

News & Views



**Summer
2019**

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**THE JEWISH ASSOCIATION OF SPIRITUAL
HEALERS** (non denominational)

**A HEALING ORGANISATION FOR PEOPLE OF ALL
FAITHS**

Registered Charity No. 275081

**FOUNDER MEMBER OF THE BRITISH ALLIANCE OF
HEALING ASSOCIATIONS**

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Committee for 2018/2019

Francine Benjamin, Harry Luck,

**Margot Garcia, Rita and Martin Vangelder, Pat
Greenberg, Teresa Smith and Steve Sharpe.**

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Chairman's Report

Welcome to the Summer edition of News and Views. Thank you for all of your efforts in showcasing and bringing the power of Spiritual Healing to the attention of the public for the Healing Awareness Week. Dozens of leaflets were distributed and hopefully the public in general will have received some enlightenment as to the way we work and how beneficial healing can be.

Our Annual General Meeting (see page 2) will be held 23rd June 2019, where hopefully we will have a better attendance than last year. I know AGM's can be tedious, but we have to hold them to comply with charity law, otherwise we could lose our charity status, which of course we do not intend or want to do. Father Time is taking its toll, as with all of us, with most of our committee being in their late seventies or early eighties and we could do with some help and bright ideas from some of you youngsters! The British Alliance of Healing Associations, led by Sheila and David Holmes, now has around forty organisations working within its guidelines, representing approximately eighteen hundred healers.

I recently celebrated my birthday working on a stand as a spiritual healer at a local therapy day, to give the public around the area a chance to experience the various therapies available. What better way to spend a birthday, than being with friends Sandra and Lucy working on the stand with me and meeting people, who have never tried healing, aware of how effective and accessible our kind of treatment is! Hopefully the day will encourage people to go to the Eastcote Healing Centre (contact Joan 020 8868 7831) on a Tuesday evening or any of our centres listed on the back cover of this News and Views.

I thank your committee as always for their time 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

23rd June 2019

At

Glebe Hall, Glebe Road, Stanmore,

Middlesex, HA7 4EL

Starting at 2 pm

Where we hope to see some new faces and of course as many of our stalwart members who can spare the afternoon to join us with the smooth running of the Jewish Association of Spiritual Healers.

Attendance has been quite low over the last couple of years, so, as a registered charity, we really need your support to enable us to comply with charity law.

Tea, biscuits and a general chat will follow the AGM.

Kindfulness

Lifespan converts to mindfulness will know how effective it can be at managing stress. But what you may not know is that you can supercharge the benefits, by upgrading your mindfulness to kindness a magic combination of mindfulness, self-compassion and self-acceptance. As well as helping to reduce stress, it has the added benefit of boosting self-confidence and peace of mind.

Like mindfulness, kindness helps us to notice our mental chatter. But rather than simply tuning out from it, kindness helps us change the chatter, so it becomes calming and supportive, rather than critical and undermining. “Mindfulness stimulates greater activity in the insula, a part of the brain that plays a key role in developing empathy, which leads to compassion, we can then direct some of that compassion towards ourselves,” says mindfulness trainer Padraig O’Morain, author of *Kindfulness - Be a True Friend to Yourself with Mindful Self-Compassion (Capstone)*.

Kindness works in two ways. First, it helps us become aware of our own patterns of self-criticism and unhelpful beliefs. This awareness is what is known as “taking half a step back” in Zen Buddhism-learning to observe what’s going on in our head rather than rushing in and getting caught up in our thoughts. Second, kindness helps us replace this critical voice with one that is friendly and Supportive.

“Many of us speak to ourselves in a very harsh way. If someone else spoke to us like that we wouldn’t want to talk to them again! But simply softening the tone of voice in which you speak to yourself can change your experience of life,” says O’Morain.

