinea pigs, Bartholomew Cough-Drop, Sebastian Ballester and Gliza. Abacus and I used to go to visit local schools and nurseries, the children loved to hear stories about him. Abacus died in his 8th year sadly missed not only by the family but by neighbours and children, some who I didn't know, who would come to the house to visit him.

Addendum: At holiday time the animals would go to friends, but Abacus would accompany us to Cornwall where we were fortunate to have a country cottage.

Patricia Marks JASH Healer

THE UNIVERSAL NEED FOR SPIRITUAL HEALING

By A DOCTOR, M.R.C.S., L.R.C.P., B.A. (Cantab.)

DURING the past few decades it has been made increasingly and abundantly clear that physical healing, in itself, is not enough. The need for spiritual healing is urgent and universal. There are few people who could not benefit from it, either because of physical ills, particularly those said to be "incurable," or because of emotional imbalance due to early spiritual injury which has persisted into adult life, his view of so much proven authentic healing, why then is it that some people do not believe in its efficacy"? It can only mean that they do not want to. Perhaps they see it as tied up with religious dogma that they cannot; accept. Perhaps they are afraid of what others will think and say if they give credence to what seems unreal, "spooky," even superstitious. It seems unreal only because they have been materialistically conditioned since birth; there are people who even believe that they do not have a soul. They can see a surgeon's knife, or a dose of Epsom salts, but they cannot see a loving thought, so it does not exist for them.

It is usually when all hope of physical cure has been abandoned that people are willing to give it a try, and such is the perversity of the human mind that even when cured they often refuse to give credit where credit is due, attributing cure to chance or good luck. Most neurotic illness in the adult is a hangover from the feeling of insecurity felt in childhood, and it is only because of unconscious repression and the human need to rationalise that prevents this fact from being obvious to all. That is why it has to be stated over and over again.

If psychological injury is done to the child early enough and severely enough, the result is irreparable, leading at worst to delinquency or insanity, at best to neurosis. The neurotic adult may crave for alcohol or drugs just as the child craves for sweets and the infant for warm breast milk to give the sense of well-being, and stave off the tensions of hunger and loneliness. A child can get along without sweets, but the infant and the addict cannot live without their primitive needs—they feel that unless they get them they will be annihilated. The addict has a deeply repressed, regressive oral aggression - he would destroy his environment if necessary to get relief from tension, to get the feeling of well-being, without which he cannot live. When a criminal coshes an old lady and steals her handbag we are revolted by so evil and cruel an act — but is the aggression of nations at war any less evil and repulsive? Whether tribulation seems to be physical or mental, the remedy lies in spiritual healing; but it is not sensible to eschew doctors and all medical treatment, though some medical remedies may be taken with a grain of salt

The ideal situation should be the combination of the physical with the spiritual — which together make up the whole person.

Reprinted by kind permission of THE SPIRITUAL HEALER."

The greatest gift of all is love and peace of mind in our troubled world.

The reason of all this turmoil is a form of cleansing so that the human race can reach a higher vibration. No longer does God want people to be in darkness. We create all, you cannot separate us from the animal kingdom or mineral kingdom or plant kingdom. Everything is interwoven with the other, except that man was blessed with free will.

What have we done with this planet of ours; it is crying out for love. It's not too late. There are many masters and angels and light workers walking amongst us and also people from other planets trying to help us create a better world for our children, grandchildren, etc. There will be a lot more suffering as the changes take place.

Tidal waves earthquakes, new diseases.

But on the plus side there will be great miracles taking place and new discoveries. This is a time to take stock of ourselves and know who we truly are.

We are all spirit; we come from the same Source, but we wear different overcoats, some black, some white, yellow, brown but if we cut ourselves we bleed. There are many awakened souls now trying to do their bit in bringing about change. It starts from parenthood. We have to take more responsibility to our off spring by teaching them core values – caring, sharing, love, consideration, compassion, and respect for ones self, to learn to love the inner child within, and to learn forgiveness so it does not fester and make us more unhappy.

