

News & Views

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THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

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AFFILIATED TO THE BRITISH ALLIANCE OF HEALING ASSOCIATIONS

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Every quarter, News & Views is sent to JASH healers in many parts of the UK It is also read by doctors and other health professionals and other healing organisations here in the UK and in Israel and the USA and other parts of the world.

Some of our readers have contributed poems and articles for the magazine, which we appreciate, but now, we think it would be a good idea to invite all our readers to express their news and views. So, starting with the Autumn issue we shall dedicate space in News & Views to your letters, your views on healing or anything you wish to write about in regard to complementary therapies, patient expectations, their responses etc., etc.. However please make sure that your submissions are clearly typed and source of material is stated. Meanwhile enjoy this glorious summer with all its benefits and blessings .

Maurice & Yetta Powell - Editors News & Views

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Chairman's Report July 2014

Welcome to the summer edition of News and Views. I thank all the people who gave up their Sunday afternoon to attend our Annual General Meeting which was held 22nd June 2014. It was great to see two of our members who came all the way from Lincolnshire, one who travelled from Somerset as he had been celebrating the summer solstice at Stonehenge and one of our Patrons Aubrey Rose who offered to help us financially with a grant from the Ark of Noah Trust. Ray and Joan Branch, our other Patrons are suffering poor health at the moment and would appreciate some distant healing. Should anyone be interested in joining our Committee, please contact me on 0208 866 9332 or by e-mail jashhealing@hotmail.com, bearing in mind that we are all getting older with most of the committee in their seventies and eighties and we could do with having some new blood to continue the solid work we have achieved so far.

Discussion took place on the minimum requirements for training which will be increased to two hundred hours over the two year student period, with proof of continuing professional development (CPD) being required by the powers that be, for the fully trained healers in the near future in order to keep up with the current standards of good practise. The British Alliance of Healing Associations now represents thirty six organisations and is currently financially stable. The UK Healers, Complementary and Natural Healthcare Council, The Healing Trust and Doctor Healer Network were also discussed. We have some new lapel badges which are a little smaller than the last ones selling at £3 each.

Thanks were given to the Ark of Noah Trust, Harry, Naomi, Edna Ashby Foundation and Alan for their donations to the Jewish Association of Spiritual Healers and also to the healers who manned our stand at the Jewish Living Exhibition at Wembley, which was promotionally very good but financially not so good. Our financial structure is reasonably sound although we have made a loss, membership wise, over the last two years and will, unfortunately, have to increase our annual subscription next year to £25 per person.

Yetta and Maurice are still producing our excellent News and Views and look forward to receiving your comments and articles. Harry Luck has kindly offered to take over our website management, so hopefully you will be able to see the News and Views on our website with thanks to Daren our current web master for his work in the past.

Your Committee for 2014/2015 were re-elected en bloc although, as stated earlier, we are looking for some new Committee members. My thanks as always to your hard working Committee for their time and expertise, keep up your good work.

Steve Sharpe.

The Garden Heals My Soul

*The garden heals my soul as nothing else can
Plants designed by God arranged by man.
To go outside, even if the weather is not great
It calms me down if I get in a state.
The smell of sweat roses
The bees buzzing around,
I even like the insects crawling on the ground.
One or two I mean, not over run by ants
I leave the ants nest alone, unless they're near the house
Sometimes I see a squirrel or a field-mouse.
The black bird sings my favourite song
The robin is my favourite look.
I love sitting in the garden
I seldom read my book.
The time goes by so quickly
And all I've done is look.*

Tina Cohen

Surround With Love

*Sailing upon waters calm
Seeing what comes into sight,
The beauty of Gods making
Is a promise of His might.
Hold your hand up high to heaven
Say thank you, for His grace,
Have a feeling of contentment
As you walk upon His space.
Allow kind words to be spoken
To all who come your way,
Ne'er turn your face from the broken
When their need is more each day.
With your open arms, surround them,
Let your love go pouring through,
Raise their spirits to the heaven,
So that they learn to love, through you.*

Sheila Goldsmith

Memories

How shall I begin? I have so many treasured memories of my Jewish friends and acquaintances, which has grown with me over the years. Probably because I am not of the Jewish faith, I have been given the opportunity and insight to view the Jewish religion in a very special way. How does one condense it all? It is virtually impossible, but I will try.

