

# News & Views

## Summer

### 2013

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**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**

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**Committee for 2012**

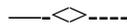
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Well after experiencing such a long, bitterly cold winter, we are really going to appreciate some warm sunshine.

We saw an inspiring programme on TV—Horizon which showed inventors and scientists getting together to share their discoveries and inventions to benefit people everywhere and not to gain wealth and prestige for themselves.

There are many good things happening—let us concentrate on those.

**Maurice & Yetta Powell - Editors News & Views**

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## Chairman's Report May 2013

How on earth did we find ourselves five to six months into the year when it seems as though we only saw the arrival of 2013 a couple of months ago?

The Doctor Healer Network hosted a talk by Margaret Miller in April about Qi Gong which is **an ancient( approximately five thousand years) Chinese health care system that integrates physical postures, breathing techniques and focused intention.**

The word Qi Gong (Chi Kung) is made up of two Chinese words. Qi is pronounced chee and is usually translated to mean the life force or vital-energy that flows through all things in the universe.

The second word, Gong, pronounced kung, means accomplishment, or skill that is cultivated through steady practise.

Together, Qigong (Chi Kung) means cultivating energy, it is a system practised for health maintenance, healing and increasing vitality. Margaret became involved with Qi Gong some twenty five years ago whilst experiencing severe health problems. One of the many facets of healing.

The British Alliance of Healing Associations should be holding another Council of Representatives meeting in the near future and are gradually returning to a normal state of operation, who said define "normal"?

Many of the healing organisations are experiencing a downturn in the numbers of people renewing their membership, probably due to the current economic state of the country.

I take this opportunity to remind you that our Annual General Meeting will take place 2-30 pm 16th June 2013 at Glebe Hall, Glebe Road, Stanmore, Middlesex, HA7 4EL, where I look forward to seeing as many of our members as possible.

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

*Steve Sharpe.*

## ANGEL IN MY GARDEN

*In the still dark moments of the early dawn  
There lay an angel upon my garden lawn  
In the stillness of the break of day  
She said that she had lost her way  
It was because that night I couldn't sleep  
I had gone into the garden I love to keep  
Beauty and peace filled with all my happy shrubs  
Fruits growing on a patio filled with tubs  
She said "I'm on a mission sent from Heaven  
To find the perfect garden and those at number seven  
There is no number on your gate  
And next door says number eight"  
I said "I know who lives in that house  
A miserable old man and his disabled spouse  
Their garden is filled with weeds"  
The angel said "they need my loving seeds  
She gave me a packet and said "Its angel dust"  
We went to number seven the door covered in rust  
Together we sprinkled seeds around far and wide  
And like magic we were both inside  
The gentle angel flew around their bed  
Sprinkling angel dust around each head  
I am sure I saw the old man smile  
Even if it was for just a while  
Back in my garden we said our goodbye's  
As I gazed into the angels eyes  
The sun had come up it was the break of day  
I waved her goodbye as she flew away  
Last week I saw the people from number seven  
She was walking..He was smiling..A gift from Heaven  
"We love your garden" the old man said  
"This is my wife..first time she has been out of bed"  
"Our garden is such a mess  
As life for us has been full of stress"  
I said "I love to garden and when the weathers fine  
Would you like me to help you? I have the time"  
I often wonder if she really lost her way  
The lovely angel I met that day  
But I have no doubt that she was sent from Heaven  
So I could help those folks at number seven*

*Written by Pattie Greenberg....member of JASH and the JPS*

## **Records show that APITHARY, the use of honey as a medicine has been practised since before 2,000 BC---**

So could Mankua honey be the answer to drug-resistant bugs? Honey from the New Zealand manuka plant, has been used as a medicine for countless generations.

Manuka honey has a proven ant-bacterial property many times stronger than standard antiseptic. It is used to clean wounds, heal stomach ulcers, treat eczema, acne and insect stings.

Now, in a recent study at the University of Technology Sydney (UTS) tests showed that 'Manuka Honey' was best at treating bacteria found in chronic skin wounds and when combined with common antibiotic it prevented the bugs from developing resistance to the antibiotic.

Professor Liz Harry of UTS said "Manuka honey should be used as a first rather than last resort for wound treatment, rather than the last resort as it so often is." In a report, in the research journal PLOS ONE, it was stated that the honey was effective against more than 80 types of bacteria, including MRSA. However shop bought honey is not suitable as it needs to be sterilised to make medical grade.

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## **HOW DO YOU KNOW WHEN YOU'RE GETTING OLD**

Everything hurts — what doesn't hurt doesn't work  
The gleam in your eye is the sun shining on your bifocals.  
You feel like the morning after, but you haven't been anywhere.  
Your black book contains only names ending on M.D.  
You get winded playing cards.  
Your children begin to look middle aged.  
You join a health club, but don't go.  
A dripping tap causes an uncontrollable urge!  
You have all the answers, but no-one asks you the questions.  
You look forward to a dull evening.  
You need glasses to find your glasses.  
You turn out the light for economy instead of romance.  
You sit in a rocking chair, but can't make it go.  
Your knees buckle, but your belt won't.  
You put your bra on back to front and it fits better.  
Your back goes out more than you do.  
Your house is too big and your medicine cupboard not big enough.  
You sink your teeth into an apple and they stay there.  
Your birthday cake collapses from weight of candles.  
You try on a mini-skirt and wonder what to do with the other leg.  
Anyway, I'm determined to live long enough to be a problem to my kids!

