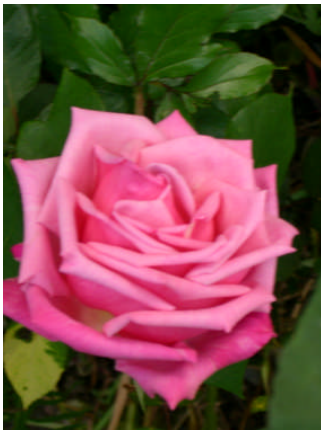


News & Views



Summer

2012

Issue No:- 58

THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

Registered Charity No. 275081

AFFILIATED TO THE BRITISH ALLIANCE OF HEALING ASSOCIATIONS

Patrons: Joan and Ray Branch and Aubrey Rose CBE

Chairman: Steve Sharpe

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Note our e-mail address is **jashhealing@hotmail.com**

Our Web site address is **www.jashhealing.com**

Committee for 2011

Steve Sharpe - Dora Richardson - Rita Vangelder
Francine Benjamin - Pat Greenberg - Margot Garcia
Vedant Wood - Yetta Powell - Maurice Powell

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Editors of J.A.S.H. Newsletter: Yetta and Maurice Powell
45, Old Church Lane, Stanmore, Middlesex HA7 2RG - Telephone: 020 8954 0787

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We all have a special and wonderful summer to look forward to; the Queen's Diamond Jubilee, the Olympic Games and hopefully plenty of sunshine.

So its a very positive and happy time for all of us; a time to be grateful for and honour our Queen, who has reigned so graciously and with such dedication.

Its also a time when the British Isles and London in particular will be host to people from all over the world, who will come together for the purpose of seeing superbly gifted athletes compete, in what has been called 'the greatest show on Earth!'

So it will be a time of pageantry and entertainment, a peaceful and happy coming together of all.

Such a positive and unique opportunity to make friends and raise our consciousness and as healers convey Love and Light to all...

Maurice & Yetta Powell - Editors News & Views.

**THE DIAMOND JUBILEE OF
HER MAJESTY QUEEN ELIZABETH II**

June 2012



On behalf of all our healers and readers, we offer our warm and sincere congratulations to Her Majesty the Queen on the occasion of her Diamond Jubilee.

We wish to express our admiration for her example of life long service, wisdom, love and care. We as healers can do no better than follow her shining example.

In Great Britain we are blessed both to have such a Queen and to live in such a beautiful, gentle and tolerant country.

May God bless her with many more happy, healthy and golden years.

GOD SAVE THE QUEEN

Chairman's Report May 2012

Welcome to the Summer edition of News and Views. At the end of March we helped at the British Alliance of Healing Associations exhibition stand at the four day Vitality Show event held at Earls Court 2 exhibition centre, my thanks to everybody from JASH and the other organisations who helped out. Marion Robinson, of the Peacehaven Healing Centre, organised this event on behalf of BAHA, as she has done for many years, but sadly will not be organising the event in the future, my thanks to Marion for all the hard work that she has put into the planning and success of the past events. This of course leaves a large hole with regard to the organisation of next years show and we are looking for volunteers to help with the organisation, setting up and manning of the stand, should you feel like helping out, please contact Maurice Burns at bahasecretary@btconnect.com 01243 840989, or myself jashhealing@hotmail.com 0208 866 9332.

We also manned a small stand at the Jewish Living Exhibition 18th March at Wembley, which turned out to be an excellent promotional exercise. Approximately forty people experienced spiritual healing during the day with comments of “fantastic” “I never knew I could relax so much” “wow” etc. were common place and I thank all of our team of healers, Avril, Carole, Francine, Yetta, Maurice, Margot, Rita, Martin and Pat for giving their time and expertise to help making this event so successful. Apparently about 9,000 people attended this expo, which far exceeded the numbers anticipated by the organisers who, due to the success of this first expo, will probably be planning a similar show next year.

By the time you read this, we will have attended the Gateway 2 Wellbeing exhibition at the Holiday Inn Elstree on the 20th May where (in the future at the time of writing) we will have manned another stand to promote Spiritual Healing, more about that in my next report.

Brenda Peace has resigned from her Trustee position within the British Alliance of Healing Associations, but is still actively involved in the research side of healing, our thanks for her time and expertise over the last few years.

May I remind you of our Annual General Meeting, which will take place June 10th 2012 at Glebe Hall, Glebe Road, Stanmore, Middlesex, HA7 4EL commencing at 2-30 p.m. Any nominations for joining the committee should reach Francine by 7th June 2012.

My thanks as always to our dedicated committee for their time and expertise in keeping the Jewish Association of Spiritual Healers at the forefront of the healing movement.

Steve Sharpe.

What is a lightworker?

Lightworker : Any being dedicated to (he cultivation of inner presence and the elevation of awareness in self and other selves. This being is called a lightworker and is an evolutionary step toward a state of 'Light Being'. What's happening in the world? There is an awakening happening all around the world. And that awakening involves you and every being that exists on our lovely home planet, mother earth We are truly entering a renaissance of spiritual evolution, an evolutionary process that proceeds and transcends the physical. Our wisdom stems from coming to understand how little we conceptually know about life, God, the universe and everything, and embracing the fundamental truth of inherent divinity within all life.