My first magical contact with someone in the Jewish community was when I was ten years old and very ill. My father came home one day with some luxurious gifts, which came from a lady named Cissie Gould, who told me in later years that I was her Mitzvah. This lovely unassuming lady would again influence my life when I was sixteen. Cissie suggested to my father that I attended a business study group run by a Miss Goschalk, she herself would pay the fee if I did well, this alone would be reward enough for her. The school was above Stoke Newington railway station, where all the pupils were Jewish and yet I never at anytime felt like the odd one out. I loved my time there.

We now have to skip a few years, because the volume of my recollections would turn into a book and there were too many pages to print in the Shul's magazine. In my early twenties I was working in Bishopsgate when I became friendly with Shirley and Harry Rothman. Indirectly, I heard from them that there was a vacancy for a shorthand writer in the bank Leumi of Israel, then in Cracechurch Street. I think my education began all over again. The atmosphere was unique, friendly, caring and humorous. My dear friend Kitty would be speaking Yiddish to people claiming their reparation money. Evelyn, another lovely girl would make me repeat after every statement (because she is so superstitious) 'Chasfah-Calilah'. And also 'Nashtugaducht' for good measure.

I worked temporarily for an Israeli, Mr Doran, who had served in the Israeli Army. He taught me about the Mandate signed in 1948 and the irrigation of the Negev Desert. He was justifiably proud of his country's achievements. I was taught Yiddish and a smattering of Hebrew and began to learn about another culture that was very different to my own, but with which I became very compatible. During my time with Bank Leumi. I needed a roof over my head for my son and myself. My dear friends Kitty and her husband Harry suggested we should live with them until matters were sorted.

I will never forget this wonderful gesture as long as I live.

For many years after that I worked in another bank but Bank Leumi is remembered with love. In later years my husband Harry started a school-round taking Jewish children back and forth to school. They all lovingly referred to him as 'Mr Harry'.

When my beloved husband died all the families paid their respects. The warmest tribute was from Mr Kline who accompanied the cortege to the end of the road saying prayers, I felt very privileged that he should have taken the time as it was Friday and it was close to the Sabbath. Mr Kline once told me this very special story about a Rabbi who walked a long way on Sabbath. The British Government had requested forms to be signed enabling Jewish children to leave Germany before it was too late, This was known as the 'Kinder Transport' They decreed that this signing should take place, oddly enough, on a Saturday morning. This thoughtless order meant that the elderly Rabbi had a very long walk so he could add his signature to the document. This story made me cry. When I occasionally visited the Stamford Hill area, after my dear husband died, to be greeted by the Jewish community as 'Mrs Harry' gave me a great feeling of warmth. In conclusion, I would say with the utmost sincerity — I have been fortunate to experience and observe the Jewish way of life. In a mischievous way I have enjoyed slipping into conversation my expressive Yiddish!! Such a look of surprise when I use it in the correct way that even Kitty still chuckles and replies accordingly.

Shalom

In my many years I have come to a conclusion that one useless man is a shame, two is a law firm and three or more is a government.

John Adams

If you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed.

Mark Twain

I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.

Winston Churchill.

A government which robs Peter to pay Paul can always depend on the support of Paul.

George Bernard Shaw

Government is the great fiction, through which everybody endeavours to live at the expense of everybody else.

Frederic Bastiat, French economist(1801-1850)

HOPE

Dear healers.

Look into the eyes of those who come to you seeking help and comfort. You cannot believe the difference you make for those who's lives are filled with hopelessness. You help to give them hope. Hope is the one thing that is sorely needed.

There is such a sense of unbelievable disillusionment in the world, sometimes amongst yourselves too, or those close to you. I urge you to listen carefully to your intuition, be more aware of how much of a great influence it plays in your life.

Listening to the forces of power that stream-out of your own inner knowing, may save you so much disharmony, and help others. Although you may not be able to influence or change many areas in your life, or those around you, accept that many things are possible. Go into the silence and contact your intuitive energy, it is a powerful tool. You may feel unable to accept the thoughts that help to guide you in a truthful way, but they are beneficial for your well being, and for others. Try your best to understand that your intuition is the light that guides you, those illuminating thoughts will always be there for you.. A pathway entrenched with love and kindness. This loving energy is there throughout your life and beyond, filling you with its vibration.

All things are possible-through this energy, and only a thought away ...for thought is living power unleashing your spiritual self, helping you to speak and listen from the heart.

Your spiritual words may flow freely and be filled with light, realise they are precious, you are urged to not take them lightly, otherwise. ...they are like leaves in the wind ...they become nothing of use. Yet if valued, the disintegrating leaves can still be used as compost where many seeds can grow and flourish... then your words are never wasted, for you have planted them, and have done your best to bring peace. Your clients may recall them in times of need. Some will be used constructively, others will fade away into dust.