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## A JOURNEY CALLED LIFE



A mouse looked through the crack in the wall to see the farmer and his wife open a package. 'What food might this contain?', the mouse wondered. He was devastated to discover a mousetrap.

Retreating to the farmyard, the mouse proclaimed this warning: 'There is a mouse trap in the house! There is a mousetrap in the house!'

The chicken clucked and scratched, raised her head and said, 'Mr Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it.'

The mouse turned to the pig and told him, 'There's a mousetrap in the house!'

The pig sympathised, but said, 'I'm so very sorry, Mr Mouse, but there's nothing I can do about it but pray... Be assured, you are in my prayers.'

The mouse turned to the cow and said, 'There's a mousetrap in the house!'

The cow said, 'Wow, Mr Mouse, I'm sorry for you, but it's no skin off my nose.'

So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap ... alone .....

That very night a sound was heard throughout the house - the sound of a mousetrap catching its prey.

The farmer's wife rushed to see what was caught. In the darkness, she did not see it. It was a venomous snake whose tail was caught in the trap.

The snake bit the farmer's wife. The farmer rushed her to the hospital.

When she returned home, she still had a fever. Everyone knows you treat a fever with a fresh chicken soup. So, the farmer took his hatchet to the farmyard for the soup's main ingredient; but his wife's sickness continued.



Friends and neighbours came to sit with her around the clock.

To feed them the farmer butchered the pig.

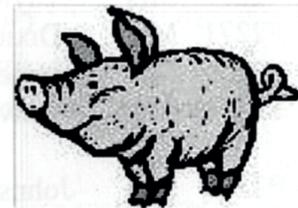
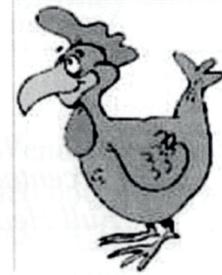
But, alas, the farmer's wife did not get well.... She died.

So many people came for her funeral that the farmer had the cow slaughtered to provide enough meat for all of them for the funeral luncheon.

And the mouse looked upon it all from his crack in the wall with great sadness.

So, the next time you hear someone is facing a problem and you think it doesn't concern you, remember -

when one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another.



## **Racing the Sun by Gloria Gersten**

We're born, enjoy childhood, and hopefully survive puberty and the horrible, uncertain teens. Arriving at adulthood we strive to endure life's joys and stresses. Age, illnesses, and liabilities are engulfing. We are at the jumping-off place; with great trepidation, we exclaim, "I'm a senior citizen, Whoop-de-do!" We have arrived!

Where are we exactly? We are at the pendulum; we're actually in the pendulum, trying to keep our balance and sanity. We're racing the sun trying to stay here, to prolong our visit. The world has acknowledged that we are over the hill. We're quite cognizant of the various physical and emotional ways our body does or doesn't respond. We have descended into the Valley of the Old Folks. We're ready for our final journey. Wills are written, possessions are distributed, and a coffin is purchased. All funeral plans are in order, and our party clothes are put aside. Like the Girl Scout motto, We are PREPARED! Isn't it grand? No bags to pack, no tickets to buy, no planes to board, no sad goodbyes.

Off we go to a better place: peace, no decisions to make, no stresses of any kind, no more deadlines to meet, no more dinners to cook, and no more shopping.

Free at last, freedom from life. It's really euphoric, truly heaven in every sense of the word.

When Peter Marshall, head chaplain of the Senate in the 1960's, was asked by his young son, "Daddy, what's it like to die," Dr. Marshall replied, "Do you remember when you had been out on a hot day playing ball and you fell asleep exhausted on our bed?"

When you awoke in the morning, you found yourself in your pyjamas in your own bed

Well, that's what it's like to die, simply going from one place to another."

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### **THE MANTRAM OF UNIFICATION**

**The men are one and I am one with them.  
I seek to love, not hate;  
I seek to serve and not exact due service;  
I seek to heal, not hurt.  
Let pain bring due reward of light and love  
Let the soul control the outer form,  
And life, and all events,  
That underlies the happenings of the time.  
Let vision come and insight.  
Let the future stand revealed.  
Let inner union demonstrate and outer cleavages be gone.  
Let love prevail.  
Let all men love.**

## **Solving the Mystery of the Cat's Purr**

*Scientists have discovered that the purring of cats is a natural healing mechanism' that has helped inspire the myth that they have nine lives. Wounded cats - wild and domestic - purr because it helps their bones and organs to heal and grow stronger, say researchers who have analysed the purring of different feline species. This, they say, explains why cats survive falls from high buildings and why they are said to have 'nine lives'.*