What is a Lightworker? Everyone is a Lightworker whether they know it at all. Just as truth is truth whether anyone knows it or not. The real question arises then, 'Am I aware of who I am?' Behind all labels, behind all self-created illusions of mind and ego, or social dogmas and masks, there lies the truth, the answer to that question. Just as the Sun shines bright both day and night, it is only the movement of the planet and clouds that obscure it from view. But the sun is always shining. A Lightworker is awake to this truth, aware of their true presence and living in accordance with the divine plan. All beings that exist are a channel between eternal, formless heaven and the temporary world of form and illusion, earth. Why am I here? One does not always need to consciously realise the answer to this question, but living your life purpose is achievable in every moment, right now. Sit in peaceful contemplation, in pure awareness. Allow yourself to be present in every moment and feel within the depths of your heart for your inner truth, your guidance. The work is easy and the burden is light. Your true essence of being is so vast, it is beyond any concept, any word, thought or form. A Lightworker then is any being, who is aware of their true non-dual nature, their eternal 'I Am' Presence and acting in accordance with it. A Lightworker is active in enlightenment, or in cultivating enlightenment.

What is Lightworking? Just as the sun rises each morning, to shine its light into the world, so it is with lightworking. To walk upon the face of the planet lightly, light in spirit and bearing, and shine love, happiness, tranquillity and peace into the world. To calm the inner turmoil, to just be, and be at one with who you truly are, to love and honour life as an expression of divinity, to love all that is, that power some call God, and of course, to love one and another unconditionally. In being true to the divine presence within all beings and releasing all false thought forms, all masks and illusions, is the essence of lightworking. This not only helps to awaken the lightworker, but also to awaken others to their own natural state. What can be called enlightenment, what may be called ascension. This is done in the service of all beings (self included), all the time. **Adeon**

Reprinted from The Sussex Healer issue No. 109

Since it is our Queen's Diamond Jubilee, I felt inspired to write two poems and sent them to Buckingham Palace. I was delighted to receive this reply (from Windsor Castle which I thought I would share with the readers of 'News & Views'.



WINDSOR CASTLE

19th April 2012

Dear Mrs. Powell,

The Queen wishes me to write and thank you for the poems and kind message which you sent on the occasion of Her Majesty's Diamond Jubilee.

The Queen greatly appreciates the sentiments you express in your verses, and I am to thank you very much for your continuing loyalty and support in this, Her Majesty's special year.

Yours sincerely,

Susan Hussey

Lady-in-Waiting

Mrs H Powell

‘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’

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‘Look at a tree, a flower a plant. Let your awareness rest upon it. How still they are, how deeply rooted in Being. Allow nature to teach you stillness.’

ECKHART TOLLE. (From ‘Stillness Speaks’)

Friendship

*If I could find a rainbow
I would catch it just for you
so that you could enjoy it's beauty
when you are feeling blue
If I could take your troubles,
I would toss them far away
so you could find serenity
to face another day
but I can only be your friend
and help you when you call
for true friendship is so wonderful
the most precious gift of all*

Josephine Ereira August 2010

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THE ART OF STAYING YOUNG

The art of staying young depends upon staying youthful on the inside; in mind heart and spirit, in defiance of wrinkles and grey hairs on the outside. The fountain of youth is within you. Staying young is an inside matter. Stay young by continuing to grow. You do not grow old, you become old by not growing. Stay young by hanging on to your dreams. Stay young by remaining flexible, adaptable and open minded. Do not permit your mental arteries to harden. Stay young by keeping constructively busy. Set yourself new goals for achievement. Stay young by tackling new projects. Stay young by doing good work for worthy causes in your city, state, nation and world. Stay young by keeping your heart young. Stay young by forcing your mind out of old ruts, remember that beaten paths are for beaten men. See new places, read new books, try new hobbies. Increase the depth of your life.

Wilfred A. Peterson.

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“When you find yourself full of anger, full of fear, full of desperation, feel your breath and know that someone is still blessing you — somebody very important is still blessing you. And of all the realities, this one better be real. For you, this one better be real. And it is. It is sweet, it is simple, and it is beautiful. It is a gift, and it comes in every day, every moment. You need to be aware.”

7 April

2012. La Plata, Argentina,

PREM RAWAT

NUTS ---*natures bounty packed full with nutrients, but which is the healthiest choice for your needs?*

TO LOWER CHOLESTEROL --- Try Walnuts. A walnut enriched diet cuts cholesterol by an average of .3 points according to a review of 13 studies involving 355 people. You need 30g a day to see benefits in a month.

FOR TACKLING FATIGUE --- Eat Cashew nuts. Cashews have twice the Iron concentration of minced beef. Iron helps carry oxygen round the body ---lack of this nutrient can lead to extreme tiredness and poor concentration.

FIGHTING COLDS AND FLU --- Eat Pecan nuts. Just five pecans contain around a sixth of the recommended daily allowance for zinc, which is vital for the functioning of white blood cells that fight bacteria and viruses, including colds and flu.

FOR WEIGHT LOSS --- Peanuts. The fat, protein and fibre in peanuts will help you feel full for longer and less likely to snack later on. Research from Harvard University found moderate fat diets that included peanuts and peanut butter were easier to stick to and kept the weight off better than low-fat diets with similar calorie intake.

