

News & Views



Summer
2018

Issue No: 76

Points to ponder

Time may be a great healer, but it's a lousy beautician.
I'm in shape. Round is a shape.

Never be afraid to try something new. Remember,
amateurs built the Ark; professionals built the
Titanic.

Conscience is what hurts when everything else feels so
good.

Love is grand; divorce is a hundred grand.

Talk is cheap because supply exceeds demand.

Even if you are on the right track, you'll get run over if you
just sit there.

An optimist thinks that this is the best possible world. A
pessimist fears that this is true.

Dijon vu - the same mustard as before.

Practice safe eating - always use condiments.

It's frustrating when you know all the answers but nobody
bothers to ask you the questions.

The real art of conversation is not only to say the right
thing at the right time but also to leave unsaid the wrong
thing at the tempting moment.

Brain cells come and brain cells go, but fat cells live
forever.

Age doesn't always bring wisdom. Sometimes age comes
alone.

You don't stop laughing because you grow old, you grow
old because you stopped laughing.

Indulge yourself by being generous-help someone out,
perform an act of kindness, offer a compliment.

The person who will feel most uplifted by you having done
so...you.

If you set your own agenda and don't allow others to
dictate your pace too much, you will have much more time
to become calm.

Enjoy the feeling of being at one with everything that has
ever shone.

Chairman's Report May 2018

Welcome to the Summer edition of News and Views. Does anyone have any feedback from the Healing Awareness Week, which took place at the beginning of May, for me to pass on to the Healing Forum? Sadly the two sessions I was involved with yielded a very poor response with only one extra person turning up on the days they were held.

Please see the Social and Personal article on page 2 to welcome the latest healers who have attended and passed their panel appearance.

The British Alliance of Healing Associations have supplied us with guidelines for the 2018 Data Protection Act (GDPR) that came into force 25th May 2018. Will you please send the forms back to me, preferably electronically to jashhealing@hotmail.com so that I can file your acknowledgement of our use of your personal details to comply with the Generalised Data Protection Regulations or by post to Steve Sharpe, 22 Boldmere Road, Eastcote, Pinner, Middlesex, HA5 1PS, where any information will be kept securely and only available to be seen by our Secretary and myself to be able to inform you of membership renewals distant healing and training requests and any other healing related information. However, BAHA and their current insurance company will have access only to your name and address.

I look forward to seeing you at our Annual General Meeting 24th June and thank your committee for their help and expertise in keeping the Jewish Association of Spiritual Healers at the forefront of the healing movement.

Steve Sharpe

Annual General Meeting

Our Annual General meeting will take place

24th June 2018

At

Glebe Hall, Glebe Road, Stanmore, Middlesex, HA7 4EL
Commencing at 2 pm

We look forward to your support by coming along, which gives your committee an opportunity to meet our new members, catch up with many of our established members and share tea, coffee and biscuits after the meeting. Please let Francine Benjamin (jashhealing@hotmail.com) have nominations for Committee Members for the ensuing year before 17th June 2018



Social and Personal

Congratulations to the following healers who have completed their training course and satisfied the panel that they are competent healers:

Paul Marshall, Pamela Devereux, Julie White, Nikki Levy, Judith Turnbull, Philomena Robinson, Nicky Mills, Margaret Criscuolo, Manisha Davda.

Mazeltov to Eli Jacobs and family on the occasion of their daughter Taliah's Batmitzvah.

Mazeltov to Karen Grout and family on the occasion of their son Jacob's Barmitzvah.

A Purpose in Later Life

Most of us don't take time enough to experience the most beautiful things in life. Everything we do seems to be orientated towards success and profit. While it is true that a straight line is the shortest distance between two points, the efficiency and power of industry is hardly the right course of fulfilment of the human spirit. As we gear ourselves into the fastest and highest horse-power, making the maximum noise possible, we might take time off to wonder what we are all searching for. The person to be envied in the production race is the one who uses mind and body, but still finds time to stand and stare.