*Exposure to similar sound frequencies is known to improve bone density in humans. Doctors and scientists in a number of different medical fields are researching the healing properties of sound, and the results are pretty promising. Most body cavities and tissues have their own resonant frequencies, and sound in those ranges can stimulate the respective organs to heal. For example the human lungs resonate at around 39 hertz (in a fluid medium) and researchers at Georgia Tech and Emory University have found at that frequency to be beneficial to people with lung diseases such as cystic fibrosis. (From the Internet - Journal of the American Veterinary Medical Association.)*

*Ever since the Egyptians started worshipping the cat, philosophers, scientists and cat lovers worldwide have wondered why cats purr. Fauna Communications and ENDEVCO initiated a novel research study that recorded the purrs of five species of cats - cheetah, puma, serval, ocelot and the domestic cat. This research has contributed valuable information that may solve the mystery behind the cat's purr.*

*It is commonly believed that cats purr when content. However, cats also purr when they are severely injured, frightened or giving birth. So, if cats were purring solely out of happiness they would not purr when injured, especially as the generation of the purr requires energy, and an injured animal will generally not expend precious energy needed for healing on an activity not directly connected with their survival.*

*Since the purr has lasted throughout hundreds of generations of cats, there must be a survival mechanism behind its continued existence. Could the purr in any way link to the fact that vibrational stimulation not only relieves suffering in 82% of persons suffering from acute and chronic pain but also generates new tissue growth, augments wound tissue strength, improves local circulation and oxygenation, reduces swelling and/or inhibits bacterial growth? Cats do not have near the prevalence of orthopaedic disease or ligament and muscle traumas as dogs have, and non-union fractures in cats is rare. Researchers believe that self-healing is the survival mechanism behind the purr. There is extensive documentation that suggests that low frequencies, at low intensity, are therapeutic.*

*(Elizabeth von Muggenthaler and Bill Wright)*

*Reprinted from issue 113 of THE SUSSEX HEALER*

# **Yoga Nidra The Art of Tranquillity**

*by Anne Combrinck BSc, NHD Chem, YT, RYTt*

**Relaxation is not a luxury, it is a daily necessity**

**These days life has become very complex. During the last hundred years or so, the way of life has changed so greatly throughout the world. Social and other systems are no longer the same as they used to be in ancient times. This has brought about the dispersal of human energies at all levels.**

**The struggle for existence is acute and keen. There is unhealthy competition in every avenue of life. This results in a great deal of continuous mental and physical strain in modern humanity. Diseases related to stress have sprung up with new dimensions, expressions and manifestations and this has reached a peak in the last few decades.**

Man has forgotten the first principles of relaxation. He needs to relearn these lessons from the cat, the dog and the infant. Fortunately yoga has the way! The science of relaxation is exact, yet it can be learnt very easily. Relaxation must include the mind, the nerves and the muscles. There are two kinds of relaxation: physical and mental. There is complete physical relaxation where all the muscles are relaxed and partial relaxation where only a few muscles are relaxed. The ability to relax all the muscles, nerves and brain, at will, at any time produces rejuvenation, revitalisation and regeneration of the body and mind. Mahatma Gandhi, Napoleon and Winston Churchill had full knowledge of this art, and could catnap—for a few minutes and achieve this regeneration and clarity of mind when important decisions needed to be made.

*Progressive relaxation comes from yoga*

*Progressive relaxation is a term coined by an American medical doctor, Edmund Jacobson, who began developing relaxation as a therapy in the early 1900's. It now refers to programmes of relaxation based on relaxing body muscles and muscle groups in sequence, usually concluding with mental relaxation. Originally, this comes from the ancient science of yoga, where it is called Yoga Nidra (Nidra - Sanskrit meaning sleep). Yoga teachers end a class of asanas (physical postures) with yoga nidra, which prevents muscle stiffness and revitalises the body and mind.*

***The benefits are enormous, high blood pressure and heart problems may reduce, all stress-related diseases benefit greatly and health and well being improve. If practised during pregnancy the new mother learns how to cope in labour, with the delivery of her baby, as well as afterwards when the demands on her as a mother are high. A few minutes of deep relaxation may be equivalent to a whole nights sleep.***

## **Relaxation as a neuromuscular skill**

*Relaxation is the absence of unnecessary tension in the body and mind. It should not be confused with what usually passes as taking it easy for a few minutes'. Flopping into a chair in front of the TV does not result in the refreshment and recuperation obtained when relaxation as a neuromuscular skill is mastered. Don't let the technical words put you off - this simply means that the mind and muscles learn to work together so the mind's decision to let go of tension is obeyed.*

## **Make friends with your body**

**True relaxation is a letting go of tension. First you have to be aware of the tension before you can effectively let go of it. Awareness comes first, then letting go. It is a neuromuscular skill. Progressive relaxation is just this--- awareness and tensing the muscles which are then consciously released in sequence, usually moving up from the feet to the forehead and scalp, until there is a feeling of relaxation and muscle softness. When the feeling of letting go is followed right through--- this is real relaxation.**

## **Mind-calming**

Once the whole body has relaxed completely, it is time to calm the mind. The simplest way of achieving this is by imagining yourself to be in a peaceful, restful environment. Create this picture in your mind's eye as clearly as you can, with as much detail as possible. Involve all your senses in the visualisation, so that you are transported to that place and leave behind your present world. Let the picture fade away. Remain completely relaxed - body and mind - for a few minutes. Then slowly return to everyday life--- rejuvenated, revitalised and re-energised (or drift off into deep, peaceful sleep).