FOR LOWERING BLOOD PRESSURE --- **Pistachios.** A couple of handfuls of shelled pistachios have more potassium than a banana. That helps (as part of a healthy diet) to control blood pressure as potassium blunts the effects of salt.

PREVENTING CANCER --- **Brazil nuts.** They are the richest source of selenium, a nutrient that helps protect cells. Higher selenium levels have been linked with a reduced risk of certain cancers (such as bladder and prostate). Two nuts will provide more than your, daily needs.

COPING WITH DIABETES --- **Almonds.** High in fibre and carb free almonds lower the glycaemic index (the rate at which sugar enters your bloodstream) of the meal they are part of, and are high in magnesium, which also plays a role in regulating blood sugar.

ALL ROUND HEALTH: --- **Hazelnuts.** Rich in heart-healthy monounsaturated fats and one of the richest natural sources of the cell-protective vitamin E. In addition, hazelnuts are rich in fibre, calcium, magnesium, zinc, folic acid and biotin.

Original text by *Angela Dowden* --published by **The Daily Mail.**

Claims for Broccoli ...

... So, eat your greens, folks. Broccoli is thought to be one of the most potent cancer-fighting foods. Numerous studies have shown that regular consumption of this delicious green vegetable can help protect the body from a number of cancers, including breast, colon and rectal.

Scientists have also claimed overcooking broccoli destroys its cancer-busting properties, but these can be revived by adding spice in the form of Japanese wasabi or horseradish, which both contain the enzyme myrosinase.

Nutritionist Professor Elizabeth Jeffery says spicing up broccoli increases absorption in the upper part of the digestive system and therefore boosting its impact. 'Spice up your broccoli with mustard, horseradish or wasabi - the spicier the better.'

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When it comes to your diet, there are certain types of food that are essential to helping maintain perfect skin. "If your goal is firm, radiant, glowing skin, the following foods are for you," says clinical dermatologist Dr Perricone.

"Their unique combinations of healthy fats, high quality protein, probiotics and antioxidant rich carbohydrates help to fight wrinkles, sagging and loss of tone." So, pen at the ready?

Dr Perricone's top recommendations for eating your way to perfect skin are: 'Salmon, sardines, other cold water fish, free-range hormone and antibiotic free poultry, eggs from free-range chickens, grass-fed, pasture-raised beef or lamb, complex carbohydrates such as leafy greens, broccoli and oatmeal, healthy fats such as avocados, olives, extra virgin olive oil, nuts and seeds, and fresh fruits such as berries, apples and cantaloupe.' ---

Avoid a negative approach to life.

Why gaze down the sewers when there is loveliness all round us? One may find fault even in the greatest masterpieces of art, music and literature, but isn't it better to enjoy their charm and glory?

Paramhansa Yogananda. Author of the classic

Autobiography of a Yogi!

At least no one will forget you, Justin Case

By **Luke Salkeld** as published in The Daily Mail

PERHAPS their parents had a wicked sense of humour.

But for the children saddled with a comical name, the joke can wear a little thin.

Stan Still, 76, said his name ‘has been a blooming millstone around my neck my entire life’. Doug Hole didn’t want to talk about his, and Will Power was just grateful he had always been known as Bill.

The names, along with other combinations such as Justin Case, Anna Sasin, Barb Dwyer and Paige Turner, are on a newly compiled list of the Most Unfortunate Names in Britain.

Mr Still, a former RAF man from Cirencester, Gloucestershire, said yesterday: ‘When I was in the RAF my commanding officer used to shout, “Stan Still, get a move on” and roll about laughing. It got hugely boring after a while.

Mr Hole of Penrith, Cumbria, declined to comment on his place in the list, saying: “don’t want to be involved just because I have an unusual name.”

Mr Power, 88, of Bournemouth, said: “Luckily I have always been called Bill otherwise life might have been a little bit different for me.”

However, author Rose Bush, 51, of Coventry, said: “I love my name. I always get comments about it but they are always very positive.”

A spokesman for www.thebabywebsite.com, which compiled the list, said: “When the parents of some of those people mentioned named their children, many probably didn’t even realise the implications at the time. There must be tremendous embarrassment every time they have to introduce themselves. Even their teachers must have had to hold back their smiles sometimes. On the positive side, anyone wanting to become well known would have an added advantage. No one would forget a name such as Justin Case, would they? But parents need to think carefully when choosing names for their children.

“Their name will be with them for life and what may be quirky and fun for a toddler might be regretted terribly when that person becomes older.”

The other UK names listed are: Helen Back, Terry Bull, Tim Burr, Pearl Button, Barry Cade, Mary Christmas, Chris Cross, Sonny Day, Teresa Green, Ray Gunn, Jo King, Lee King and Max Power.

A search taking in the U.S. turned up Bill Board, Annette Curtain, Carrie Oakey and Anna Prentice.

Editorial Footnote: *when I was a college student, our college Principal gave a talk about disastrous name choices. Making the point that his parents had named him George Albert--- and with the Sir name Scrivens, from his schooldays onwards, he was always known as ‘GAS BAG SCRIVENS’. So parents be warned.*

Heart Attack & Drinking Water

Interesting! And it even makes sense!

Something I didn't know either!

I asked my doctor why do I and other people urinate so much at night time.