HUMAN, NOT PERFECT

Being kinder to yourself starts with accepting that you’re not perfect, and that it’s OK to be flawed just like the rest of the human race. Too often, we postpone liking ourselves

until we have achieved certain goals, such as losing weight. “Self-compassion isn't about becoming a perfect person and then liking that person-it's about liking who you are now,” says O'Morain. Accepting who you are doesn't mean you'll never change - on the contrary, it can boost motivation. “An attitude of self-acceptance with understanding, with curiosity and without attacking yourself enables you to look in a self-compassionate way at changes you need to make,” says O'Morain. “When we're self-compassionate, we're more likely to say, "Look, this is how I am and most of it doesn't matter, but there are one or two areas it would be good for me to work on changing.” Research shows being more kindful can help you stick to lifestyle changes such as giving up smoking or eating a healthy diet.

CONNECTING WITH OTHERS

Kindfulness isn't all 'me, me, me' - research shows self-compassion combined with meditation increases our ability to see things from other people's perspectives, while protecting us from taking on others' stress, leaving us better equipped to help them. Training your mind to be kinder to yourself also helps us see the best in others, with a knock-on effect on relationships. “Research shows that self-compassionate people are more likely to behave well towards each other,” says O'Morain. If you're thinking that self-acceptance and self-compassion isn't easy, you're right. “Most of us do need to actively cultivate it”, says O'Morain. He suggests starting with this experiment, “for one day, just accept who you are, and also, whatever comes your way.” Then notice how you feel-do you feel less stressed? Is your mood lighter? “If you fan even a weak flame of self-compassion, it will grow stronger,” says O'Morain. Getting started is simple-just follow our four steps below.

FOUR STEPS TO KINDFULNESS

Small changes every day can help you be more kindful,

says Padraig O' Morain. Here's how to get started:

- 1) Begin the day with a kindful affirmation, such as, "Today, I offer myself self-compassion," or "Today, I befriend the person I already am." Try repeating it in your head when you clean your teeth or take a shower.
- 2) If you catch yourself slipping into self-critical mode, pause, take a breath and ask yourself, "How does this help me?" Instead, talk to yourself like you would to your best friend in this situation
- 3) At least three times a day, pause for a minute or two and notice the sensations of your breath at the entrance to your nostrils (an anchor point). When your mind wanders silently say the word "thinking" to yourself and bring your focus back to the anchor point.
- 4) Make time for self-care. For a few minutes every day, sit and relax without making any demands on yourself. If you notice your mind has begun to solve problems, stop and think, "Not happening now" and bring your awareness back to resting.

Reprinted with kind permission from the magazine Lifespan

"Imagine that the universe is a great spinning engine... you want to stay near the core of the thing - right in the hub of the wheel - not at the edges where all the wild whirling takes place, where you can get frayed and crazy. The hub of calmness - that's your heart. That's where god lives within you. So stop looking for answers in the world. Just keep coming back to that centre and you'll always find peace."

Elizabeth Gilbert.

Life ever interesting

My dear, you in human form will have doubts from time to time. When things turn out right you will smile and be uplifted then, on another day you may doubt yourself again and become negative. I say to you “When you are positive in your thoughts and deeds then is the time that we are able to explain and guide you”. It is very difficult to stay positive all the time because life gets in the way.

Nothing stays the same forever, if it did, how would you learn the truth of your being?

Your learning is the reason for your life on the Earth Plane at this moment in time and when you sink into that low ebb again you may think, “How will I ever learn”? It may be at that time you are faced with the lessons you returned to the earth to learn because in those lessons you will begin to understand and work with spirit while still on the Earth Plane.

When you have a deep feeling of love within your heart you may be elevated in such a way that you will understand those of lesser knowledge and ability than yourself and in turn you may be able to guide them to a better place within themselves, only then will they understand and become more positive. When that happens, yours and their positivity will radiate out to others.

Our lives on earth may be very harsh at times but, if nothing else it is interesting and so it will go on until all in human form will become equal.