## **Practice relaxation**

*When we are under tension, our behaviour is influenced, but when we relax, we become natural. We know the reality, the truth. Then we also know how to behave, because the knowledge of truth is necessary for right behaviour. Knowledge of truth only comes when you are free of tension. The practice of relaxation of mind will remove internal mental strain, fill the mind with new mental energy and make you cheerful and happy.*

*Anne Combrinck is a founder and Educator at Ananda Sanga Educational Institute,  
Somerset West. South Africa.*

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The South African Journal of Natural Medicine.

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**Quantum Laughter - 'we don't laugh because we're happy  
we are happy because we laugh**

## **Never Forget....**

*Never forget that a small group of dedicated people can change the world - and indeed is the only thing which ever has.*

*Never forget that you, all of you, can heal people all of the time you are with them, and at any moment and anywhere, just by being loving and caring.*

*Never forget that small steps one after another go to make a journey and that it starts just as soon as you do.*

*Never forget that the world is changing - always and in many ways - and all you have to do is open your eyes, decide the direction you like, and go with it*

*Never forget that you have power, dedication, passion, love and creative magic at your instant disposal. Please use them.*

*Never forget that there are others out there with similar and exciting views and by speaking up you will find them.*

*Never forget your dreams: they are what makes your heart sing its unique song.*

*Never forget you help to create reality with your actions, your thoughts and your language - and that this really matters to others.*

*Never forget that there are hungry, tired frightened, wounded and sick people out there, who are desperate for a smile or a friendly hand - even just for a moment.*

*Never forget who you are, and that you are unique, potent and exquisitely beautiful whenever you are living your dream, feeling your passion, being your love, and showing your joy.*

## **Never Forget....**

*Courtney Young — Findhorn May 1994*

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**That which is serious and deep, bring to the surface. Turn it into joy and laughter. Become the greatness of being, the joy of being, the beauty of being.**

## **Soothe your stomach with acupuncture ... Acupuncture and Irritable Bowel Syndrome**

Irritable Bowel Syndrome (IBS) affects 10-20%\* of the UK population at any one time causing embarrassment and discomfort to sufferers. Up to 12 million people in the UK are affected by IBS at some time in their lives. More women seek help but it is just as common in both sexes and commonly starts between 15-40 years old. Acupuncture has been found to be very effective in relieving the symptoms of IBS.

IBS is a long-term and often debilitating condition that causes re-occurring pain or discomfort in the abdomen. Bloating, swelling, bouts of diarrhea and/or constipation and feeling sick are just some of the symptoms which can cause misery for sufferers. The exact cause of IBS is unknown; so many sufferers remain undiagnosed or struggle to manage their symptoms.

Traditional acupuncture is a branch of Chinese medicine that recognises the importance of healthy bowels for overall physical and emotional health. Acupuncture treatments for IBS have been researched, refined and developed in China for thousands of years and understands how emotional stress can combine with physical factors to stagnate the body's vital energy, known as Qi, and result in the symptoms of IBS.

Acupuncture moves stagnation and regulates the flow of Qi in order to restore normal bowel function so that your body can properly digest food and eliminate waste products. By alleviating energy blockages in the body, acupuncture relieves IBS symptoms by reducing pain, regulating muscular movement and strengthening of the digestive tract, reducing anxiety and depression as well as decreasing stress. Acupuncturists look at the body as a whole and also provide dietary advice to ensure patients are well nourished and improve digestion.

\*NHS UK

***Dr Ming Cheng, acupuncturist and British Acupuncture Council member says;***

***"I've seen many patients who have struggled to get a diagnosis for IBS and so look to Traditional Chinese Medicine to help. Many of them who have suffered with IBS for years have found acupuncture to be a great relief.***

***Acupuncture can relieve stress, one of the main causes of IBS as well as reduce pain, bloating and nausea. By treating the underlying cause of the problem rather than just the symptoms, acupuncture can provide longer term relief for sufferers".***

***Ming Cheng Clinic 225 Whitchurch Lane Edgware, Middlesex HA8 6QT  
Tel: 02089319296 Mobile: 07879682082 . For Information about the  
British Acupuncture Council (BacC) see next page,***

## **About the BAAC:**

The British Acupuncture Council (BAAC) has a membership of nearly 3,000 professionally qualified acupuncturists. It is the UK's largest professional body for the practice of acupuncture. BAAC members practise a traditional, holistic style of acupuncture diagnosis and treatment based on a system developed and refined over 2,000 years. To achieve BAAC membership, practitioners must first undertake extensive training in acupuncture (minimum three years full-time or part-time equivalent), which includes physiology, anatomy and other biomedical sciences appropriate to the practice of acupuncture.

Acupuncture is based on Chinese medicine principles that have been developed, researched and refined for over 2,500 years. Acupuncture is holistic, not focused on isolated symptoms. It regards pain and illness, whether physical or mental, to be a sign the whole body is out of balance. Western or medical acupuncture is a more recent development practised predominantly by doctors and physiotherapists, who use acupuncture techniques within their existing scope of practice on the basis of a western medical diagnosis.