Nevertheless.... use your healing, plant the seeds of hope wherever, and whenever you can.

Pattie Greenberg Healer Member of JASH

An Ancient Formula For Repelling Disease ...

I. **Three Drops of Pity**, a steady flow of compassion, and gastric juices shall go about their work uninterrupted, and there shall be no stones nor inflammation.

II. **Three Ounces of Unselfishness**, generosity of thought and deed, and the body shall not be prey to fevers, sending its warmth outward.

III. **Seven Lungfuls of Laughter and Love-lit Speech**, a habitual outpouring of joy, and the throat cannot ache and swell in its longing for laughter, and the tongue cannot parch in the absence of healing, medicinal words.

IV. **Four Tumblers of Charity**, a soothing and inexpensive cordial, and the very bones of us will respond, every joint and sinew loved and oiled by its grace.

V. **One Injection of Far Memory**, suffused through every vein, and heart shall be in harmony with the sistole and distole of life design.

VI. **Two Swallows of Patience**, nature's favorite remedy, and the eyes shall not lose their power of insight.

VII. **A Long Steady Diet of Silence and Inner Control**, the ancient hospital bed, and the brain shall not waver nor short circuit, keeping her metered pace.

VIII. **Five Tablets from the Mills of Conscience**, however bitter to taste, and the ears cannot shut out the cries of heaven in the dust frames about us.

IX. **Six Transfusions of Prayer on a Scale as Grand as the Cosmos**, a remedy the most indulgent may grasp and the rich blood and complex cell may not be attacked nor disordered. *

**from 'On The Trellis of Memory', an unpublished work by
Elithe Hamilton Kirkland and Jenny Lind Porter.*

EAT LOTS OF SWEET POTATOES

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... All before making a human. He made and provided what we'd need before we were born. These are best & more powerful when eaten raw. But we're such slow learners...

God left us a great clue as to what foods help what part of our body!

God's Pharmacy! Amazing!

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs.

Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic

chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well overcome male sterility.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Olives assist the health and function of the ovaries

Oranges , Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.

A working companion, **Garlic**, also helps eliminate waste materials and dangerous free radicals from the body.

G. MARKS – Australia.

A PRAYER FOR THE ALSO RANS

*Lord, bless the folk who somehow never got there,
The people who intended something fine;
The folk who might have lived a little nobler,
The men who somehow always failed to shine:
The people who have tried to keep their temper,
And yet who seemed to lose it all the more;
The ones who have not made their names in business,
Who should be rich, yet always will be poor;
The folk who aren't as clever as they might be,
Who aren't so good, and feel their efforts vain.
Lord, bless all these, and, Lord, bless me among them,
And give us all the heart to try again.
(Aon)*

A M D

Age Related Macular Degeneration

What is Age-Related Macular Degeneration?

Age-related macular degeneration is a painless condition in which the macula becomes damaged. There are two main forms, known as 'dry' and 'wet'.

Wet macular degeneration is so called because tiny abnormal blood vessels grow behind the retina toward the macula. These leak blood or fluid, scarring the macula and leads to rapid loss of central vision. This condition can develop very quickly, so fast referral for treatment and urgent treatment is essential.

Dry macular degeneration is a gradual deterioration of the macula, usually over many years. In dry AMD the cells of the macula die off and are not regenerated. The term 'dry' does not mean the person has dry eyes, just that the condition is not wet AMD.

Unfortunately, 10 to 15% of people with dry AMD also develop wet AMD. This is because new blood vessels grow to try to repair the damage to the macula. If you have dry AMD but notice a rapid change in vision it is vital to get an urgent assessment from your optometrist. If macular degeneration occurs in one eye there is the possibility of it affecting the other eye within a few years. The speed of progression varies from person to person. While AMD causes central vision loss and can have a devastating impact, it does not lead to complete blindness. You will still have your remaining peripheral vision.

LIVING ALONE !!

GET A DOG ...

If you live alone, you might get lonesome. At times you might want some company. At times you should get out in the sun needing a walk. It's good to talk to someone, to feel a presence near you.

For all these reasons if you are able, you need a dog. Once you get a dog in your possession there will be immediate good changes in your life. You will sleep better knowing you are protected. Once you start walking your dog you will meet people. You are going to have a reason to get up in the morning, a dog has to relieve himself.

Now you have a companion, someone to talk to, and someone to play with . A dog is born to serve Man. Dog spells 'GOD' backward

Life can't be better than that !!!