Reprinted from “Wisdom from the Realms of Spirit” with Sheila Doffman Goldsmith’s kind permission

Our everlasting illusion

Your life is a mess, everything is going wrong for you, you are sick, you are absolutely depressed and very close to giving up. Someone has told you that you can't even help

another person because you've not given yourself enough love. You are an empty sack and you feel that way because so many people have told you what the process is. You can help no - one until you've filled up your own tanks and reserve with oceans of energy and goodness. Loving yourself first is the answer. This is the greatest illusion. The illusion always starts with the concept that your human mind is the real you, on the surface you say you believe many eternal truths but you live as if you only believe in your own physical body and what your conscious mind is doing in that body. That is the eternal illusion. The reality began a long time ago, we are creations of God whether we like the idea or not. Anyone who truly believes that they are empty shells and that their tanks are not full to overflowing have got it wrong, anyone with a part of God's mind in themselves, is so full of riches to give away, that the volume of those riches can't be quantified. We are all that full. Our problem is to get at what is in us, to get our conscious logical self to be in harmony with the real us. We are filled with wonderful knowledge, and filled with wonderful emotions we need to use every day to become the wonderful examples of the most beautiful illusion, ourselves.

Reprinted from 'Healing Hands' by kind permission of The Home Counties Association of Spiritual Healers

Social and Personal

Mazeltov to Harry and Dalia Luck on becoming Great Grandparents to Benjamin and of course the rest of the family too.

Mazeltov to Eve and Phil Freiburger on becoming grandparents to Noelle and of course the rest of the family as well.

ISRAELI TITBITS

A toddler from an Arabic-speaking Druze family has been getting media attention because of his uncanny ability to speak fluent English with a British accent despite having never learned the language from his parents. He didn't speak until the age of 2. Then after a period in which he made unclear noises, he began speaking fluent English, using terms such as 'My dear' and 'Oh my goodness' which were never used in his village.

Tel Aviv is testing out new 'zombie' traffic lights designed for smartphone users who are too focused on their phones to see the normal lights. Bright LED strips have been set up on pavements at normal road crossing points, turning red or green in sync with the traffic lights. It is hoped that phone users might actually notice the lights and avoid accidents. Apparently similar devices have been installed in Europe, Singapore and Australia in recent years.

US gaming and computer graphics giant Nvidia Corp, will acquire Israeli chip maker Mellanox Technologies Ltd, for \$6.9 billion. The move will help the US firm speed up the flow of information to and from data centres and boost profits and cash flow. Mellanox is a maker of high-speed servers and storage switching solutions. The products developed by the firm are used in supercomputers globally.

Japanese firms, on the hunt for new technologies that will give their products a smart edge in this digitalised world, are increasingly looking to Israel for technological solutions. Today there are about 70 Japanese companies active in Israel and exploring the local tech market.

Israeli start-up Nanomedic Technologies Ltd has developed a medical device that it says can dress

burns and other wounds with nano materials that mimic human tissue and peel off once the skin below is regenerated. The temporary and transparent skin layer that the device generates can be applied without touching the charred skin helping prevent infections. The product can be used by physicians and other medical staff. The transparency of the layer also allows doctors to monitor the wound as it heals.

Researchers at Tel Aviv University say they have developed a new, non-invasive method of discovering genetic disorders that can inform parents about the health of their foetus as early as 11 weeks into pregnancy. It sequences small amounts of DNA in the mother's and father's blood, and then produces a 'map' of the foetal genome, predicting mutations with 99% accuracy.

Rewalk Robotics Limited, the Israeli developer of a robotic exoskeleton system that helps paralysed people to walk, has asked the US FDA for clearance to market another robotic exoskeleton suit, this one to help stroke sufferers regain their ability to walk. Unveiled in 2017, the Restore soft suit transmits power to key joints of the legs via cables, powered with software and mechanics, similar to those used in the Rewalk system.

3D Systems in Tel Aviv have made it their mission to ensure that surgeons will meet even the most complex procedure hands-on before entering the operating theatre. They have pioneered the development of three-dimensional and virtual reality based medical and surgical simulators. Even for the most experienced, steady handed surgeon, a complex surgical procedure can lead to considerable anxiety, but what if, suddenly it is no longer the first time he will have dealt with it. Aircraft simulators have been

used for many years, and this prompted the idea of surgical simulators. “We are leading a revolution in how physicians are trained”, said Ran Bronstein, Chief Research and Operations Officer of 3D Systems.