A wise old philosopher once wistfully recalled his love of roses, cricket and a good pint in the pub, spreading goodwill from a casual encounter on his bicycle rather than a car. He had reached the age of contentment without any noticeable envying of others or desire for power, fame and the shallow success symbols that obsess ulcer-ridden tycoons.

But how many philosophers are here today? One of the great crimes in society is its indifference towards old age. The decline into old age begins far too early. It can become physically painful on the way. Life should never be more than mere window-dressing and no-one should start his/her last years alone and empty-handed. The remedies put forward to alleviate the distress of the aged are a travesty of human values. Not one of them can repair the systematic decay inflicted upon many ageing individuals, who find themselves unwanted and unrecognised. Health cannot be given back to

them with treatment in a society that cares more about profits and tax cuts than people and a healthy health service.

Anxiety and anguish are growing symptoms of the aged, who are excluded from much that makes life worth living.

Between youth and old age runs the problem of routine and the machine. Between these ages the machine crushes the human spirit. All purpose in life becomes meaningless to those caught up in this tangle, many crushed by the machine because they have never fully realised how to escape it.

Old age should never be a slide into decay and death. Nor should it be a parody of our former youth. It must continue to serve a useful purpose that can bring meaning into our existence. Devotion to individuals, to causes, charity, social groups, political or creative interests, can help the elderly identify themselves with a real purpose in life.

Life has real value however whenever we attribute value to the life of others, either by friendship, love or genuine compassion.

Many people are advised to prepare for their advancing years, but if this merely means setting aside a place for retirement, accumulating savings, or laying on hobbies, they are not much better off by the expected time of retirement. It is far better not to think about a mythical future that never arrives but to live a more full and contented life, enabling a clear passage along the right path without any cobwebs or illusions.

A zest for life and curiosity towards others and surroundings enable many old people to remain young in spirit. The healthiest in mind are those who never quite grow up and always retain their childlike wonder. A quiet mood engenders

comfortable listening, conversation and thoughts. A slow leisurely pace encourages full use of all the senses. Complete fulfilment of the spirit and serenity does not arrive from possession of material wealth and goods, but rather from quiet relaxation of mind and body, a genuine exercise of the human spirit, and the reward of discovering new interests in life and nature. Total absorption into this life with meaning, is in itself a spiritual revival and intoxication.

Reg More

A Friend

God made us all, in different special ways,
So what is this, I have to say to you?
I say: "What is a friend?"
Someone who quietly sits, and listens,
As you open your heart
To tell them of your secret fears,
Who shares your happiness and laughter,
But also shares your tears.
They are a rock of strength
In your hour of need.
They don't demand, or tell you what to do;
They like you for what you are,
Just because you're you.
A bond that time can never break
But remains steadfast and true.
So as I turn and look, dear friend,
What is it, that I see?
Compassion, kindness-
God's gifts He's given thee;
So thank you, dear friend,
for everything
And for the day I met you.

B. J. CAMPBELL

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ISRAELI TITBITS

Britain's Simon Kindleysides, a 34 year-old man paralysed from the waist down, walked the London Marathon in 36 hours becoming the first paralysed man to complete the course on foot. To do so he used Israeli technology, the REWALK exoskeleton, a suit for patients with spinal cord injuries that helps them walk independently with the help of computers and motion sensors. Amid cheering crowds he raised arms in victory.

Researchers at Israel's Ben-Gurion University of the Negev and Soroka University Medical Centre in Tel Aviv have developed a new and accurate way to screen for early breast cancer using an electronic nose to analyse breath and a urine test analysis. Their study, published in 'Computers in Biology and Medicine', showed that the system managed to detect breast cancer with more than 95% average accuracy, using two inexpensive commercial electronic noses that identified unique breath patterns in women with breast cancer.