Gloria B. Gersten Miami – USA

POLITICAL FOLLY

Politicians what are you ?
Do you ever think about what you do ?
The pensioners suffer lack of money
They try to live right ,but its not very funny
The government get their money with great big rises and expenses
 Most pensioners have worked hard throughout the years
 And when their money has gone ,they don't shed tears
 They try to live in a hard sort of way
 Struggling to manage every day .
 The government get their money with great big rises and expenses
But we don't complain ,we have to get by
We have not got much but we really do try
Some can't afford to heat their houses
while you behave like a bunch of louses
The government get their money with great big rises and expenses
 And when we are eighty you will give us more money
 twenty five pence don't you think thats funny ,
 What can we buy with the extra we've got Is this extra money a
 government plot ?
 The government get their money with great big rises and expenses
We can't buy anything so what can we do
I know what we can do give it back to you
We could let the government have the twenty five pence
To give it to the old just does not make sense.
The government needs our money for great big rises and expenses.

Submitted by SHIRLEY — to Rita Vangelder, JASH Healer.

In my many years I have come to a conclusion that one useless man is a shame, two is a law firm and three or more is a government. *John Adams.*

If you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed. *Mark Twain*

I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.

Winston Churchill

A government which robs Peter to pay Paul can always depend on the support of Paul. *George Bernard Shaw*

Giving money and power to government is like giving whiskey and car keys to teenage boys. *P.J. O'Rourke, Civil Libertarian*

I'm Free

I'm Free, I'm Free,

The bloody Cancers gone you see,
Pain and discomfort rule the day,
But given time they'll fade away

My thanks to the surgeons who cut out my fear,
(I confess that it didn't do much for my rear)
But it did save my life, so what more can I say,
But God bless you for bringing me hope back this way.

Ivor Segal.

Why dogs die Young

My old dog Chaka just up and died
At the ripe old age of eleven.
I tried real hard my tears to hide
Hoping he'd gone to dog heaven.

Why I wondered do dogs all die
So much younger than all of us humans?
A little boy answered my heartfelt cry
With the following words of wisdom.

***'People are born and must learn to love
And need many years to discover,
That loving and kindness are gifts from above
To help us be good to each other.'***

He paused, smiled, and said, 'Dogs you'll find,
Have love in their hearts when they're born,
Humans need time to learn to be kind
So there's really no reason to mourn.'

***The love and joy you get from a pup
Will linger right up to the end,
Those memories sweet will fill your cup
Whenever you think of your friend.***

Ivor Segal.

A Great Experience in a Chinese Hospital

In March this year, a selected group of students of Acupuncture, Traditional Chinese Medicine, Nursing and Midwifery of Middlesex University took a study trip to The First People's Hospital, Changzhou, China. Changzhou, with a population of approximately 4.5 million people, is a modern city located in the southern Jiangsu Province in the affluent Yangtze Delta region of China.

It is just 3 hours drive from Shanghai. Changzhou has a long history, dating back to the first settlement in the Qin Dynasty in 221BC. Since the 1920s, Changzhou has grown as an industrial city and has become a major centre for textiles, food processing, engineering (diesel engines, generators, transformers and other machinery), and high technology. The fertile rural counties surrounding Changzhou are noted for the production of rice, fish, tea, silk, bamboo and fruit. Changzhou has remained one of the most developed cities in Jiangsu and one of the top business cities in China. **The visit was a part of a developing partnership between Middlesex University and the Hospital.** The First People's Hospital of Changzhou was established in 1918. It is a major hospital of Jiangsu Province, supported and administrated directly by the provincial and affiliated to Suzhou University.

After more than 90 years of construction and development, it has been built to a 3A comprehensive hospital with a wide range of departments, strong medical expertise, advanced medical facilities, and high academic level. It is a hospital with an integration of medical cares, medical education, and medical research. With 44 clinical departments and a total of 1,818 beds, the hospital has 1.76 million of outpatient and emergency attendances annually. With the city's key medical laboratories - the Comprehensive Laboratory, the Laboratory of Oncology, and the Sino-US Modern Medical Laboratory, the hospital has a high level of medical technology, a strong workforce, and also excellent medical research and educational capabilities.

The students had the opportunity to experience the daily work of all the major departments. In the Traditional Chinese medico department, students saw many interesting cases related to infertility, PCOS and gastritis. The head of the department had more than 40 patients a day. One case of a Late Stage Lung Cancer Patient was treated successfully by the doctor. The patient received

western cancer treatment, but found it was ineffective and too expensive. He decided to try Chinese medicine. After 2 months of treatment, the patient became asymptomatic and is now in good health.