I have been told that I have had the gift of healing from the day I was born.

Awareness is the key, watching how people tick. The eyes are the window of the soul. Look at most of them, their eyes are not glowing they are dull, but look at a fulfilled or awakened spirit and the light shines from within, an inner beauty.

Around us we have an energy field called the aura which has different colours emanating from it, and if we are out of sorts the colour dulls and that is where spiritual healing can help to balance this and the chakras, which consist of seven major ones, likened to the colours of a rainbow.

I have seen great changes take place after healing and very often the ones who have received the help end up becoming healers themselves.

Truth has no label and sometimes truth is more gob smacking than fiction. I feel very sorry for those that say when you are dead that is all there is, because we have had wonderful proof of survival and it gives you hope that one day you will be reunited with your loved ones

Continued on page 57

Continued from page 56 **The greatest gift of all is love and peace of mind in our troubled world.**

You were never born and can never die. We are souls living in earthly bodies, and we have all come down to earth to learn lessons, and when our allocated time comes we go back home. All we have is now, this moment, so make it count, do not leave things until tomorrow, as there may not be a tomorrow. When a soul leaves this world, to them it is a minute. There is no meaning of time, this is man made, but for us it can be thirty years or more before we meet again.

We do rescue work which means we help souls to go to the light whether they have just passed over or been gone for centuries. That is why you have ghost sightings as the entities are stuck in a time warp especially if they have died violently. We are the go between this world and the next.

I run development circles and have done so for 29 years. It is not for everyone but its always been word of mouth and sitters come to develop their intuition and latent gifts and then go on to higher knowledge, or run their own groups or spread the word.

Time is of the essence and one has to lead their earthly life; have good or bad experiences, and usually around the age of 35 seek knowledge. Saying this we have sitters from 18 to 80 years, is it bad experiences or is it learning ?

There is no such thing as coincidence, and I would not have been pushed into writing this if it had not been for my 10 year old grandchild who has just written her autobiography of her life thus far. She puts me to shame as she is so good on the computer, and her autobiography is very good.

Love and light Rita Vangelder White Dove Healing Centre .

-----000-----

St. Theresa's Prayer:

May today there be peace within.

May you trust that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith in yourself and others.

May you use the gifts that you have received, and pass on the love that has been given to you.

May you be content with yourself just the way you are.

Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us.

More to smile at

The teacher was describing how Lot's wife looked back and turned into a pillar of salt, when little Ronald interrupted her, "My Mummy looked back once, while she was driving, " he announced triumphantly, " and she turned into a telephone pole!"

"Did Noah fish"? the teacher asked the children. "Johnny, do you think Noah did a lot of fishing when he was on the Ark? "No," replied Johnny. "How could he, with just two worms."

Foods That Heal

- 1) **Bananas** - high in potassium, which helps blood pressure, and helps, prevent heart disease. Also good for muscles and nerves and helps sleep.
- 2) **Papaya** - encourages elimination of toxins, full of vitamin C – keeps arteries healthy and lessens risk of heart disease.
- 3) **Beetroot** - boosts immune system and lowers cholesterol – contains silica, which is vital for healthy skin, hair, nails bones and tendons.
- 4) **Sweet Potatoes** - full of vitamin C and E, helps stave off wrinkles and protects against heart disease, also helps memory.
- 5) **Grapes** - great for reducing cholesterol. Full of powerful antioxidants and are detoxing.
- 6) **Soya Beans** - lower cholesterol, prevent heart disease and keep arteries unclogged.
- 7) **Lentils** - packed full of nutrients including iron and vitamin B12 – easily digestible.
- 8) **Apples** - good for the digestion. Contain variety of acids, which help relieve arthritis and rheumatism, also beneficial to gut bacteria.
- 9) **Pomegranate** - anti heart disease and anti cancer benefits. Also helps protect skin from sun damage.
- 10) **Herring** - has powerful anti-inflammatory properties, helps prevent and reduce arthritis.
- 11) **Almonds** - source of magnesium and vitamin E – increases energy.
- 12) **Honey** - has anti ageing properties – helps energy and keeps you young.
- 13) **Kidney Beans** - full of iron and high in fibre.
- 14) **Haddock** - full of iodine, good for the thyroid, and B vitamins for brain power.