Israel accounted for the second-largest number of cybersecurity deals, behind the US but ahead of the UK. A new report compiled by New York data firm CB Insights shows that Israel accounted for 7% of the cybersecurity global deal share, behind the US with 69%, but ahead of the UK with 6%

Mahindra Defence, an Indian manufacturer of defence systems, and Israeli drone maker Areonautics Ltd have signed a memorandum of understanding to jointly manufacture a maritime version of Areonautics Orbiter 4 drone for the Indian Navy. The Orbiter 4 is an advanced drone that can perform multiple missions simultaneously. It can fly for up to 24 hours and at a maximum altitude of 18000 feet.

Palo Alto Networks Inc, a maker of cyber security firewalls is to buy Israeli cyber security firm Secdo which develops software designed to help security teams reduce incident response times to minutes, and respond to attacks without affecting business continuity. The deal is estimated around \$100 million.

US drug company Mylan N.V. recently announced it would acquire the international marketing rights to a once-monthly Multiple Sclerosis treatment developed by Israel's Mapi Pharma. The treatment,

Glatiramer Acetate Depot, is a long acting drug designed to replace daily injections with a once-per-month alternative for people suffering from relapsing-remitting MS, which account for 85% of all initial diagnoses of the disease.

Nike Inc. has acquired an Israeli start-up Invertex Ltd, which has developed a technology that could revolutionise the way people buy shoes. It uses artificial intelligence and 3D imaging technology to analyse users' feet to suggest models and sizes that would fit best. The software can also help with online shopping, enabling smartphones to scan feet via an App and suggest a best buy.

California-based semiconductor equipment manufacturer KLA-Tencor Corporation is to buy the Israeli electronics manufacturer Orbotech Ltd, which produces systems for circuit boards and chips, at an equity value of approximately \$3.4 billion. This is the latest billion-plus exit for an Israeli tech firm, following on the sale of Mobileye to Intel for \$15.3 billion, and the navigation app Waze to Google for \$1 billion.

Researchers at the Shaare Zedek Medical Centre in Jerusalem, and Bar-Ilan University's Institute of Nanotechnology and Advanced Materials, have developed a revolutionary way to improve eyesight and do away with glasses and contact lenses, which they say could be done at home with a smartphone, a small laser device, and special eye drops. "We want to modify vision and correct types of refractive errors" such as near sightedness, far sightedness, and astigmatism said Dr David Smadja who developed what he calls Nano-drops with Prof. Zeev Zalevsky and Prof. Jean-Paul Moshe Lellouche. The first step would be to measure eyesight via their smartphones, the second step would be to use another app with a laser device clipped on to the smartphone, which would etch a shallow shape on to the cornea, and finally Nano drops would be put into the eyes to activate the shape and correct the vision.

Billionaire Marius Nacht with co-founder Yair Schindel have set up a non-profit organisation called 8400 Health Network, which aims to gather the brightest brains at the intersection of health and technology to help Israel become a life science powerhouse. The med-tech revolution he hopes Israel will be leading is set to see robots performing surgery in developing countries, customised 3D-printed

pills, and laser-focused treatments. The idea is to create a network of 400 people over 8 years, hence the NGO's name, 8400.

Researchers in Israel from the Ramat HaNegev Desert Agriculture Centre have succeeded in commercially cultivating desert truffles whose market price reaches \$120 per pound, slightly less than the cost of silver and four times that of uranium. It is the first time that the truffle, a highly sought after delicacy across the Middle East and beyond, has been cultivated according to Ramat HaNegev, and commercial cultivation by Israeli farmers may begin as early as next year.

Israel-developed sensor technology that alerts drivers when they are distracted or drowsy has been incorporated into a new car (the Leon Cristobel Concept Car) showcased by Spanish Manufacturer SEAT, which joined forces with Israel's EyeSight Technologies who developed its embedded computer vision and deep learning solutions.

Artificial intelligence software developed by Tel Aviv based Lawgeex has proved in an international study to be quicker and more accurate at analysing legal documents than experienced lawyers. The software had a 94% accuracy rate compared to 85% for experienced lawyers.