The acupuncture department is always very busy. The patients often come every day for their treatment, unlike in the UK, where patients have treatment weekly, monthly or even longer. Acupuncture patients range from children to the elderly. People with muscular skeletal pain as well as internal problems come for acupuncture. Heat lamps and electro-acupuncture machine are extensively used. In some cases, acupuncture treatment is used in incorporation with western steroid injections or herbal injections at certain acupuncture points. There is a close relationship and good communication between acupuncture department and western medicine doctors. Acupuncture consultants are invited to see the in-patients and acupuncture is administered on the wards. The hospital is always busy but it is also very efficient. It is amazing to see prompt western diagnostic tests such as blood tests, X-rays, MRI, ECG, CAT Scans and gynaecological scans, which are done in the same day. They do not have to wait.

Chinese herbal medicines are widely used on the wards and for out-patients. There are all forms of Chinese herbal medicines, such as raw herbs, ready-made tablets, herbal injections, pastes and concentrated powders. Herbal asthma patches are used in the paediatric department for asthmatic children. In the wound care department used, a herbal paste called Jin Huang San is used for many old and new wounds. Herbal cream, ointment and emulsions are widely used in the dermatology department.

Apart from the hospital, students had a great experience with the Chinese culture in Changzhou. Tianning Pagoda and cultural theme park in Changzhou, Lingshan Mountain in Wuxi - where they visited the biggest Buddha in China, and in Shanghai, there was the Yuyuan Gardens and Boat cruise along the Bund on the River.

Breath-taking views everywhere. A wonderful experience for the students.

They will be back in the future.

Submitted by Dr Ming Zhao Cheng MD (China) MSc (Oxford) PhD (London) MBAC MATCM –

STRANGE BUT TRUE!

Our eyes are always the same size from birth, but our nose and ears never stop growing.

'Dreamt' is the only English word that ends in the letters 'mt'.

A 'jiffy' is an actual unit of time for 1/100th of a second.

A cat has 32 muscles in each ear.

Babies are born without kneecaps. They don't appear until a child reaches 2 to 6 years of age.

In the last 4,000 years, no new animals have been domesticated.

There are only four words in the English language which end in 'dous': tremendous, horrendous, stupendous and hazardous.

The sentence: 'The quick brown fox jumps over the lazy dog' uses every letter of the alphabet.

A shark is the only fish that can blink with both eyes.

A snail can sleep for three years.

The words 'racecar', 'kayak', and 'level' are the same whether they are read left to right or right to left (palindromes).

The average person's left hand does 56% of the typing.

Women blink nearly twice as much as men.

The cruise liner, QE2, moved only six inches for each gallon of diesel that it burned.

There are more chickens than people in the world.

Winston Churchill was born in a 'ladies' room during a dance.

An ostrich's eye is bigger than its brain.

No word in the English language rhymes with month, orange, silver or purple.

TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.

Almonds are a member of the peach family.

There are two words in the English language that have all five vowels in order: 'abstemious' and 'facetious'.

Now you know (a little) more than you did before!

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THE BREATH IS THE LIFE

Throughout the history of human spirituality, with its diversity of myths, practices and beliefs, the breath has always been a source of meditation and reflection. This is not surprising. Breath is linked with Life. To breathe is to live. When human beings, along with mammals, birds and reptiles, are born they take their first breath-and with their last breath, life withdraws from the body. Breath affirms relationship with the world: in order to maintain life we must draw in the oxygen needed from the atmosphere and we must release carbon dioxide into that atmosphere. The ancient masters of Yoga believed that the manner by which one breathes determined the length and quality of life, a view based on the observation of the rhythms of nature. It was thought that all living things possessed a certain number of breaths and the idea developed that slow, rhythmic breathing, by keeping the body well supplied with oxygen, contributed to a longer and more harmonious life.

The link though between breath and life is affirmed in the Latin word *spiritus* which in addition to meaning spirit, courage and vigour, also means breath. The same idea is repeated in Semitic languages, including Arabic, where the word for spirit is associated with aspects of air, including breath, wind and even odor. And in Sanskrit the word *prana*, in addition to meaning breath and respiration, refers to the Life Principle, energy, vitality, spirit and 'vital airs'

In the Vajrayana traditions of Tibetan Buddhism, *rLung* means wind or breath and is a concept that's particularly important to understandings of the subtle body and the Three Vajras (body, speech and mind). The general description of *rLung* is that it is a subtle flow of energy and out of the five elements (air, fire, water, earth and space) it is most closely connected with air. However it is not simply the air which we breathe or the wind in our stomachs, it goes much deeper than that. *rLung* is like a horse and mind is the rider, if there is something wrong with the horse the rider will not be able to ride properly. The general function of *rLung* is to help growth, movement of the body, exhalation and inhalation and to aid the function of the mind, speech and body. Its most important function is to carry the movements of speech and body.