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## **MAYBE IN OUR LIFE WE HAVE NOT HAD TIME TO LISTEN TO OUR HEART.**

*Maybe a lot has been happening, and we have been busy. When we are young, we are busy. When we get a little older, we are still busy. We get even older, and we are still busy. We are waiting for the day when we will not be so busy.*

*Every day that goes by, things on the outside become more complex.*

*What we are looking for is simple. We are simple. The heart is simple.*

*What the heart wants is beautiful—just that joy.*

*This is not selfish. Every human being has an innate desire to experience peace. This is why it is not selfish. We did not create the thirst to be in this peace. The thirst needs to be acknowledged.*

*Listen to the heart; let the heart be the judge instead of other people. Can we afford not to listen to our own heart?*

*Prem Rawat*

*Last word*

## **BRINGING SPIRIT BACK INTO MEDICINE**

*No ordinary dream*

**THIS WAS NO ORDINARY** dream. These dreams have come to me perhaps three times in my life, and each remains behind like a Bushman's painting on rock. In this dream I am standing at a harbour's edge. There is a great storm with giant waves and I am trying to bring a very large boat close to the harbour's edge so that I can jump aboard. I know that I must use this boat to cross the ocean. There is no fear although I recognize that to go out on that ocean is exceedingly dangerous I know that I have no choice and that I feel strong enough to do this.

**The image of me** is one of strength, almost giant strength. I am a little surprised at that. It's not quite the image I have of myself. But the storm is fierce and the boat keeps getting dragged out away from my reach. Suddenly a car appears behind me and a delicately beautiful woman steps out in flowing white robes. She dances towards the edge of the pier and then throws herself into the water. I can still see her beautiful almost angelic face as she lies face up with her white dress billowing around her as she sinks slowly into the water. I have only a moment to decide, and then letting go of the rope I jump in and embrace her as we both sink into the sea.

**The patient called Clara** is sitting very quietly on the floor. There is a deep throaty sound as she breathes in and out. The doctors have found a tumour at the base of her brain extending into the back of her throat. There is already lymph gland involvement. Her eyes look at me with absolute contentment and I wonder at the level of her acceptance and whether we should try to save her life or merely assist her passing.

**The dream is clear:** the struggle to cross the ocean or a quiet acceptance, the way of the male warrior or the natural birthing of the newborn. Women know this better than men. Having a baby naturally requires absolute acceptance. Perhaps we try too hard, but how to know when trying is enough. I wish Clara could speak and tell me. I have watched many dogs dying and they all seem to have a wonderful acceptance of their fate. I have known many humans who found this same peace at the end. My mother, who spent the last few months of her life in hospital dying from emphysema, had a dream a couple of days before she died.

She had been a most difficult and onerous patient, never satisfied with her family, friends or the hospital staff. (In the dream two images appeared. The one image was all that was unpleasant and unhappy in her and the other all that was good and great in her. The next day when my sister came to visit and listen to the usual litany of complaints she was sitting up in bed with a big smile on her face and for the first time in months she had applied her lipstick and some make-up. She thanked my sister for coming and asked her how she was doing. She died the next day.

**Great mystery  
You speak to me in dreams  
And through the life of others  
I embrace the life you give me  
As the drummer beats to the rhythm  
And the pulse of life  
Flows through my veins.  
Dr. Bernard Brom.**

*This article is reproduced by kind permission of:-  
The South African Journal of Natural Medicine.*

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**..... Medical notes? Well you've got to smile.**

The following gems were taken verbatim from the medical records of patients in a large general hospital in a metropolitan area in the USA.  
“Patient has been married twice, but denies any other serious illness.”  
”The patient states he urinates around the clock every two hours.”  
“Patient referred to hospital for repair of hernia by a social service worker.”  
“Patient has no children and she doesn't smoke or drink either.”  
“Patient's wife hit him over the head with an ironing board which now has three stitches on it.”  
“Patient is separated from his wife, and he is also allergic to penicillin.”  
“History: Patient was shot in the head with 32 calibre rifle. Chief complaint Headache.”  
“Patient complains of worsening acne and itching rash as well as nasal congestion of his trunk.”  
“She moves her bowels roughly, three times a day.”

*Reprinted by kind permission of THE SPIRITUAL HEALER*

## **The value of complementary therapies within a hospice setting.**

**In October 2011 I was diagnosed with cancer which had spread from my breast to my lungs and my bones. Life as I knew it changed and became a round of hospital appointments and admissions, chemotherapy, radiotherapy, CT and MRI scans. Meetings were arranged with the Oncologist, Surgeon, Cardiologist, GP, District Nurse, Breast Care Nurses, and Physiotherapist - even the Dentist.**

I was dealing with the shock of learning that I had a 'terminal illness' – an illness that could be 'treated' but could not be 'cured'. I had to manage increasing physical manifestations of the disease and the effects of the drugs given to curtail its progression- breathlessness, pain in the joints and bones, fatigue, mental confusion and heart problems. I was unable to hear properly, had lost all of my hair and had no sense of taste. The only foods that I could put in my mouth were cream buns and apple crumble and custard- that sound great you may say--- but alas the pounds piled on. Perhaps the most difficult aspect was informing my nearest and dearest - my partner, my son, my friends, family and work colleagues. It was difficult to deal with their overflow of emotions at the same time that I was drowning in mine.