The answer from my Cardiac specialist was.

‘Gravity holds water in the lower part of your body when you are upright. When you lie down and the lower body (legs and other things) seek level with the kidneys, it is then that the kidneys remove water the water because it is easier.’

I knew you need your minimum amount of water to flush the toxins out of your body but this was news to me.

My Specialist went on to explain to me there is a correct time to drink water. And that this is very important.

Drinking water at a certain time maximises its effectiveness on the body.

2 glasses of water after waking up --helps activate our internal organs.

1 glass of water taken 30 minutes before a meal --helps digestion.

1 glass of water before taking a bath or soaking in a hot tub --helps lower blood pressure.

1 glass of water drunk before going to bed --avoids a stroke or heart attack.

***** Please pass this information to people you care about ...**

I can also add to this...

My Physician also told me that water at bed time will also help to prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Steve Sharpe

Meditation

Meditate for 15 minutes a day. Studies showed those who did so for a five year period had a biological age around 12 years younger than their real age. A separate study found regular meditation lowered levels of the age- accelerating hormone Cortisol by an average of 47%. For downloads on meditation visit www.daily-meditation.com.

Clouds

Funny thing about clouds!
If you look at them long enough
You may see
A castle, a dragon, or maybe a tree.

They float in the sky Like cotton wall clusters
Like the marshmallow man
In the movie Ghost busters.

I heard it once said
That they have silver linings,
If that's truly the case
It's beyond my divining.

The one thing I know
And it's really a bummer,
They bring snow in the winter
And rain in the summer.

Being under a cloud
Means you're viewed with disdain
Whilst clouding your judgement
Can be such a pain.

Wandering lonely as a cloud
Is okay for a daffodil
But I prefer the storm clouds blast
When thunderclouds the heavens fill.

And when the clouds all drift away
The sun comes out to warm the day
The clouds have gone the storm is past
My mind is free of clouds at last.

by Ivor Segal

Eternally true ‘Beauty Tips’....

This was written by Audrey Hepburn when asked what her beauty tips were :

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his/her fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, even more than things have to be restored, renewed, revived, reclaimed and redeemed, never throw out anyone. Remember, if you ever need a helping hand , you will find one at the end of each of your arms. As you grow older, you will discover, that you have two hands, one for helping yourself and one for helping others.

AUDREY HEPBURN.

The power of love and kindness ----

Mum's cooking really does taste better, and a loving nurse really can reduce pain and speed healing, because love and kindness can be felt, and improve the way we sense the world.

Assistant Professor at the University of Maryland (US) Kurt Gray depicts the results of his study as a "vindication for the power of good" and a strong argument for (e.g.):

Better training of medical staff in caring, empathy and social skills.

Couples deliberately displaying more affection towards each other.

Chartered Psychologist Dr. Ray Owen commented that there was also evidence that more empathic doctors can stimulate better physical outcomes, like improved blood glucose control in people with diabetes.

(15613) *British Psychological Society* 25.1.2012.

The Hymn of Sweetness

‘The blissful winds are sweet to us

The seas are showering bliss on us.

May the corn in our fields bring bliss to us

May the plants and herbs bring bliss to us

May the cattle give us bliss.

O Father in Heaven be Thoublessful unto us.

The very dust of the earth is full of bliss

It is all bliss - all bliss - all bliss.’

Swami Vivekananda.

Not All In The Mind ...

The secret to improving your mood and brain health is in your gut, as unhealthy gut flora can impact your mental health, leading to issues like anxiety, depression, autism and more

There is a close connection between abnormal gut flora and abnormal brain development, and just as you have neurons in your brain, you also have neurons in your gut -- including neurons that produce neurotransmitters like serotonin, which is also found in your brain and is linked to mood

Your gut bacteria are an active and integrated part of your body, and as such are heavily dependent on your diet and vulnerable to your lifestyle choices, including poor diet and taking antibiotics

Limiting sugar and eating traditionally fermented foods, taking a probiotic supplement and breast feeding your baby are among the best ways to optimise gut flora and subsequently support brain health.

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Mind-boggling! Science finds a way reading your thoughts

It sounds like the stuff of science fiction dreams ---or nightmares.

Scientists believe they have found a way to read our minds, using a computer program that can decode the brain's activity.

They say it could offer a lifeline to those whose speech has been affected by a stroke or degenerative disease, but many will be concerned about the implications of a technique that can eavesdrop on our thoughts.

Scientists at the University of California Berkeley put electrodes inside the brain of surgery patients to monitor information from the temporal lobe, which is involved in the processing of speech. As the patient listened to someone speaking, a computer program analysed their brain activity and reproduced the sounds they had heard.

The scientists believe the technique could be used to report what they are thinking of saying next. In the Journal PLoS Biology, they claim it takes attempts at mind reading to 'a whole new level'.

Professor Robert Knight added: 'If you could reconstruct imagined conversations from brain activity, thousands could benefit

By *Tamara Cohen* -- Science Reporter Daily Mail

The fountain of youth?