Thus, breath symbolizes not only relationship with the physical environment but also the subtle environment of energies and forces. The Hebrew Bible describes how Adam became a living soul when God breathed the breath of life into lifeless substance (clay) and it suggests that at the moment of death the breath returns to God – The Creator.

Reproduced in part, from:- ' THE AIR THAT WE BREATHE ' As published in the 2014 WORLD GOODWILL Newsletter issue No 1...

Going Bananas ...

This is interesting. Never, put your banana in the refrigerator!!!

After reading this, you'll never look at a banana the same way again. Lecturing on physiological psychology, a professor at CCNY (City of New York University) told his class about bananas. He said the expression 'going bananas' is from the effects of bananas on the brain.

He informed them that bananas contain three natural sugars -- sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Furthermore, research has proven that just two bananas provide enough energy for a strenuous 90-minute workout.

No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia : High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey.. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady. Eating a banana is just the thing.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand , for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood Enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around, so maybe it's time to change that well-known phrase so that we say, 'A banana a day keeps the doctor away!'

Ab Cohen - San Carlos USA

Love

Love is Inside of You ...

"When I see a sunrise, when I see a full moon, when I see those beautiful things, it reminds me that there is something very beautiful inside of me, and I should be in touch with it all the time."

"If you are looking for the Truth, then Truth is inside of you. If you are looking for the Love, then love is inside of you. If you are looking for that immortality, then immortality is inside of you. If you are looking for the answer, then the answer is inside of you. If you are looking for peace, peace is inside of you. And If you want to make this life complete, then the missing puzzle is inside of you."

"Come— every day— approach this life as it is— a gift. Anything else is desecrating this existence. Every day, approach it with the dignity it deserves.

Love.

Love that which will love you back unconditionally.

Adore.

Adore that which will adore you back unconditionally. It is okay in this life to have answers without the questions.

Simple— that's what it is"

Prem Rawat - Miami Beach, Florida U.S.A May 10, 1998.

Sometimes, it's more than just luck.

Elmer Bendiner was a navigator in a B-17 during WW II. He tells this story of a World War II bombing run over Kassel , Germany , and the unexpected result of a direct hit on one of their gas tanks.

"Our B-17, the Tondelayo, was barraged by flak from Nazi antiaircraft guns. That was not unusual, but on this particular occasion our gas tanks were hit. Later, as I reflected on the miracle of a 20 millimetre shell piercing the fuel tank without touching off an explosion, our pilot, John Fawkes, told me it was not quite that simple.

"On the morning following the raid, John had gone down to ask our crew chief for that shell as a souvenir of unbelievable luck. The crew chief told John that not just one shell but 11 had been found in the gas tanks. 11 unexploded shells where only one was sufficient to blast us out of the sky. It was as if the sea had been parted for us. A near miracle, I thought. Even after 35 years, so awesome an event leaves me shaken, especially after I heard the rest of the story from John.

"He was told that the shells had been sent to the bomb experts to be defused. The armorers told him that after extensive examination they could not say why the shells never exploded. John eventually sought out the answer.

"Apparently when the armorers opened each of those shells, they found no explosive charge. They were as clean as a whistle and just as harmless. Empty?

Not all of them! One contained a carefully rolled piece of paper. On it was a scrawl in Czech. The Intelligence people scoured our base for a man who could read Czech. Eventually they found one to decipher the note. It was mindboggling.

Translated, the note read:— "This is all we can do for you nowUsing Jewish slave labour is never a good idea."

Submitted by Steve Sharpe.

Some Answers To Questions on Health ...

Does olive oil prevent heart disease? ... Yes. The health benefits of olive oil come from the presence of polyphenols. But to get these healthy compounds, buy good-quality, fresh "extra-virgin" olive oil, which has the highest polyphenol content. Most commercially available olive oils have low levels of polyphenols associated with poor harvesting methods, improper storage, and heavy processing.