THE GRADUAL PROCESS of SPIRITUAL HEALING

With healing, no one case can be considered to be a precedent for another.

RAY BRANCH

A PATIENT has asked to be told more about why some healings are gradual. We find that with certain conditions the healing does take time and there are many factors that can account for this.

In general, however, while we see the quick and 'instantaneous' healings, these are not the rule, but that in most cases some period of time is needed to remove the *cause* and then the *symptoms*.

Every healing situation must be considered individually. If it should be that the effects of the disease have consolidated, as with arthritis, and the joints have become locked or semi-locked or distorted, then a longer time is needed than with a patient who has a mild form of arthritis.

If the complaint is a form of paralysis and wastage has followed, time is needed to restore the wastage through the natural recuperative powers of the body aided by the healing.

With healing, no one case can be considered to be a precedent for another. With even similar conditions, one patient may respond quickly while another needs a longer time.

Perhaps it is also well to consider the nature of the ~~cause~~ of the disease, for this must first be removed before the symptoms can be overcome. If the character of the cause is deep-seated and of long duration, then the time factor will vary for its removal. Perhaps in this connection when the affliction results from a long-standing physical injury or from some very deep-seated emotional disturbance the healing influences can only make progress slowly.

Next we have to consider the way of life of a patient. If he suffers from arthritis and he is living in damp conditions, then this will tend to maintain the disease, for the cause remains. If one has eye weakness and one's employment continues to cause eye strain, then any improvement from the healing is likely to be hindered; or with nerve troubles and the patient lives under continual stress, the ill-condition is protracted.

Another factor to be considered is the receptivity of the patient to healing. Some people are more receptive than others; why this is may be obscure, and may concern the total make-up of the individual.

Then, again, one trouble may induce others and it is only when the primary disturbance is removed that the associated conditions will be mastered. Thus it will be seen that there are many factors that can affect healing progress, but we have found the following to be true: with many patients who have had a period of healing but with no remarkable progress, the time does come when we see the ill-conditions begin to yield. In these cases it appears that removal of the cause and with it being overcome the symptoms recede.

Healing produces a state of change, either in a person's outlook or in an organic or chemical form, and it is from these changes the healing results. We are convinced that no matter how long-standing or chronic an ill-condition may be, help is given in some way to every patient. It may be in arresting the trouble, in building up resistance and in the giving of strength or mental comfort and easement. Help is always there in some form or another and we never limit all that can be achieved, no matter how critical an ill-condition may be.

Reprinted from THE SPIRITUAL HEALER.

The natural healing

"We are Spiritual beings having a human experience - not weak, shameful creatures who are here being punished or tested for worthiness. We are part of an extension of an All-powerful, Unconditionally Loving God-Force / Goddess Energy / Great Spirit, and we are here on Earth going to boarding school - not condemned to prison. The sooner that we can start awakening to that Truth, the sooner we can start treating ourselves in more nurturing, Loving ways.

The natural healing process - like nature itself - regularly serves up new beginnings. We do not reach a state of being that is "happily ever after." We are continuously changing and growing. We keep getting new lessons/opportunities for growth. Which is a real pain in the derriere sometimes - but is still better than the alternative, which is to not grow and get stuck repeating the same lessons over and over again."

Reproduced from - Healing Hands Magazine.

Oath of Maimonides

Thou eternal providence has appointed me to watch over the life and health of Thy creatures.