A form of meditation called 'mindfulness meditation' may lengthen your life, concluded University of California San Francisco (UCSF) researchers Elissa Epel and Elizabeth Blackburn. Their work is part of The Shamatha Project, an eight-year investigation into the benefits of meditation taking place at the UC2Center for Mind and Brain and at the Shambhala Mountain Centre in Red Feather Lakes, Colorado (US). It's all down to the length of your telomeres (see below), and the 30 volunteers who meditated 'mindfully' daily for three months after specific training in the technique ended up with significantly longer telomeres than those who did not.

Telomeres

A telomere is a region of repetitive DNA sequences at the end of a chromosome. It protects the end of the chromosome from deterioration or from fusion with neighbouring chromosomes.

Telomeres shorten every time a cell divides unless they are rebuilt by an enzyme called telomerase. If its telomeres become too short a cell cannot divide. People whose cells are generally shorter are more prone to illness, and tend to die younger.

Reproduced from 'GREEN HEALTH WATCH MAGAZINE' Summer 2011 Edition

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The things our Children and Grandchildren say (which can sometimes surprise us!)

I asked my grandson Elliot aged 9 the following question: "Elliot, if you had 3 wishes what would you wish for?"

His answer showed such surprising maturity.

"My first wish is to have a good job when I grow up. My second wish is to have a good life. My third wish is to help other people."

Yetta Powell.

My younger son, at the age of ten suddenly became very sullen and moody so I asked what was the trouble. He replied that "his father didn't love him as much as his elder brother." Asking what made him think like that. He said "Daddy has told my brother the facts of life but not me."

When my husband came home from work I explained what had happened and sent him up to tell our son about the facts of life.

Sitting by anxiously while my husband asked whether he wanted to know about sex, I could hardly keep a straight face when he said, "Oh no, I know all about that, but how do I go about getting a mortgage?"

Sheila Goldsmith.

Social and Personal

Congratulations to:

Francine and Richard Benjamin on the birth of a new granddaughter Jodie Philippa on 31st March 2012.

And Congratulations to:

Avril Shindler on the birth of a new granddaughter Ivy Winter on 9th March 2012 in Sydney, Australia.

And Congratulations to:

Our Chairman Steve Sharpe on celebrating his 70th birthday on 12th May.

We all wish him every happiness and good health and sincerely thank him for all the hard work, enthusiasm and dedication he has given to JASH over the years for which we are very grateful. We could not wish for a better Chairman. Thank you Steve.

A SPECIAL REMINDER

Will all members of JASH please note !!!

The Annual General Meeting of JASH will be held on Sunday 10th June 2012 at Glebe Hall, Glebe Road Stanmore at 2.30 p.m.

Followed by tea and refreshments.

So do come along and meet your fellow healers.

'If you can stand the challenge of all your trials and remain calm ---that is true happiness.

Live simply and take life more easily. Happiness lies in giving yourself time to think and to introspect.

Be a smile millionaire!'

PARAMHANSA YOGANANDA.

Some Summer health myths debunked...

Like every season, summer comes with its own list of potential health hazards that one should do their best to avoid.

Sunburn, dehydration, allergies; it's a wonder any of us make it to autumn in one piece, especially as so much of the health advice on offer at this time of year is nothing more than fiction.

To protect your wellbeing throughout the summer months, it's important to know how to separate myth from fact. Here are some summer health untruths and old wives' tales that maybe you should ignore.

Though the temperamental nature of British summers means it's not something we have to contend with all that often at home, many people still maintain that going in and out of air-conditioned buildings can make a person sick. Experts say that it's extremely unlikely that fluctuating between hot and cold air in this way will damage your health. So if you find that you start to sniffle the moment you walk in or out of an air-conditioned building, then chances are it's down to summer allergies.

Sun bathing. While the bronzed look makes us think we look healthier, the truth is that too much sun can actually have the opposite effect on your wellbeing. We positively need the vitamin D in sunlight to keep our bones strong, but according to the World Health Organisation, overexposure to UV rays can suppress the body's immune system and leave us more vulnerable to infections and disease. As well as lowering your body's natural defences, too much sunlight also breaks blood vessels and over time makes the skin look and feel rough and leathery and can even cause wrinkles. It's tempting to soak up the sun when you're young and it's certainly harder to see the damage it's doing to your skin, but going brown is your skin's way of showing you it is being damaged, so maybe it's healthier to fake that tan.

Fluids... Naturally, your body loses extra fluid when it's hot outside, and you therefore need to drink more water throughout the day to stop yourself becoming dehydrated. But while thirst is a good indicator that you are suffering from dehydration, your body can give you earlier warning signs that it's time to take a drink.

According to the NHS, dehydration occurs when there is a 1% or greater reduction in body weight due to fluid loss, and the first symptoms include dizziness, headaches, fatigue, dark urine and dry skin, all of which could come before a thirst. You should aim for 2.5 litres of water a day, but more if it's particularly hot outside or if you are doing a lot of exercise. Listen to your body ----if you notice any of the above symptoms, then it's time to re-hydrate.

Continued on page 19

All sunglasses give the same level of protection. ...

That cheap pair of sun glasses you picked up at the airport may have seemed like a good idea at the time, but the truth is that not all sunglasses offer the same level of protection from the sun's harmful rays. In fact, there is a reason why some pairs cost upwards of £100, while others come free with a magazine. The expensive pair are a great investment because they will stop the sun's UV rays from damaging the lens and cornea of the eye, which can lead to cataracts and even cancer. When you go shopping for sunglasses, look for products that come with the label 'UV400', as this means almost 100% of the ultraviolet radiation is being blocked from your eyes.