In the midst of this whirlpool my fantastic District Nurse, who was providing me with counselling, and medical care and ensuring I had the equipment to aid my increasing disablement - threw me an anchor - a referral to day care provision provided on a weekly basis, in a local hospice. A service reserved for individuals dealing with life threatening conditions.

Up to then my only knowledge of hospices were that they were places where people went to die. I went on to learn that hospices also encourage and facilitate living and growth and hope. The day care service is run by professionals and volunteers.. Volunteer helpers serve refreshments, help dish up dinner, play board games, give manicures and cut and set hair as well as drive patients to and from the hospice. Nurses and aides take blood, update medical records, provide medication, link individuals to other services and liaise with the resident GP.

For me the most essential part of the provision is the complementary and general therapy services that are offered by resident or sessional staff. I have been able to access physical therapies such as massage, reflexology, acupuncture and counselling. I haven't become miraculously healed and there has been no switch that can be instantly turned on or off, which has made me well or taken away the pain. (Although interestingly the chronic sinusitis from which I have suffered for years has almost disappeared.) However being cared for and having attention paid to my needs, both physical and emotional, have created in me feelings of well- being and optimism.

What has also been important is the trust that has grown in the developing relationship with the practitioners. Trust is important at a time when belief in yourself, your faith and the universe, has been hammered. Therapy sessions have helped contain my feelings of being out of control and loss of confidence. The therapist has helped deal with the ensuing panic attacks, of being scared of falling off the therapy couch, of tumbling down stairs, feeling anxious when driving on motorways, being fearful of walking on my own or crossing roads.

My sessions with a counsellor have been extremely valuable in coming to terms with my diagnosis and the myriad of emotions that I have been confronted with. Counselling has given me the opportunity to express my inner most fears and feelings in a safe and confidential setting. The counsellor has also made suggestions and generally supported me in working out how to manage a range of issues and problems. Talking with other patients has also been therapeutic. There are some things that can be said to another person dealing with a terminal diagnosis that would not be understood, accepted or even be appropriate to anyone else. To talk to those you love the most is difficult and requires much sensitivity and forethought.

Another therapy I have been introduced to is 'Toning' - where the voice is used as a healing tool. It's similar to the chanting that I practised in Yoga sessions. The sound of a group of male and female voices vocalising different sounds is very satisfying, moving and energising. An outcome of practising is the improvement in my lung capacity. The anguish and pain that I was feeling were able to be expressed, raising from the darkest places in my body and allowed exposure in a controlled and healing manner. My only concern is what the neighbours think of me when I practice at home!

Relaxation sessions are accompanied by the 'hum' of Tibetan bowls, ethnic instruments and a disc playing the sounds of the ocean. The soothing background music and guided meditation facilitate a deep sense of peace which in turn seemed to increase my energy levels.

I have been encouraged to take walks in the local park with one of the therapists. He challenges me to walk for longer periods, to walk without my rollator, to progress from holding his arm to walking alongside him, from walking on flat ground to climbing steeper inclines. He tells me I can do things that I have doubts about - and I can. I believe that the complementary and general therapeutic services provided by the hospice have made me feel that I have been given some control and containment in an uncontrolled situation.

**The attention to my needs, the care given and the challenges and support provided by the hospice and its therapeutic services have helped in rebuilding confidence in me, both mentally and physically. Although I wish I had never encountered cancer or my illness, I now consider it is part of my life. I no longer am just preparing for the disintegration of my body and the end of my days. I have realised that I have a life to live – one where I will have to adapt to extraordinary changing circumstances- and I believe that the hospice has enabled me to live it.**

*Joan Norman*

This article was submitted by Vedant Wood Healer Member of JASH

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### **As we grow old**

As we grow old  
We long for the past  
When times were more simple  
And the pace was less fast.  
But give it some thought  
And you may realize  
That you were more simple  
That innocence dies.  
So wake up each morning  
With this thought in mind  
It's the present that matters  
If you want peace of mind.  
I feel I should add  
That it boots to repeat  
Time never stops slipping  
From under your feet  
So live for each moment  
As if it's your last  
The future's not here  
And nor is the past.

*Ivor Segal*



## **Congratulations to the six student members**

**Avril Shindler, Debra Battat, Emma Borrett,  
Ann Samuel, Ann Holford and Louise Margolin**

who after two years training, supervision and study with Vedant Wood and Pat Greenberg, have recently proven themselves before the assessment panel worthy to be acknowledged as fully qualified healer members of JASH .

**Well done!**

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“

**It is said that the greatest gift you can give anybody is your time but to be able to use your time to give healing has to be the most precious gift of all.”** *Mike Sheppard*

## **CHILDREN ARE QUICK**

**Teacher** : 'Why are you late'?

Student : 'Class started before I got here'.

**Teacher** : 'Maria, go to the map and find North America'.

Maria : 'Here it is'.