Israel's small and medium sized manufacturers are due to get a productivity boost through an \$860,000 programme run jointly by the Finance Ministry, the Manufacturers Association of Israel and Google. Businesses with a sales turnover of up to NIS 100 million and/or employ up to 100 workers will be granted a workshop for senior management on how to improve productivity and a data analytics course will be provided for workers. In addition each company participating in the programme will get a government grant of NIS 10,000 (\$2900). Google will help the companies implement necessary changes and grant them an additional NIS 10,000. The programme is a first step by the ministry to promote innovation among small and medium-sized low-tech enterprises, as part of a goal to bridge a gap in productivity between traditional and high-tech industries.

Researchers at Tel Aviv University say they have found new molecular biomarkers to identify women with preeclampsia, a sudden pregnancy complication that can interfere with the blood flow to the placenta and possibly to the foetus. Researchers say the discovery signals the

potential for an early diagnostic blood test for the condition, which can lead to low birth weight, premature births, and sometimes death.

The Weizmann Institute's study of brain wrinkling opens the way for future research into disorders such as microcephaly, epilepsy and schizophrenia. They have discovered a way to grow a miniature version of the human brain that undergoes wrinkling in a similar way to a real brain, paving the way to better understanding of a congenital defect.

Jerusalem-based Orcam Technologies Ltd develops smart devices to help the blind and visually impaired to 'see'. The Orcam MyEye 2.0, the latest version of their product, helps the visually impaired to navigate the world with a low cost device and without an invasive procedure. It is basically a small camera attached to a computing device the size of a smartphone, and a personal speaker. The camera is attached to the frame of a pair of glasses and when the user looks at a text or surface, the image is transformed into words which are 'spoken' through the speaker, thus enabling users to 'read' newspapers menus or books. The product is the only wearable artificial vision device that is activated by a pointing gesture or simply by following the wearer's gaze.

The Knesset committee for Arab affairs has just approved a NIS 20 million (\$5.6 million) two year plan for the creation of technology parks within Arab towns in Israel, as a way to boost local employment opportunities and close income gaps between Jewish and Arab Israelis. A further NIS 5 million was earmarked to create access roads and transportation to and from the parks.

Israeli start-up EyeSight Technologies said it would collaborate with Sony Mobile Communications Inc, a maker of video, games, and communications for consumer and professional users, to integrate its sensing technology into Sony Mobile's Xperia Touch, a portable Android projector that enables the projection of images and content on flat surfaces and turns them into interactive touch-screens.

Harry Luck

Sign seen in an office:

TOILET OUT OF ORDER..... PLEASE USE FLOOR BELOW

Twenty Six Stress Reducers

Some good advice seen on the Internet

- 1) Meditate. Your happiness depends on it.
- 2) The Lord has a way of turning things around for you. Stress is the number one killer in the world today. Reducing stress in your life should become a major priority
- 3) Say NO to projects that won't fit into your time schedule or that will compromise your mental health.
- 4) Delegate tasks to capable others.
- 5) Develop a forgiving attitude (realise that most people are doing the best they can).
- 6) Every night before bed, think of one thing you're grateful for that you've never been grateful for before.
- 7) Allow extra time to do things and to get to places.
- 8) Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
- 9) Take one day at a time.
- 10) Separate worries from concerns. If a situation is a concern, find out what you think the Lord would have you do and let go of the anxiety. If you can't do anything about the situation, forget it.
- 11) Live within your budget; don't use credit cards for ordinary purchases.
- 12) Have backups: an extra car key in your wallet, an extra house key buried in the garden, etc.
- 13) K.M.S. (Keep Mouth Shut.) This single piece of advice can prevent an enormous amount of trouble.
- 14) Do something for the child in you, daily.
- 15) Take your work seriously, but not yourself. Slow down.
- 16) Get enough exercise.
- 17) Eat right.
- 18) Get organized so everything has its place.
- 19) While driving, listen to a tape that can help improve your quality of life.
- 20) Write thoughts and inspirations down.