Lemon juice makes your hair turn blonde. This is one myth that many of us bought into when we were young, but it's highly unlikely that any of us had any success. Putting lemon juice in your hair and sitting in the sun for long periods will only dry out your hair, and any lightening will have nothing to do with the lemon. Too much summer sun can leave your hair feeling brittle and frizzy. You need products that protect your hair from the intense heat of the sun, and if you want blonde hair, leave the lemon juice in the fridge and get highlights instead.

Summer means lots of drinking in the sun. Maybe it's a time of year reserved for long days in the park sipping Pimms or a leisurely glass of wine in the hot afternoon sun. But while a cool alcoholic beverages seems like the perfect tonic to summer heat, you should in fact limit alcohol intake. While not wishing to spoil your fun, it's important to remember to drink more water to compensate for dehydration and take breaks from the sun during the hottest part of the day.

Medicine is the only defence against hay fever. If hay fever strikes and you are hit by an onslaught of sniffing, watery eyes and scratchy throat, the natural response is to reach for the box of antihistamines in the bathroom cabinet. Although these medicines are a vital line of defence for the 20% of people in the UK who suffer from hay fever, there are other steps you can take to ease the suffering. Smearing Vaseline on the inside of the nose acts as a filter for allergens, while avoiding being outside early in the morning and late afternoon when the pollen count is highest will also make life easier.

Sun creams and lotions.

Though sunscreen is an essential barrier against the sun's harmful rays, it can lull us into a false sense of security once it's been applied. It's important to keep reapplying sun lotion at regular intervals throughout the day, and especially after you've been for a dip in the pool. The cool water can fool you into thinking you're not burning, whereas in fact water reflects UV rays, so exposure actually increases.

From The Health Institute Digest.

Recommended Books

‘Dying to Be Me’ by Anita Moorjani. Published by Hay House.
(My Journey from Cancer to Near Death to True Healing).

This is Anita Moorjani’s true and remarkable story of how after fighting terminal cancer for four years, she entered into an extraordinary near death experience where she realised that fear was the cause of her disease, and that every human being has what she describes as ‘magnificence’.

When she returned from her NDE there was no sign of cancer in her body which the doctors found inexplicable.

She writes ‘I believe that the greatest truths of the universe don’t lie outside, in the study of the stars and planets. They lie deep within us, in the magnificence of our heart, mind and soul.

Until we understand what is within us, we can’t understand what is without.

She writes: ‘I share my story here in the hope of touching your heart in some way and reminding you of your own magnificence’.

‘A Message of Hope from the Angels’ by Lorna Byrne. Published by Coronet.

This is her third book. Lorna is a widow with four children living quietly in Ireland. She has seen angels and has communicated with them since she was born. She writes very simply and sincerely sharing her experiences. She tells how she sees angels every day, and they are her friends and companions. She writes that they are there to help anyone who calls on them, and that each one of us has a guardian angel which she is able to see. She has been shown a beautiful future of peace for all humanity. “If it makes the right decisions and grows spiritually.”

‘The Secret History of the World’ by Jonathan Black. Published by Quercus.

This a book of over 600 pages; a journey from the beginning of time to the present day. Its author calls it a mind before matter view of the world, and describes the evolution of consciousness and the power of thought. It is a spiritual and mythological history of the world, “which challenges the accepted view and spiritual history of human society”. “You can read about the ideas that have inspired generations of outstanding people from Plato to Isaac Newton to George Washington.

YETTA POWELL.

“There are many sounds you hear during the day.

Listen to the sound within ---a silence and a sound that is you”.

PREM RAWAT

IRÈNE THE INCREDIBLE

Irène Noah was a phenomenon, so was her mother Vera Chesno. The story of these two courageous and gifted women is described in the published book 'VERA' with which I was involved.

Let me tell you briefly about Irene. She was an outstanding healer of humans and of animals. She taught healing, was a member of JASH and other healing and medical bodies, as well as being a Radionics Expert.

She graduated from, the famous Geneva School of Interpreters, and became a simultaneous interpreter, fluent in six languages. She was a singer, trained by the same teacher as Harry Secombe. In the last year of her life 2005, she sang her way through six love songs in six languages, and I cherish the tape.

She was also a special sort of survivor. Smitten by TB of the bone in her teens, she lay on her back for four years, all the while educated by her brilliant mother, who passed away in 1985 aged 94.

The two of them survived four breathtaking years in the Second World War, moving from pillar to post to avoid the Nazis and Vichy French.

Strikingly beautiful, Irène survived two marriages and was finally linked to Paul, a German Industrialist, consumed with Judaism and who practised Judaism. Irène nursed him after a stroke laid him low. For the last ten years of her 75 years she could not leave her house, due to MCS. She was allergic to the 60,000 chemicals in the air.

Irène established the Ark of Noah Charitable Trust, to help those who healed and helped others. Grants have been made, and trustees would consider any application.

Irene was immensely systematic. In my garage which has not seen a car for ages, are 90 large boxes containing her books, her notes, her cuttings, and her correspondence, which frankly constitute a University in itself. They are a wonder. Should anyone wish to help me itemise the books I should be most grateful. Should anyone wish to have the radionic equipment The Trust and I would be happy to oblige. My telephone number is 020 8449 2166.