Dogs have been trained to smell cancer through different samples before, but Dog Prognose does it for the first time through saliva. It allows anyone to send a saliva sample and receive an immediate answer as to whether there is cancer. Uri Bakeman, owner of the laboratory, said the most important issue is that this test detects the disease at its earliest stage. In a recent study at Ben Gurion University it was found that various types of cancer have an odour that dogs can identify.

Israel Aerospace Industries has teamed up with leading German space company OHB Systems AG to help European Space Agency missions reach the moon. Under the agreement signed at the Ilan Ramon International Space Conference in Tel Aviv, IAI will provide a lunar lander based on the Beresheet spacecraft, and OHB will manage operations in conjunction with ESA and developers of the instrumentation to be installed on the lander. The collaboration aims to provide services for ESA to show that by 2025 water or oxygen production on the moon is feasible.

Tech giant Intel will submit plans to the Israeli Government for a further investment of \$11 billion in a new plant at its Kiryat Gat manufacturing site, its most advanced plant, an unprecedented decision expected to bring thousands of jobs to the south. Daniel Benatar, General Manager of the Kiryat Gat plant said the tech firm “continues to demonstrate the strong performance of Intel Israel, and we continue to lead in terms of corporate economic and social investment in Israel”.

An innovative Israeli-developed augmented intelligence algorithm that is able to detect cervical cancer based on a single image is leading a revolution in cervical cancer screening. Tel Aviv-based MobileODT's Automated Visual Evaluation machine learning algorithm is able to identify problematic lesions far quicker, at the point of care, and with far greater accuracy than traditional Pap tests. MobileODT's AVE colposcope is approved by the USA Food and Drug Administration and is in use in 29 countries and 50 Healthcare systems.

Israel Aerospace Industries has signed an agreement with Brazil's Santos Labs to supply the Brazilian defence firm with drones with advanced analytics for large-scale precision agricultural purposes. The deal is expected to generate hundreds of millions of dollars in the coming decade and will extend IAI's reach from military applications to the civilian market.

The practice of facial dysmorphology – the study of congenital structural malformations- has played a significant role in geneticist practice for decades. Now an Israeli-founded company FDNA has developed 'DeepGestalt' deep-learning technology, a novel facial-analysis framework that analyses the facial characteristics of hundreds of diseases and genetic variations. FDNA's Deep-Gestalt-powered Face2Gene platform is currently used by more than 70% of geneticists around the world and has evaluated over 100,000 patients in more than 130 countries. The system achieved 91% accuracy in identifying the correct syndrome on 502 images representing over 200 genetic syndromes, and outperformed expert clinicians in three additional experiments.

Israeli scientists at Tel Aviv University say they have found a flower that hears the approach of pollinating bees and

hawk-moths, and produces extra and sweeter nectar in response. Using the evening primrose the scientists showed that the sound of a flying bee as well as synthetic sound signals at similar frequencies induced the flower to excrete sweeter nectar within three minutes.

Intel's Mobileye has partnered with the UK's Ordnance Survey to bring high-precision location data to UK agencies and businesses. Using Mobileye's unique camera-based mapping capabilities, vehicles will harvest sizable volumes of data on Britain's road networks and roadside infrastructure, such as the location of overhead cables, foliage, traffic lights and drain covers, This will then be cross-referenced with existing Ordnance Survey data to develop accurate maps of roads and surrounding areas. Several Ordnance Survey vehicles have been equipped with Mobileye 8 Connect capable of collecting data to make cities smarter, safer, and ready for the deployment of autonomous vehicles.

Samsung has acquired Israeli start-up Corephotonics, which brings high quality camera images to smartphones, for \$155 million. Corephotonics has developed a dual-lens camera that can produce crystal clear images even with zoom. Essentially by using two lenses with different focal lengths the phone camera is able to combine two images into one high quality image that could well have been taken with a compact digital camera.

The Hebrew University of Jerusalem debating team won the World Universities Debate Championship, held in Cape Town, in the English Second Language Category. The Tel Aviv University team made it to the final rounds of the General Open Competition, which included native English speakers from around the world. They competed against

some of the best universities in the world, including Oxford and Harvard.