- 21) Everyday, find time to be alone.
- 22) Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
- 23) Talk less. Listen more. Be kind to unkind people (they probably need kindness the most).
- 24) Remember that the shortest bridge between despair and hope is often a good "Thank you, Lord!"
- 25) Laugh. Laugh some more.
- 26) Remind yourself that you are not the general manager of the universe.

What to avoid saying to a depressed person

- Would you like to talk about it?
- It's your hormones.
- It will pass.
- Life's no picnic.
- It just looks bad now.
- Learn from experience
- Maybe you should speak to a psychologist.
- I told you so.
- Time heals everything.
- You're depressed? So what do you want me to do about it?

Depression according to Miriam Kotzer. From "10 Things People Say About Men, Women, Love and Life." Published by Keter.

Sleeping on the floor is cold and uncomfortable, but snug in bed you can relax and luxuriate. Furnish your mind with a snug place for your persona to feel at ease, warm and loved. Put kindness, forgiveness, esteem and love into this place regularly, then the "I am" that is you will be comfortable and relaxed.

DISTANT HEALING – NO SPACE AND TIME

“We had arranged a time, so It was clear to see that the crisis stopped then and there, it was as if he suddenly felt tired, but in a good sense, because he stopped hurting himself and calmed down, sat down and fell asleep serenely.”

Maria describing her autistic son’s reaction to distant healing during a serious crisis.

Distant Healing takes place when healing energy is sent to a patient or a situation when not physically present and has a healing effect on the recipient. It is built on the theory that it is not necessary to be in close physical proximity to send healing energies.

We all send a form of distant healing when we think lovingly of those who are having problems, but are far away and unable to be with us. We may send prayers, chants or wishes to help them. These forms of distant healing work largely because we believe we can send others our love, blessings and intentions by connecting with them through the power of universal love energy (also called God or Chi by some).

We may send distant healing to a person who is unwell, to a person who is dying or has just died. It can be

particularly helpful for people with psychological problems. We can send healing to animals, plants, an area, a situation or the world.

HOW IT IS DONE

Distant Healing can be sent by an individual person or by a group of people. Healing Centres tend to have a list of people for whom distant healing is to be sent either at their own request or that of their families or friends.

Many healers send healing individually either to people on a healing list or to individual patients.

Some healers opt to send healing to whoever needs it, whether or not it they have made a request, on the principle that the healing will always go where it is needed.

Others only send healing when asked. The advantage of sending healing to patients who have made a request is that they will be prepared and receptive to receiving healing and feedback can be quite spontaneous, particularly if a time has been fixed for the healing session, and it is often as effective as hands-on healing.

SCIENTIFIC SUPPORT

In quantum physics, a phenomenon known as non-locality has shown that what is experienced by one particle is instantaneously known and reacted to by a twin particle which is in another location. Experiments performed on live cells from

a single person that are separated by many miles have proven that whatever is experienced by a cell in one location has an immediate effect on the other cells. Space or the distance between objects only appear to be separate.

NO SPACE AND TIME

Distant healing can be sent from anywhere to anywhere, at anytime. I have sent distant healing from Portugal, where I live, to persons as far afield as Portugal, Brazil, England and France- they have had this to say about their experience.

Glória was laid low with colic in **Portugal**:

“I was at home in bed with colic pains and then afterwards I felt very well. I had an agreeable sensation in my body and felt serene and peaceful. When I went out people looked at me and asked what had happened to me because I was so well.”

Maria was very stressed and confused during a house move:

“I didn’t feel the effect immediately, as I was physically and mentally exhausted, but I felt a great improvement over the following days and began to think more clearly.”

Four thousand miles away In **Brazil**, Beatriz felt the immediate physical impact of her first healing session after an operation:

“I suddenly had to move my bowels three times and burped each time I came back from the toilet. Then I felt at peace and went to sleep for half an hour. I went into a foetal position and felt very light and relaxed.”

In **England**, Jonathan had been feeling tired at the end of the afternoon:

“I felt as though my energy levels were regenerated and was able to finish my work load without falling asleep.”