**Teacher** : 'Correct. Now, class, who discovered America'?

Class : 'Maria'.

**Teacher** : 'John, why are doing your math multiplication on the floor'?

John : 'You told me to do it without using tables'.

**Teacher** : 'Glenn, how do you spell crocodile'?

Glenn : 'K-R-O-K-O-D-I-A-L'

**Teacher** : 'No, that's wrong'.

Glenn : 'Maybe it is wrong, but you asked me how I spell it'.

**Teacher** : 'Donald, what is the chemical formula for water'?

Donald : 'HIJKLMNO'.

**Teacher** : 'What are you talking about'?

Donald : 'Yesterday you said it's H to O'.

**Teacher** : 'Winnie, name one important thing we have today that we didn't have ten years ago'.

Winnie : 'Me'!

**Teacher** : 'Millie, give me a sentence starting with I'.

Millie : 'I is ...'

**Teacher** : 'No, Millie .... Always say, I am'.

Millie : 'All right I am the ninth letter of the alphabet'.

**Teacher** : 'George Washington not only chopped down his father's cherry tree, but also admitted it. Now, Louie, do you know why his father didn't punish him?

Louis : 'Because George still had the axe in his hand ....'

**Teacher** : 'Now, Simon, tell me frankly, do you say prayers before eating?

Simon : 'No sir, I don't have to, my mum is a good cook'.

**Teacher** : 'Clyde, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his'?

Clyde : 'No, sir. It's the same dog'.

**Teacher** : 'Harold, what do you call a person who keeps talking when people are no longer interested?

Harold : 'A teacher'.

*Reproduced from issue 104 of THE SUSSEX HEALER*

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*"The way I see it. If you want to see a rainbow, you gotta put up with the rain."*

*Dolly Parton*

**Here are two topics** for readers to think about and maybe share their view. We do like reader feedback, so lets hear from you.

1. **Are we alone in the Universe?** Is there life of some sort on other planets —maybe in another galaxy.

2. **If Darwin's theory of Evolution of how life began,** without a creator is correct then where did love come from

***GOD IS THE COSMIC FOUNTAINHEAD OF  
LIMITLESS LOVE***                      *Paramahansa Yogananda*

A question of vision and effort. –

There is a story about Michael Angelo finding a huge piece of stone in a quarry and dragging it all the way beck to his studio. A bystander asked why he was labouring over such a large misshapen lump of stone.

Michael Angelo is said to have answered.

—”I see that in that rock there is an angel that wants to show itself to the world.”

## ***Canine Minister to an Alzheimers Sufferer By Ron Berler***

Casey wasn't the most popular dog in her owner Carol Baird's neighbourhood in Dalton, Ga. A huge, burly Alaskan malamute, she had a heart of gold but a nose for trouble. She'd slip out the Baird family's back door and trot down the street without a care. Most people gave her a wide berth. That was hardly surprising. From a distance, Casey looked a lot like a wolf. She behaved like one, too, or at least had an appetite like one. Neighbours often stormed over to complain. "Your dog got out again, and ate all of our dog's food!" or "Casey's turned over our garbage!"

So when a man rapped on Carol's door, and said he lived three blocks away, then asked for her dog's name, Carol braced herself. What did Casey do this time? "We have a sliding-glass door that we usually keep open in the summer," the man began, "and every day for the last several weeks your dog has wandered off the street and come uninvited into my house."

That dog, Carol thought. "I'm so sorry," she said. "I don't know why Casey gets herself into such mischief. A lot of it's our fault. We have to start watching her more closely. But honestly, she means no harm..."

"No, you don't understand," the man interrupted. "I came over to thank you."

The man must have seen the confusion on Carol's face. No neighbour had ever said anything positive about Casey before. They usually wanted to know who would fill up the two-foot hole she'd energetically dug in their backyard. But not this neighbour. He explained that his father, who had Alzheimer's, lived with him and his wife and needed constant monitoring. The father rarely moved from his easy chair in front of the TV in the living room and was often agitated. Caring for him had exhausted the man and his wife.

"I couldn't remember the last time we had two hours to ourselves," the man said. "And then, one day, your dog showed up." Casey wandered into the house through the sliding door and made straight for the man's father. "She sat right beside him, like she had planned to visit him all along," the neighbour said, his voice filled with wonder.

He saw his father turn to Casey and begin to pet her. He stroked her and stroked her, and fell peacefully asleep. "He slept two full hours," the neighbour said. "It was the biggest midday reprieve my wife and I have had in years." Casey returned the next day, and every day after that, as if she

had an appointment to keep. Each time was the same. She'd pad to the old man's chair and sit by his side, letting him pet her till he dozed off.

"To my wife and me," the neighbour said, "Casey was a gift from heaven. That's why I've come to see you today. Is Casey here?"

"Yes, she is," Carol said. "Casey!"

The big malamute trotted up, looking at the neighbour with searching eyes. The neighbour gave her a gentle pat. "You must have known, didn't you?" the neighbour said to Casey. "That's why you just stopped coming a couple of days ago."

"Known what?" Carol asked.