When a 12 year Jewish girl from Washington DC told her family she wanted to have a Bat Mitzvah like everybody else it raised a conundrum because the girl was blind. Some blind children learn the chants by heart but her portions were long and in her community getting even one note wrong would have been an issue. Her wonderful parents recruited an Israeli friend, a software engineer, to create all new Braille characters for the cantillations and to design a programme that could take any text and turn it into a Braille text with musical symbols. She read her portion perfectly and the Rabbi summed it up "Every single person in the congregation turned up to hear her read, and we all felt we were in the presence of greatness".

Harry Luck

A man brings his best mate home for dinner unannounced at 5:30 after work.

His wife begins screaming at him and his friend just sits and listens in.

"My hair and make-up are not done, the house is a mess, the dishes are not done, I'm still in my pyjamas and I can't be bothered with cooking tonight! Why on earth did you bring him home?"

Husband answers: "Because he's thinking of getting married!"

Mentally put yourself in the position of others, and then with the utmost kindness, you will be able to understand and help them.

There is no greater joy.

Yoganand

RUTH KAYE

Ruth Kaye has worked as a Natural Healer for over thirty years within the National Health Service, helping patients, their families, friends and the bereaved.

Ruth's work is non-denominational and she is a member of the Jewish Association of Spiritual Healers and the Healing Trust.

A state of deep relaxation and meditation can be achieved through a breathing focus with the help of music and this deeper sense of awareness and feeling of tranquillity can restore confidence and positivity and help reduce anxieties, fears and uncertainties.

Ruth Kaye joined the Jewish Association of Spiritual Healers way back in the early 1980's, she lives and works in Leeds and is our own pioneering spiritual healer within the National Health Service. Having started as a dedicated volunteer for sixteen years until she was finally acknowledged in 1991 as a valuable part of the oncology team when she became a member of staff at her local hospital. Doctors and nurses often saw her for some healing as well, recommending her to many of the patients undergoing treatment.

Ruth is still employed in the NHS and all being well, is more or less, guaranteed to be so for another two years, although with less hours, which she can cope with, working on wards with appointments being made for her and also working in the MacMillan Centre one day a week.

The Board members of The Healing Trust, who have recently awarded her a Fellowship, have watched her films on U tube, and were very impressed with them. Ruth has always kept a low, quiet and dignified profile and is still

beaver away in the hospital, helping all who come her way. JASH has put her forward for an MBE in the New Years Honours list twice but sadly, so far have been unsuccessful. I think we should make Ruth an honorary member of JASH as well, for all the years she has spent healing waving our flag.

Currently Ruth holds weekly Meditation and Spiritual Healing group sessions for patients, trainee healers, nurses and professionals and anyone who wants to know more about meditation, healing and spirituality at the Cairn Hotel Harrogate and the Chevin Country Park Hotel Leeds and monthly meetings specifically for student nurses and staff, who will have a different approach to their nursing careers through a better understanding of spirituality and the healing vibrations where medicine does not reach. Her role of offering relaxation is shown amongst “other patient support” on the hospital videos in the hospital waiting areas.

Ruth’s website is www.ruthkaye.net is well worth a look.

Steve Sharpe.

DANIEL

The First Fully Disability-Inclusive Community in Israel

Aleh Negev is an Israeli campus, the only Israeli campus, dedicated to students with severe disabilities, and it is based in Nahalot Eran. It is a school dedicated to special education, in a place designed for people with disabilities. It is already inclusive in the way it seeks to connect outpatients who come to the campus for rehabilitation and residents with severe disabilities who live there. It is a social community centre, not an institution. “It is a breakthrough integration concept for the most severely

disabled children and people on earth. This is the supreme test of humanity”.

Aleh Negev is about to develop its concept further. It has now received a government grant to build an adjacent town that will be fully accessible to people with disabilities, where they will live and work alongside non-disabled people. The planned town, called **Daniel**, will place disability inclusion at its centre. It will be built both for professionals working there, now a staff of 340, as well as people with disabilities who use its services.