Cilla, in **France**, was feeling stuck and totally beleaguered:

“I felt blocked energetically..., almost to the point of feeling in a mental cage with communication blocked on all fronts. Since you started ‘sending’ I feel my life is moving in positive ways again on physical, emotional, practical and spiritual levels.”

Much of our life is spent feeling separate from other human beings and the world – limited by space and time. Distant healing allows us to connect with and assist others anywhere in the world at anytime. We no longer focus our compassion on family, friends or those in our immediate environment. We expand our awareness to include everyone and everything.

Distant healing belies the illusion of separation and instantly makes the connection with the ‘other’. It seems intangible, but its effects can be felt very tangibly by those who receive it, as the comments above clearly illustrate. It strengthens our love, union and empathy with the world

around us, and our connection with human kind and the planet.

“Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty” – Einstein

TRUE LOVE

As sweet as the sweetest note of a bird,
As soft as the summer dew,
As radiant as the full harvest moon
Shining the summer through.
As light as the gentlest wind in the trees,
Sighing with whispers low.
As soft as the softest of all moonbeams,
Smiling on the earth below.
As pure as the rippling mountain stream,
Bubbling merrily by,
As cool as the early mist rolls
Down to softly lie.
To caress, the earth with its freshening dew,
And kiss the daisies awake.
To greet the warmth of the early sun
And another day to make.
As soft and gentle as a mothers kiss
When her baby cries,
The true love which shows in every face,
In every lovers eyes.

Declare Today a Holiday

Imagine every day is a holiday. Do one little thing that stimulates this holiday mood each day, then watch your worries fade away.

BRINGING SPIRIT BACK INTO MEDICINE

Dr.B.Brom MB ChB (UCT), CEDH (France) Dip Acup (Singapore)
Healing Space.

It was our usual healers' group meeting. For almost a year we have been meeting every two weeks and sharing with one another. This night it was also a member's birthday and the atmosphere was relaxed, supportive, and without any structure to the meeting. I felt awed and humbled by the incredible love and warmth that surrounded us all, and the unconditional giving and general sense of togetherness and brotherhood that permeated the room.

Practitioners of the healing arts are very conscious of healing spaces and how intent, love and compassion add enormously to the quality of the doctor-patient interaction, even to the end point of treatment protocols.

Treating disease is only one part of the healing process and practitioners need to recognise that medicine as a profession is both art and science. Ultimately, it is perhaps more art than science. This should not surprise anyone. Human beings are not bodies walking around but the most complex and magical of beings. Society attempts to impose conformity by creating sects, religious grouping, uniforms, fashions, rules and regulations etc. However, behind the mask of conformity are the most awesome and astonishing qualities and potentials. These especially surface under life threatening or other special conditions such as hypnosis, extreme joy or even sadness, in autistic children, special needs, religious transformations, ecstasy etc. These are our potentials that are sadly lacking in today's world. Instead we usually see the lack thereof and in its place greed, envy, anger, dishonesty and a general lack of compassion and forgiveness for others.

As I write these words, I am reminded of Amy Biel's father, whose daughter was murdered by some youths from the townships. This warm-hearted and loving man turned his face towards those that had killed his daughter and helped to create a venture to uplift those that had been disadvantaged and even employed some of those youths in the project.

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From Jerusalem....A healers' point of view

I am fed up with reading about the so-called power of healers - and I'm one of them. Healers don't have more power than anyone else - they just know how to use the abilities granted to every human being. This knowledge is either intuitive or the result of years of study and work. The idea that healers have special powers is a dangerous one, in the same way that it is bad for your health to believe your doctor has special powers.

The important thing to watch for is results. If people feel better after drinking "energized water," having magnets put on them, experiencing foot pummelling (reflexology), skin puncturing (acupuncture) or energy healing (Reiki, etc.), taking minute homeopathic doses or being covered in autumn leaves (yes, there really is such a treatment!), if it works for them --- it's good enough for me. It's irrelevant whether the effect is "psychological" or otherwise --- if the headaches disappear, the cholesterol goes down or the cough goes away -who cares if "energized water" seemed to do the trick!