May the love for my art actuate me at all time; may neither avarice nor miserliness, nor thirst for glory or for a great reputation engage my mind; for the enemies of truth and philanthropy could easily deceive me and make me forgetful of my lofty aim of doing good to Thy children. May I never see in the patient anything but a fellow creature in pain. Grant me the strength, time and opportunity always to correct what I have acquired, always to extend its domain; for knowledge is immense and the spirit of man can extend indefinitely to enrich itself daily with new requirements.

Today he can discover his errors of yesterday and tomorrow he can obtain a new light on what he thinks himself sure of today.

Oh, God, Thou has appointed me to watch over the life and death of Thy creatures; here am I ready for my vocation and now I turn unto my calling.

"There are two ways to live your life. One is as though nothing is a miracle, the other is as though everything is a miracle." ALBERT EINSTEIN

5

CHARACTERISTICS OF AN EFFECTIVE HEALER

- 1. The first characteristic a healer should possess is a sense of purpose. You need to have a goal, to know what you want and what you are going to do.**
- 2. Second, you need to possess self-discipline in order to spend the time and effort required to read, learn, practise, and perfect the skills involved in healing by touch.**
- 3. Third, you need to hold in your heart the compassionate or motivated interests of the person you are healing. You need to come from a space within of unconditional love rather than your own ego needs. Since energy wrapped up in your emotions is directional, your motivation directs the energy.**
- 4. An ability and willingness to confront yourself with the truth of why you desire to heal is an important fourth characteristic. Healing is a powerful instrument, so know yourself and your power well. Why do you want to do it? Be truthful with yourself. The reason is important, but even more important is the asking of the question and being willing to see the real reason you want to use touch therapeutically.**
- 5. Health is the fifth characteristic, in the sense of wholeness and harmony within the self.**

Phyllis K. Davis PhD --- Nature & Health April/May 2001



Some Amusing Quotes

"God created the poets, then took a handful of the rubbish that was left and made three critics T.J. THOMAS.

"This is the sixth book that I've written, which isn't bad for a guy who has only read two."

GEORGE BURNS.

"When I want to read a book I write one."

BENJAMIN DISRAELI

"The secret of staying young is to live honestly, eat slowly and lie about your age."

LUCILLE BALL.

"I'm on a grapefruit diet I eat everything except grapefruit."

CHI CHI RODRIGUEZ.

"I personally stay away from natural foods. At my age I need all the preservatives I can get."

GEORGE BURNS.

"I often take exercise. Why only yesterday I had breakfast in bed."

OSCAR WILDE.

"Another good reducing exercise consists in placing both hands against the table edge and pushing back."

ROBERT QUILLON.

"I owe my great learning to the fact that I have always kept an open book on my desk and read it whenever someone on the phone said 'Just a moment please.'"

HELEN DALEY.

"My problems all started with my early education. I went to a school for mostly disturbed teachers." WODY ALLEN.

"I took a speed reading course and read 'War and Peace' in twenty minutes — it's about Russia.

WOODY ALLEN.

From a letter by Jack Angelo ...*(with permission)*...

"I like to quote the words of the Lakota (Sioux) holy man and healer who died in the late 80^{>s}, that the presence of the healer and the fact of healing are a reminder to the community that the Holy One is with them. "

Jack Angelo adds, *"Healing is the natural result of spiritual development. It is to do with energy. When you enter the energy field of a spiritually developed person you enter the realms of healing.*

This is why people who need help soften unconsciously gravitate to those who can give it— often just by their presence.

A prayer for absent healing

Dear Lord,

We ask you to send Healing and love to all the people mentioned in this book we hold, and to the people now in our thoughts — Lord, send your Healing Energies to ALL people in need, wherever they might be in the world.

May we also ask for Healing to be sent to the suffering victims of wars, fires, floods and other calamities whether natural or man — made.

Please teach us to be tolerant, compassionate and fair to others.

Please Lord, direct your Healing to the personnel of the various Humanitarian and Rescue Services, who because they are often volunteers, suffer greatly. Give them both mental strength and physical courage to endure the work they do.