Daniel is planned for completion in 2024. Entrances will be wider, pavements will have ramps, homes will have lower counters and sinks. Its 500 housing units will include adjustable furnishings, like tables with wings that can go over the lap of a person using a wheelchair, or a Torah ark with shelves that can slide outwards enabling easier access to the scrolls. Aleh Negev aims to serve as a foundation for disability inclusion in Daniel. Its 25 acre campus in the Negev is home to 145 residents with severe disabilities and provides rehabilitation care to an additional 4500 patients. The grounds include a therapeutic swimming pool, horse stables, an accessible amphitheatre, and a petting zoo. There are also dental and medical facilities for locals with disabilities who have no access to such care. Residents, outpatients, and others at Aleh Negev interact throughout the day and assemble for concerts, carnivals, and other events. In addition there is a pre-school for non-disabled children.

Israel as a whole is beginning to embrace people with disabilities in all facets of life, according to Avital Sandler-Loeff, director of Israel Unlimited, an Israeli disability inclusion project. Her organisation is piloting a programme in which 300 people with disabilities have moved into their own accessible apartments in 37 towns throughout the

country. They receive support from a facilitator at their home, as well as help finding a job and becoming part of the community. In addition to creating a better environment for the people it serves, the programme is cost-effective. If people live and work in the community, institutions no longer have to bear the cost of supporting them. "Independent living means you get the support you need in order to live the life you want. Once someone is included in the community they need less support. If they work they don't need care during the day. If they make friends there is no need for a special club".

Aleh Negev is one of four branches of Aleh, a network for Israeli children with severe disabilities. It receives funding from the Israeli government and the JNF.

From the internet

On his way to daily work
To the great 'rat race',
With warm stomach replete
And bland unsmiling face.
Passing by the old man
Without a second glance.
Does he reflect for a second
That it could be himself by chance?
Passing by each other
They live worlds apart,
Yet each is a breathing being
With life and a human heart.
All share the same life on this Earth
Whether we're rich or poor,
All share the same way of birth
And leave at the same door.

Yetta Powell

THE GRADUAL PROCESS of SPIRITUAL HEALING

With healing, no one case can be considered to be a precedent for another. A patient has asked to be told more

about why some healings are gradual. We find that with certain conditions the healing does take time and there are many factors that can account for this. In general, however, while we see the quick and 'instantaneous' healings, these are not the rule, but that in most cases some period of time is needed to remove the cause and then the symptoms. Every healing situation must be considered individually. If it should be that the effects of the disease have consolidated, as with arthritis, and the joints have become locked or semi-locked or distorted, then a longer time is needed than with a patient who has a mild form of arthritis. If the complaint is a form of paralysis and wastage has followed, time is needed to restore the wastage through the natural recuperative powers of the body aided by the healing. With healing, no one case can be considered to be a precedent for another. With even similar conditions, one patient may respond quickly while another needs a longer time. Perhaps it is also well to consider the nature of the cause of the disease, for this must first be removed before the symptoms can be overcome. If the character of the cause is deep-seated and of long duration, then the time factor will vary for its removal. Perhaps in this connection when the affliction results from a long-standing physical injury or from some very deep-seated emotional disturbance the healing influences can only make progress slowly. Next we have to consider the way of life of a patient. If he suffers from arthritis and he is living in damp conditions, then this will tend to maintain the disease, for the cause remains. If one has eye weakness and one's employment continues to cause eye strain, then any improvement from the healing is likely to be hindered; or with nerve troubles and the patient lives under continual stress, the ill-condition is protracted. Another factor to be considered is the receptivity of the patient to healing. Some people are more receptive than others; why this is, may be obscure and

may concern the total make-up of the individual. Then, again, one trouble may induce others and it is only when the primary disturbance is removed that the associated conditions will be mastered. Thus it will be seen that there are many factors that can affect healing progress, but we have found the following to be true: with many patients who have had a period of healing but with no remarkable progress, the time does come when we see the ill-conditions begin to yield. In these cases it appears that removal of the cause and with it being overcome the symptoms recede. Healing produces a state of change, either in a person's outlook or in an organic or chemical form, it is from these changes the healing results. We are convinced that no matter how long-standing or chronic an ill-condition may be, help is given in some way to every patient. It may be in arresting the trouble, in building up resistance and in the giving of strength or mental comfort and easement. Help is always there in some form or another and we never limit all that can be achieved, no matter how critical an ill-condition may be.