Glancing through her note books some hand-written, I am open-mouthed at the range of her interests and knowledge.

She did not emerge from nothing: way back in the 18th Century their ancestor Rabbi Scheneur Zalman, also a survivor, was a famous leader in the Jewish World as the Founder of the Chabad Movement. An apple does not fall far from the tree..

Aubrey Rose 4th May 2012.

**We come to love not by finding a perfect person,
but by learning to see an imperfect person, perfectly.**

SEEING IS BELIEVING

Have you ever had an out-of-the-body experience? Dr Elizabeth Kubler- Ross from Switzerland opened the eyes of the medical world in the 80's when she proved that it does happen. Her books are full of interviews with patients who described such experiences. They all agreed how it was not frightening. I can confirm this too. When I was being operated on, I looked down on where my body was lying and watched the surgeon and nurses with an amused interest. Everything was being monitored when suddenly things seemed to go wrong, and I realised I'd better return to my body without delay.

Some of the blind patients she interviewed were able to describe every detail in the surgery yet they had been born blind.

Near death experiences can happen to anyone at any age. The average length of time without vital signs is between 5-20 minutes, but some related how they had recovered in a morgue over an hour later without any brain damage.

Another author, PM Atwater, wrote a book about her three near death occurrences.

The book was called *We Live Forever* and she wanted others to know not to be afraid of dying, for there is nothing to fear. Both authors state that the biggest surprise for them is realising that death does not end life. You can still think, remember, see, hear and still reason during this time when the body is free of pain. Outside the body, we resume the form again that we had before we were born, and we are still individuals with our own thoughts. Those we have loved are never far away, and they know whether or not we will be joining them, in some cases, they had been told there were schools of learning where we will find all the answers to the many questions that have puzzled us.

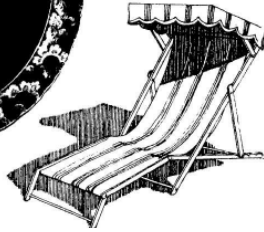
Time is of no importance as it does not exist after death. Those that do not believe in life after death will stay in a sleep state until they are awakened from events around them and recognise people they had known previously who had died.

Dying children become much more spiritual than healthy ones, for they are aware of their short trips out of their bodies which helps them in their final transition and they told Dr Kubler-Ross about their *playmates* they meet then.

No one dies alone. Love in many different forms is always with us.

BETTINA SIDE

(Spiritual Forum Summer issue 07 and The Sussex Healer issue 109 April - June 2012)



In Case we've forgotten when and how to in this stressful time !!!

When to Relax HARRY EDWARDS offers some timely advice on a subject of interest to us all. . .

So many people say to me: "I just simply cannot relax," or "I try so hard to relax—but I never can," that I think a few words on this subject may be of interest.

We have printed quite an number of articles on the HOW of relaxation, and it should be of assistance to consider the WHEN. No one can MAKE himself relax, for the simple reason that the act of inducing restfulness then becomes an effort, and relaxation entails that there should be no conscious effort at all.

With some healers time appointments are made for absent healing, during which the patient is requested to be in a relaxed condition of prayerful meditation.

Now, if the person has to hurry through household or other duties in order to be free for the appointed time, a condition of stress is promoted, and the object will be defeated. And this largely applies to any other person who disciplines his conduct to a timetable for prayer, attunement or relaxation.

Whilst it is not a necessity, it will be found that to relax mentally and physically one must be in a restful position; and perhaps the best posture is when one is in a very comfortable chair, lying on a settee or, better still, in bed. The body should be purposefully relaxed of all muscular tension, and the consciousness of this state should be realised. The mind should be happy in this condition. *Relaxation is a condition of mental equanimity.*

On retiring at night, compose the body and limbs in a natural and comfortable position. Enjoy the relaxed comfort with the mind also . . . then continue to enjoy it. If your mind continues to relive the day's events, then turn your thoughts to happy things which have happened, and the pleasant things you would like to happen on the morrow.

Continued on Page 24.

If, like the writer, you enjoy those last few minutes before you have to rise, defer them as long as practicable: this blessed period of time can also be used for happy relaxation and contemplation.

But whether it be in an armchair, a sofa or a bed, consciously stretch and then relax the limbs, and permit the mind to dwell on and enjoy the induced comfort of relaxation. This is frequently the natural and happy prelude to sleep, for with the body relaxed the mind finds it easier to "let go" and consciousness drifts easily into deep refreshing sleep.

A lady once wrote to say that at about three o'clock every afternoon she left her work in a factory and retired to the ladies room—to relax. If you smile when you read this, remember there is much sense in it. She left behind her the rattle and noise of machinery, the gossip of her work mates, and the alert tension of her particular work.

She found the complete opposite of all this in the ladies room. There she relaxed completely, and the bustle of the workroom gave way to a quiet and peacefulness that she consciously enjoyed.

When one sits down in a chair with the purpose of browsing through a newspaper, one is halfway towards relaxation. Personal problems are forgotten. The news is read and the pictures observed with a feeling of impersonal detachment.

With such a superficial scanning of the news there comes a feeling of escape from personal worries and concerns. And sometimes, if this takes place after dinner—and the washing up—the eyes will close and the newspaper will fall unheeded.