Do sugary soft drinks lead to diabetes? Short answer: Yes ... The majority of health research is stacked against sugar-sweetened soda. A large 2004 study reported in the Journal of the American Medical Association found that women who drank one or more sugary drinks per day increased their risk of developing type 2 diabetes by 83% compared to those who consumed less than one of these beverages per month.

Does eating nuts make you fat? No. ... As much as 75% of a nut is fat, but eating fat doesn't necessarily make you fat. The bigger factor leading to weight gain is portion-size. Luckily, nuts are loaded with healthy fats that keep you full. They're also a good source of protein and fiber. One study even found that whole almonds have 20% less calories than previously thought because a lot of the fat is excreted from the body.

Is walking as effective as running? Yes. ... Studies have shown that how long you exercise — and thus how many calories you burn — is more important than how hard you exercise. Running is a more efficient form of exercise, but not necessarily better for you. A six-year study published in the journal Arteriosclerosis, Thrombosis, and Vascular Biology in April found that walking at a moderate pace and running produced similar health benefits, so long as the same amount of energy was expended.

Is drinking fruit juice as good for you as eating fruit? No. ... Calorie for calorie, whole fruit provides more nutritional benefits than drinking the pure juice of that fruit. That's because when you liquefy fruit, stripping away the peel and dumping the pulp, many ingredients like fiber, calcium, vitamin C, and other antioxidants are lost. For comparison, a five-ounce glass of orange juice that contains 69 calories has .3 grams of dietary fiber and 16 milligrams of calcium, whereas an orange with the same number of calories packs 3.1 grams of fiber and 60 milligrams of calcium.

Are all wheat breads better for you than white bread? No, not all wheat breads are created equal. Wheat breads that contain all parts of the grain kernel, including the nutrient-rich germ and fiber-dense bran, must be labeled "whole grain" or "whole wheat." Some wheat breads are just white bread with a little bit of caramel coloring to make the bread appear healthier, according to Reader's Digest.

Is red wine better for you than white wine? Short answer: Yes. ... Red wine contains much more resveratrol than white wine, an antioxidant found in the skin of grapes that has been shown to fight off diseases associated with aging.

Can a hot tub jacuzzi bathing make one sick? Yes. ...Hot tubs — especially ones in spas, hotels, and gyms — are perfect breeding grounds for germs. Even though hot tubs are treated with chlorine, the heat causes the disinfectant to break down faster. The most common hot tub infection is pseudomonas folliculitis, which causes red, itchy bumps. A more dangerous side-effect of soaking in a dirty Jacuzzi is a form of pneumonia known as Legionnaire's disease.

Do eggs raise cholesterol levels? No, although egg yolks are a major source of cholesterol — researchers have learned that saturated fat has more of an impact on cholesterol in your blood than eating foods that contain cholesterol. "Healthy individuals with normal blood cholesterol levels should now feel free to enjoy foods like eggs in their diet every day." So states the lead researcher from a 25-year University of Arizona study on cholesterol.

Can you drink too much water? Short answer: Yes. ...Overhydrating is most common among elite athletes. Drinking an excess of water, called water intoxication, dilutes the concentration of sodium in the blood leading to a condition known as hyponatremia. The symptoms of hyponatremia can range from nausea and confusion to seizures and even death in severe cases. To avoid this, drink fluids with electrolytes during extreme exercise events.

Can yogurt ease digestive problems? Yes, our digestive tract is filled with microorganisms — some good and some bad. Yogurt contains beneficial bacteria, generically called probiotics, that helps maintain a healthy balance. Probiotics can relieve several gastrointestinal problems, including constipation and diarrhea. Certain brands of yogurts, are marketed exclusively to treat tummy issues.

Is it safe to microwave food in plastic containers? Yes, but the plastic container should display the words "microwave safe." As a general guideline, plastic grocery bags as well as most plastic tubs that hold margarine, yogurt, cream cheese, and condiments are not microwave safe.

Can watching TV ruin your eyesight? No. Watching TV will not destroy your rods and cones as the outdated myth suggests. Before the 1950s, TVs emitted radiation that could increase an individual's risk of eye problems after excessive TV viewing, Modern TVs have special shielding that blocks these harmful emissions.

Is bottled water better for you than tap water? Short answer: No Bottled water is no safer or purer than tap water, although it is substantially more expensive. A recent study by Glasgow University U.K. found that bottled water is actually more likely to be contaminated than water from your faucet because it is less regulated. Bottled water and tap water typically come from the same sources — natural springs, lakes, and aquifers. While public water supplies are tested for contaminants every day, makers of bottled water are only required to test for specific contaminants every week, month, or year.

This information was submitted from Israel – by Leon Charney.