May we also ask you to send Healing to the animal kingdom, to all animals suffering in laboratories, the wild, or even pets whose owners don't know how to look after them safely, securely, with love.

We humbly ask that the planet itself be healed. Lord, surround and suffuse the earth with your Healing Light and your love, for ever more. **AMEN.**

Written by B. COPELAND : August 16th 2005.

The Gift of Inspiration

From a letter by Mozart

'When I am, as it were, completely myself, entirely alone, and of good cheer – it is on such occasions that my ideas flow best and most abundantly. Whence and how they come, I know not, nor can I force them.

Those ideas that please me I retain in memory, and am accustomed, as I have been told, to hum them to myself. If I continue in this way, it soon occurs to me how I may turn this or that morsel to account, so as to make a good dish of it, that is to say, agreeably to the rules of counterpoint, to the peculiarities of various instruments etc.

All this fires my soul. My subject enlarges itself, becomes methodised and defined, and the whole though it be long, stands almost complete and finished in my mind so that I can survey it like a picture, at a glance. Nor do I hear in my imagination the parts successively, but I hear them, as it were all at once. What has been produced I do not easily forget and this is perhaps the best gift I have my Divine Maker to thank for.'

Oh lord remember

**not only the men and women of goodwill
but also those of ill will but do not only
remember all the suffering they have
inflicted upon us, remember the fruits
we bought, thanks to the suffering, our
comradeship, our loyalty, our humility,
the courage, he generosity, the greatness
of heart which has grown out of all this,
and when they come to judgement, let all
the fruits that we have borne, be their
forgiveness.**

Amen.

This prayer was found on a piece of wrapping paper near the body of a dead child in Ravensbruck concentration camp where 92,000 women and children died.

Sent in by Rita Van Gelder Healer Member, JASH .

THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

Registered Charity No. 275081

AFFILIATED TO THE ALLIANCE OF HEALING ASSOCIATIONS

Patrons: Joan and Ray Branch and Aubrey Rose CBE

Chairman: Steve Sharpe

Hon. Secretary & Membership Secretary: Francine Benjamin

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

Hon. Treasurer: Martin Vangelder

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

Committee for 2008/9

Steve Sharpe - Dora Richardson - Rita Vangelder

Francine Benjamin - Pat Greenberg - Margot Garcia

Vedant Wood - Yetta Powell - Maurice Powell

Editors of J.A.S.H. Newsletter: Yetta and Maurice Powell

45, Old Church Lane, Stanmore, Middlesex HA7 2RG - Telephone: 020 8954 0787

-----000-----

‘The enlightened will shine like the brightness of the sky and those who make the masses righteous will shine like the stars for ever and ever.’

Daniel 12.3

Hashem oz le'amo yiten Hashem yevarekh et amo vashalom.

May God give strength to His people.

And may He bless His people with peace.





Quotes to inspire....

“You are beautiful, why are you wasting yourself? You are divine, why are you wasting yourself?

You are the ultimate, why are you getting lost in tomorrow, in future preparations in the mind?

Why are you wasting your life energy in the desert of time?

Be here and now, and this ‘now and here’ becomes the door.

And the door is always waiting for you. Just knock.

Just for the knocking it opens.”

OSHO.

“*Everything you think, creates, through energy.*

You have within you the most remarkable machines, the entirety of consciousness.

You have the power that creates life, and when the power is drawn up intentionally, it will create reality.

All you have to do is give it the pattern you want.”

RAMTHA.

“Healing is the restoring of harmony to the living whole.”

SIR GEORGE TREVELYAN.

“*What you love is a sign from your higher self of what you are to do.”*

SANYANA ROMAN.

“There is a power above and behind us and we are the channel of its communication.”

WALDO

EMERSON.

“*Our life is God’s gift to us. How we live our life is our gift to God.”*

ANON.

“As a man thinketh, so he will be.” THE BIBLE.

“*No more words. Hear only the voice within.”* RUMI.