This is relaxation.

Strangely enough, one is rarely conscious that one is relaxed, other than by the appreciation of bodily comfort. Real relaxation is not the result of mental effort but the effect of liberation of all physical and mental tensions.

No matter how pressing one's immediate anxieties, it is always beneficial to induce natural relaxation by resting the body. One can reflect on the thought: ***"This trouble will pass as all troubles pass"***.

Take advantage of those odd moments, wherever you may be, and let all mental stresses and bodily discomforts drop away. You cannot compel yourself to relax; if you can remember that important fact, you will have overcome the chief barrier to full and complete relaxation.

Reprinted by kind permission of THE SPIRITUAL HEALER.

The Journal of the Harry Edwards Healing Sanctuary

If you need me call

If you need me call - I am there
Though you may not see - I am everywhere
A spirit is an atom and an atom cannot die
So I'll be there when you need me - all you have to do is try.

I cared when I was with you and my caring goes on still
In your time of need remember and answer you I will
I will watch and guide forever, don't think of me as gone
Please reach out and remember that a spirit carries on.

I will always be here for you just as I was there before
My caring never changes so just open up the door
Call my name and feel me near you, close your eyes, you need not cry
I promise I will be there - all you need to do is try.

Love is a feeling that remains inside your being
It lasts forever onwards and doesn't need the 'seeing'
You will feel me in your heart and in the bye and bye
You will understand that I am here - **all you need to do is try.**

Shelley Murray Caldwell

'I am not my thoughts, emotions, sense perceptions
and experiences. I am Life I am the space in which all
things happen.
I am consciousness. I am the Now.
I Am."

ECKHART TOLLE . (From 'Stillness Speaks')

*To all our readers, do send in those priceless gems, heard whilst
healing or wherever. Share the moment with us.*

*Send such material in time for the next edition of 'News & Views', it
would be much appreciated.*

*Material submitted should be in its original form, be clear and
legible (typed if possible) and please remember, if taken from
magazines, newspapers, newsletters or other published sources, this
should be made clear so that the source may be acknowledged.*

Maurice & Yetta Powell Editors of 'News & Views'

Some Schoolboy Howlers To Make You Smile.....

- Ancient Egypt was inhabited by mummies and they all wrote in hydraulics.
- Louis Pasteur discovered a cure for rabbits.
- Julius Caesar extinguished himself on the battlefields of Gaul.
- Our school is ventilated by hot currants.
- Britain has a temporary climate.
- Chivalry is when you feel cold.
- Adolescence is a stage between puberty and adultery.
- Pompeii was destroyed by an overflow of saliva from the Vatican.
- Lumbago is a mineral for making lead pencils.
- The Earth makes a resolution every 24 hours.
- To germinate is to become a naturalised German.
- A circle is a figure with no corners and only one side.
- Alexander the Great conquered Persia, Egypt and Japan. Sadly he died with no hair.
- Ambiguous: means having two wives and not being able to get rid of one of them.
- Hysterics are letters in sloping type.
- Milton was a poet who wrote "Paradise Lost." When his wife died he wrote "Paradise Regained.
- Fugue what you get in a room full of people when all the windows and doors are shut.
- Some of the largest mammals are to be found in the sea because there is nowhere else to put them.
- Being called to the bar means being called to get drink in the pub.
- An adder is a poisonous snack.
- King John ground the people down under heavy taxis.

Education is what survives when what has been learned has been forgotten.

B.F. SKINNER

Venues where members of J.A.S.H. Practise healing

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REDBRIDGE and ILFORD area

For further information contact Rita 0208 551 5289

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56, Chase Side, Southgate, N14 5PA

Contact Francine 07956 261 738

Monday 1.00 pm - 2.00 pm

Also available by appointment

PINNER VILLAGE HEALING CENTRE

Pinner Village Hall, Chapel Lane, Pinner, HA5 1BA
(rear of car park)

Contact Steve 0208 866 9332

Thursdays 2.00 pm - 4.30 pm

STANMORE HEALING CENTRE

Glebe Hall, Glebe Road, Stanmore, HA7 4EL

Contact Bernard 0208 958 9565

or

Steve 0208 866 9332

Wednesday 7.00 pm - 9.00 pm

RAINBOW HEALING CENTRE NORTHWOOD

St. Johns Church, Hallowell Road, Northwood, HA6 1DN

Contact Pat 0208 866 9084

or

Vedant 0208 863 0261

Wednesday 2 pm – 4.15 pm

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

Quotes to Inspire

***“The pessimist sees difficulty in every opportunity.
The optimist sees opportunity in every difficulty.”***

WINSTON CHURCHILL.

“Love is the ultimate truth at the heart
of creation --no separation.”

“Our real nature is love.”

“We are all parts of the Universal Energy called God.”

DEEPAK CHOPRA.

“Look deep into nature and then you will understand everything better.”

ALBERT EINSTEIN.

“Be faithful in small things because it is in them that your strength lies.”

MOTHER TERESA.

***“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.

“Sometimes our light goes out but is blown into flame by
another human being. Each of us owes deepest thanks to those
who have rekindled this light.”

ALBERT SCHWEITZER.

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

WALDO EMERSON.