It is said that laughter is a great healer, so we trust that the following gems might amuse. They have been culled from actual motor insurance accident claims forms.

"I started to slow down but the traffic was more stationary than I thought."

Q: Could either driver have done anything to avoid the accident?

A: Traveled by bus?

This driver collided with a cow. The questions and answers on the claim form:

Q - What warning was given by you? A - Horn

Q - What warning was given by the other party? A - Moo.

"I was thrown from the car as it left the road. I was later found in a ditch by some stray cows."

"First car stopped suddenly, second car hit first car and a haggis ran into the rear of second car."

"Windscreen broken. Cause unknown. Probably Voodoo."

"The car in front hit the pedestrian but he got up so I hit him again"

"I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment."

"I collided with a stationary truck coming the other way"

"A truck backed through my windshield into my wife's face"

"A pedestrian hit me and went under my car"

"In an attempt to kill a fly, I drove into a telephone pole."

"I had been shopping for plants all day and was on my way home. As I reached an intersection a hedge sprang up obscuring my vision and I did not see the other car."

"I was on my way to the doctor with rear end trouble when my universal joint gave way causing me to have an accident."

"To avoid hitting the bumper of the car in front I struck the pedestrian."

"My car was legally parked as it backed into the other vehicle."

"An invisible car came out of nowhere, struck my car and vanished."

Social and Personal

Our Sincere Condolences to:-

Pat Greenberg on the sad loss of her husband Lawrence.

Congratulaions to:-

Carina Harris on the marriage of her son Michael.

Congratulaions to:-

***Shelia Goldsmith on the Brmitzvah of her Grandson Joseph Benjamin
Gooldsmith in Israel on Sat. 9th August 2014***

**Information regarding JASH or any of our members for inclusion on
this**

page should be submitted to our secretary Francine Benjamin.

Recommended Books:- by Yetta Powell —:

Frontiers of Health by Dr Christine Page – published by C W Daniels
Ltd.

‘Here is a book for all who wish to work towards healing and wholeness on
all levels , body, mind and spirit.’

The Only Thing That Matters by Neal Donald Walsh — published by
Hay House

‘The writer states that 98% of the people are speaking 98% on things that
don’t matter’.

Countdown to Coherence by Hazel Courtney — published by Watkins
‘A serious attempt at offering good scientific ideas towards a Spiritual
Theory of Everything’.

Total Stress Relief by Vera Peiffer — published by Piatkus

‘A self help guide of practical solutions that really work.’

The Secret of Instant Healing by Dr Frank Kinslow — published by Hay
House

‘An introduction to the power of Quantum Healing.’

Please Note: Views expressed in this publication do not represent the views
of JASH or those of the editors —.

Patients should at all times seek the advice of their GP or medical adviser’s,
healing being a complimentary therapy, not an alternative to qualified
medical advice or treatment.—

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

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(rear of car park)

Contact Steve 0208 866 9332

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Contact Bernard 0208 958 9565

or

Steve 0208 866 9332

Wednesday 7.00 pm - 9.00 pm

RAINBOW HEALING CENTRE NORTHWOOD

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Contact Pat 0208 866 9084

or

Vedant 0208 863 0261

Wednesday 2 pm – 4.15 pm

Please remember !!!!.

*Patients should be reminded to tell their GP or medical
advisor about any healing or Complementary treatment.*

Quotes to inspire

**Everything that happens to you is your teacher. The secret is to sit at the feet of your own life and to be taught by it
Everything that happens is either a blessing which is also a lesson, or a lesson which is also a blessing.”**

Polly Berrien Bered

“One filled with joy preaches without preaching.”

Mother Teresa

“If you haven’t any charity in your heart, you have the worst kind of heart trouble.”

Bob Hope

“If you tell the truth , you don’t have to remember anything.”

Mark Twain

‘The man who removes a mountain begins by carrying away small stones.’

Chinese Proverb

**“Live in pace and peace will live within you
We find in life exactly what we put into it.”**

Ralph Walo Emerson

**‘Be humble for you are made of earth
Be noble for you are made of stars’.**

Serbian Proverb

“I am not bound to win but I am bound to be true. I am not bound to succeed but I am bound to live up to what light I have”.

Abraham Lincoln

**“That I feed the hungry, forgive an insult, and love my enemy — these are great virtues.
But what if I should discover that the poorest of beggars and most impudent of offenders are all within me, and I stand in need of the alms of my own kindness, that I am the enemy who must be loved — what then?”**

Carl. G. Jung