Reprinted from THE SPIRITUAL HEALER. Ray Branch

**"Please Do Not Disturb me,
I am married and already very Disturbed"**

A frustrated husband in front of his laptop:
Dear Google, please do not behave like my wife.
Please allow me to complete my sentence before you start
guessing and suggesting.

We cannot teach people anything, we can only help them
discover it in themselves.

Galileo

"Be the change you want to see in the world"

Gandhi

A way to Beat back pain.

The complementary medicine business is booming, with new therapies constantly being developed and hospitals giving many treatments their stamp of approval. Back pain is one of our most pressing community-health issues.

Approximately 80 per cent of Australians will experience some form of back pain during their lifetime and according to the Australian Bureau of Statistics, it is one of the leading causes of illness and absenteeism. The good news is that, if you suffer from persistent back pain, you have many treatment options to choose from – yoga, physiotherapy, osteopathy, chiropractic and Pilates all help relieve the sometimes crippling symptoms associated with back problems. However, one therapy that's gaining ground as a potential saviour for back-pain sufferers is the little-known treatment called cranio-sacral therapy. "It's often a last resort for people who have tried everything else, but it can deliver amazing results," says Raymond Smith, a specialist in cranio-sacral therapy from the 'Nature Care Wholistic Medical Centre' in Crows Nest, Sydney. Cranio-sacral therapy is designed to balance and realign the head, spine and central nervous system. The therapy specifically targets the fibrous meningeal membrane that covers the inner surface of the cranium and forms a sac that stretches down the spine to the sacrum (pelvis). This membrane contains the whole central nervous system and its surrounding fluid called the cerebrospinal fluid. "The manufacture and circulation of the cerebrospinal fluid is incredibly important to the proper functioning of the whole body," explains Raymond. "It affects the brain, spinal cord and nerves, which, in turn, affect the health of every muscle, bone, tissue and system." Cranio-sacral therapists believe that in cases where the rhythmical movement of the cerebrospinal fluid is inhibited, such as the misalignment of the spine or

distortion of the bones in the skull, the entire system can be disrupted. Back pain, headaches, digestive disorders, hip and leg pain, and irritable bowel syndrome can all be signs that the cranio-sacral system is not functioning at its peak. A session with a cranio-sacral therapist usually involves lying on your back for between 20 minutes and one hour (depending on your condition and the approach the therapist takes), while the practitioner sits at your head with their hands wrapped around your skull. The therapist uses a subtle technique, and the movements of all 29 bones and fluid in the head are monitored and coaxed gently and slowly. It's not uncommon for patients to drift off to sleep as they feel their head being restfully massaged. Cranio-sacral therapy is practised on its own as a specialist therapy, although many osteopaths use this technique in conjunction with other bodywork.

Nikki Goldstein GOOD MEDICINE- AUSTRALIA

The power of faith

On October 17, on the on the last day of Succoth, Rahel Ohana came home early from work as head of housekeeping in a Beersheba health service. She had a lot to do. Her son Shimon, 19, had invited four fellow border policemen home for Simchat Torah: an Ethiopian immigrant, two Russian immigrants, and one from Rahel's native Morocco. She and her husband Meir, a policeman, had decided to give the young men "a holiday they would never forget," Rahel had ground 14 kg of meat for stuffed vegetables and meatballs. The beeping of a news bulletin on TV caught Rahel's attention. The announcer said that a border policeman was shot in the Gilo neighbourhood of Jerusalem. He was in serious condition. "His poor mother," Rahel said aloud. Within the hour she heard car doors slamming outside the apartment block. From the window, Rahel saw Meir, surrounded by higher ranking police