In my experience, most people are intelligent enough to move on if a treatment is not helping them. Personally, I prefer to treat the sceptical patient, who is open minded enough to try, but watches closely for results. The sceptic is never disappointed - if the treatment doesn't help he/she feels gratified ("I knew it wouldn't work"), and if it does help he/she enjoys the improvement.

Vera Resnick - Kfar Saba - Israel.

“Stress is the non -specific reaction of the body to any demand placed upon it.

Stress is cumulative, one stressor adding to another until the body can no longer cope.

However when it comes to humour, It's often a joke.

In a project described as the largest-ever scientific study into humour, the British Association for the Advancement of Science asked Internet users around the world to submit their favourite jokes and rate the funniest of other people's offerings.

More than 40.000 jokes from 70 countries and two million critiques later, and this is it ???.

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other man pulls out his phone and calls emergency services. He gasps to the operator: "I think my friend is dead what can I do"?

The operator in a calm, soothing voice replies: "Take it easy. I can help. First, let's make sure he's dead."

There is a silence, then a shot is heard. ---Back on the phone, the hunter says. "OK, now what"

Such a joke would only create a laugh out of politeness.

What's funny about it? There are thousands of better jokes than that. For instance the one about the mother who goes to visit her married daughter. The daughter asks "How long are you staying mum?" and the mother replies: "As long as you want." And the son-in-law says: "What, you're not even going to stay for coffee?"

Mother-in-law jokes (or ex-mother-in-law jokes) are always funny. Also his-and-her jokes keep us laughing. For example the one about the wife who wakes up one morning, opens the window, and says to her husband ---"Darling, look what a lovely day it is. The sun is shining, there's not a cloud in the sky: birds are singing and everything looks so fine, so fine, so fine," Her husband

looks at her and says. "Honey what's with the so fine already"? She looks at him and replies: "Don't you always tell me "one fine day I'm going to leave you"!"

There are also the Polish jokes. Take this one ---Two Polish women meet in the street Zosha says "Geetala where did you get that diamond from"? Geetala replies "Before he died, my husband left me money for a fine stone, and what could be finer"?

Jewish people love to laugh at everything ---at themselves, their situation and all else. Their jokes are generally sharp and pithy, like the one about the man who goes to his doctor and says "Doctor, I hurt in all sorts of places." So, the doctor replies, "Then don't go to those places."

Or the one about the skeleton who goes to the doctor and the doctor takes one look and says: "Now you come?"

Humour makes us smile and when you're smiling or laughing, somehow pain and adversity fade away.

There's a great lesson to learn from: "It only hurts when I laugh."

One of the greatest strains in life is constantly having to live up to the standards we have set ourselves.

In the interest of that Smile That Heals ' God said WHAT?'

E-mail received from a friend.

Children's Interpretation of The Bible

(Unedited to preserve the original works.)

1. In the first book of the Bible, Guinnessis, God got tired of creating the world, so he took the Sabbath off.
2. Adam and Eve were created from an apple tree.
3. The first commandment was when Eve told Adam to eat the apple.
4. Noah's wife was called Joan of Ark.

5. Noah built an ark, which the animals come on to in pears.
6. Lot's wife was a pillar of salt by day, but a ball of fire by night.
7. The Jews were a proud people and throughout history they had trouble with the unsympathetic Genitals.
8. Samson was a strongman who let himself be led astray by a Jezebel like Delilah.
9. Moses led the Hebrews slaves to the Red Sea, where they made unleavened bread which is bread without any ingredients.
10. The Egyptians were all drowned in the dessert. Afterwards, Moses went up on Mount Cyanide to get the ten amendments.
11. Then Joshua led the Hebrews in the battle of Geritol.
12. The greatest miracle in the Bible is when Joshua told his son to stand still and he obeyed him.
13. David was a Hebrew king skilled at playing the liar.
14. He fought with the Finklesteins, a race of people who lived in Biblical times.