**"My father died in his sleep the night after Casey's last visit. She knew her job was over."**

*Submitted by Dr. Eli Gersten - Miami -USA.*

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### **Travel Plans for 2013/14(sent with a smile) - from Barry Goldsmith**

*I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.*

*I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my children, friends, family and work.*

*I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.*

*I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.*

*I've been in Flexible, but only when it was very important to stand firm.*

*Sometimes I'm in Capable, and I go there more often as I'm getting older.*

*One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!*

*I may have been in Continent, and I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp there.*

## **Your value grows with your experiences**

**A well known speaker started off his seminar by holding up a £20 note. In the room of 200, he asked, "Who would like this £20 note?"**

**Hands started going up. He said, "I am going to give this £20 note to one of you but first, let me do this." He proceeded to crumple the £20 note up. He then asked, "Who still wants it?" Still the hands were up in the air. "Well," he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now all crumpled and dirty. "Now, who still wants it?" Still the hands went into the air.**

**"My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value.  
It was still worth £20.**

*Many times in our lives, we are dropped, crumpled, and ground into the dirt by decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value. You are special - don't ever forget*

## ***ABOUT HERBS AND THEIR USE***

### **DAMIANA**

Stimulates the digestive and urinary System. Antidepressant, diuretic and Gentle laxative.

Used to treat genitourinary tract Infections. Helps improve digestive System. Antidepressant, Aphrodisiac (men)

### **DANDELION**

Powerful diuretic and blood cleanser. Helps with inflammation of the liver and Gall bladder. Helps lower cholesterol level and blood pressure. Is mildly laxative

### **DEVILS CLAW**

Anti-inflammatory pain relieving, with sedative properties. Strengthens the immune system. Helps relieve joint disorders

### **ECHINACEA**

Strengthens the immune system. Assists the body to fight infection. A powerful stimulant with antiseptic and Anti-viral properties.

### **EYEBRIGHT**

Effective in the treatment of sinusitis nasal infection and eye inflammation. Helpful with catarrh and inflammation of nasal passage

### **FENNEL**

Aids digestion, relieves flatulence and colic. Anti-inflammatory, Circulation stimulant and diuretic. Taken with other herbs, helps to improve their digestibility

### **FEVERFEW**

Used in the treatment of headaches and migraines. Anti-inflammatory, used for relief of joint inflammation Will relieve swelling caused by insect bites used topically

### **GARLIC**

Helps to lower blood pressure and reduce cholesterol levels. Antibiotic anti-viral and anti-microbial. Ideal in the treatment of colds, infections and bronchitis

### **GINGER ROOT**

Digestive calming action. Used to Prevent nausea and motion sickness, also to help break fevers. Beneficial In treatment of poor circulation and weak digestion.

### **GINSENG**

Helps defend body from stress. A Tonic for mental, physical, and nervous exhaustion.

### **GOLDENSEAL**

Antiseptic, may be used topically or Internally. Ideal for sore throats, Gastritis, ulcers and colitis

## Summer

*In their exquisite beauty  
The roses bloom  
Their fragrant perfume  
Fills the air,  
With piercing sweetness  
The blackbird sings  
The sky, is blue  
And all is set fair.  
Humming softly  
Bees collect nectar  
Bright butterflies wing by  
In all their glory  
Children shout and play  
Happy in the sunshine  
For this at last  
Is summer's story.  
A gentle breeze  
Stirs luxuriant leaves  
As I sit in the shade  
Of a Willow tree  
The sun smiles at me  
As I relax  
With a book and my black cat  
On my knee,  
For Winter's cold cruel reign  
Has ended  
And Summer's Renaissance  
Has begun  
A time to bloom  
To love, to hope,  
A celebration  
For everyone.*

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**Venues where members of J.A.S.H. Practice healing**

**THE WHITE DOVE HEALING SANCTUARY**

**REDBRIDGE and ILFORD area**

**For further information contact Rita 0208 551 5289**

**Tuesday 10.30 am – 12.30 pm**

**SOUTHGATE HEALING**

**at Pure Health - Health Food Shop,**

**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 p**

## Quotes to inspire

"My soul's reverence for creation increases every time I behold the miracle a sunset or the beauty of the moon."

*Mahatma Gandhi*

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"Yet the timeless in you is aware of life's timelessness and knows that yesterday is but today's memory and tomorrow is today's dream and that which sings and contemplates in you is still dwelling within the bounds of the moment which scattered the stars into space."

*Kahil Gibran.*

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'Why was man created on the last day? So that he can be told when pride takes hold of him: God created the gnat before thee.'

*THE TALMUD.*

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'A gem cannot be polished without friction, nor can man be perfected without trials.'

*Confucius .*

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'If you can imagine it you can achieve it; if you can dream it you can become it.'

*WILLIAM ARTHUR WARD.*

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'A loving heart is the truest wisdom.'

*CHARLES DICKENS.*

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"When you have a grandchild it is as if a door opens wide in your heart Write on your heart that you never knew was there and the love just pours out and never stops."

*PHILIPPA LEWIS.*

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'The bad thing about good things is that they come to an end, and the good thing about bad things is they also end.'

*ANAMARIA RABATTE y CERVI.*