And more, we hope to cause a smile or two!

A Woman worries about the future until she gets a husband.

A man never worries about the future until he gets a wife.
A successful man is one who makes more money than his wife can spend.

A successful woman is one who can find such a man.

To be happy with a man you must understand him a lot and love him a little.

To be happy with a woman you must love her a lot and not try to understand her at all.

A married man should forget his mistakes. There's no use two people remembering the same things.

A woman marries a man expecting he will change, but he

doesn't.

A man marries a woman hoping she will not change, but she does.

A woman always has the last word in an argument.

Anything a man says later is the start of a new argument.

There are two times when a man does not understand a woman, before marriage and after marriage.

I married Miss Right. I just did not know her first name was "Always".

I haven't spoken to my wife in eighteen months, I don't like to interrupt her.

The last fight was my fault. She asked "What's on the telly". I said "Dust".

In the Beginning God created the Earth, and rested. Then He created Man, and rested. Then He created Woman, and neither God nor Man has had any rest since.

Just think, if it were not for marriage men would go through life thinking they had no faults at all.

If you want your wife to pay undivided attention to every word you say, talk in your sleep.

Adam was walking around the Garden of Eden feeling very lonely, so God asked Adam, "What is wrong with you?"

Adam said he didn't have anyone to talk to. God said he was going to give him a companion and it would be a woman. He said this person will cook for you and wash your clothes, she will always agree with every decision you make. She will bear you children and never ask you to get up in the middle of the night to take care of them. She will not nag you, and will always be the first to admit she was wrong when you've had a disagreement. She will never have a headache, and will freely give you love and compassion whenever needed. Adam asked "What would a woman like this cost me"? God said an "arm and a leg." Adam said "What can I get for just a rib"? And the rest is history.

A STORY OF FOUR PEOPLE

This is the story of four people named EVERYBODY, SOMEBODY, ANYBODY and NOBODY.

There was an important job to be done and EVERYBODY was sure that SOMEBODY would do it.

ANYBODY could have done it but NOBODY did it.

SOMEBODY got angry about that, because it was EVERYBODY'S job. EVERYBODY thought ANYBODY could do it, but NOBODY realised that EVERYBODY wouldn't do it. It ended up that EVERYBODY blamed SOMEBODY when actually NOBODY accused ANYBODY.

Ode from a friend

Sing with me, songs of hope each day,
Pray for me, as I go on my way,
Let me be forever by your side
Flowing back and forth, like the evening tide,
Let me forever in your heart
Because dear friend, we're never far apart,
So laugh with me, forever and a day,
Don't cry for me, as I go on my way.

Sheila D. Goldsmith



ON CONSCIOUSNESS

Events of the past year have struck a blow in human consciousness with consequences that have been the source of deep pain to many, but also the seed of a potential transformation in human relationships. The nature of the present time indicates to many spiritual thinkers that we are at a unique point of transition in evolutionary development. We are living in a time when the need to change the pattern of relationship between peoples is undeniable, and the realisation is dawning among those guided by spiritual values that the change being demanded is one which must take place primarily in consciousness. All lasting change that we hope for must begin with a change in consciousness—in our perception of the world and our fellow human beings and in the quality of our thought. Increasingly it is realised that the present state of the world has been created by humanity and that the needed re-orientation of human living will come about only as and when human beings choose, of their own volition, to live in a new way, guided by new and higher values. For in the divine Plan human free will is inviolable. This new consciousness is now emerging but, as with all new recognitions, it needs the subjective support and vitalisation of all responsive minds. Probably there has never been a time when the contribution of each thinking individual, motivated by spiritual values and committed to right human relations, has been so needed, or when mass education has prepared so many minds for intelligent participation in decision-making and when technology has made it possible for ideas to be widely shared. Now human minds must be integrated and transformed into a "force field", an energy resource, for the rebuilding of the world on sounder and more unified lines. To mobilise this resource for the needed subjective synthesis requires the sustaining power of creative thought, prayer and meditation.

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