officers. Something in their body language frightened her. All she could think of was that internal affairs found some flaw in her husband's performance. But when she saw Meir's face, Rahel knew something more horrible had happened. Shimon, their son, was that soldier shot in Jerusalem, he told her. She was that mother to whom she had just expressed sympathy. The ride to Jerusalem seemed impossibly long. At last, Rahel burst into the Trauma Unit of Hadassah Medical Centre and saw Shimon; lifeless, with two holes in his heart. Clinically dead, he had less than a 1% chance of being revived. Nonetheless, Professor Avi Rivkind, a talented surgeon and the grandson of a Kotsk Hassid, made what sounded like a peculiar prediction. "One day I'll run in the streets of Beersheba with your son," he promised Rahel. She clung to that hope. Shimon survived surgery and lay in a coma. His parents and his five older sisters kept a vigil at the hospital. "God willing, everything will work out," she told visitors. "My son came back from the dead and I know he'll wake up." Just over three weeks later, Shimon opened his eyes. His mum was at his bedside. Rahel told me this story recently in Paris. She and Shimon had been invited to take part in, a presentation about the Trauma Unit at the Hadassah-International Conference, a gathering of European and South American benefactors of Israeli technical and medical research. This was their first time abroad. I, too, was attending the conference, and happily volunteered to accompany them. Shimon doesn't remember being hit by the sniper, and he feels fine. Snapping photos at the top of the Eiffel Tower, no one would have guessed that the handsome young man was anything but a typical tourist. Rahel never took her eyes off him. Like our Matriarch Sarah, Rahel is often haunted by the near-sacrifice of her son. Sitting in the elegant Luxembourg Palace, watching the film footage of her son's "death" just six months ago, Rahel relived the terror she'd

experienced despite the happy ending. Her French is fluent but, all she could say when called to the podium was, "Thank you. Thank you for giving me back my son." Afterwards, when we were alone, Rahel told me another part of the story.

Three weeks after Shimon woke up, his feeding; tube was removed, Shimon refused to eat. Rahel, the sort of cook who puts a dozen home-made salads on the table for Shabbat, knew what a picky eater he was. Their only son, they'd spoiled him she admitted, she and Meir and Shimon's five sisters. He won't eat hospital food, she sheepishly told the surgeon. Without missing a beat, Rivkind sent her home to cook whatever Shimon loved best. Before Rahel called a taxi; she phoned her neighbour and asked her to defrost a package of that ground meat she'd never cooked for Simchat Torah. When Rahel arrived in Beersheba after midnight, she began frying Moroccan-style meatballs. Towards dawn; she took a taxi back to Jerusalem carrying the steaming pot. Frying meatballs was one thing, but feeding her son, still hooked up to tubes and monitors, was quite another. Rahel demanded that Rivkind stay in the room in case something awful happened. Shimon ate the first meatball. He made motions that he was still hungry. "Frankly, the food didn't seem just right for a sick person." Rachel said. "Each of my meatballs is quite a portion." "Give him another one;" Rivkind coached. She gave him a second fried meatball Shimon wanted more. The professor nodded. Shimon ate a third and then a fourth. Then he smiled. Rahel found a distant relative in Jerusalem who volunteered the use of her kitchen. For the rest of Shimon's hospital stay, Rahel made his favourite dishes. At last, he walked out of the hospital with no assistance. Never underestimate the power of a mother's cooking or a mother's love. The Ohanas made Seder at home this year Rahel and Meir and their daughters Bella, Sholmit, Limor, Etti and Shira, their

husbands, their nine grandchildren and Shimon. As is their tradition, they sang the Four Questions all together. "What could be a greater gift than having my family around me?" Asked Rahel. While Shimon was in a coma, people were sometimes crass enough to warn Rahel that if her son woke up he might be a vegetable. "Didn't they think I had already realised every terrifying possibility?" she said: "They kept saying they didn't want me to get my hopes up so I wouldn't be disappointed, but they had it wrong. When you're at your lowest, hope, faith and prayer are what keeps you going. You have to focus on the positive." This Shabbat we chant the Song of the Sea, sung by our ancestors as they crossed the Red Sea after the Exodus, pursued by the Egyptians. "I will sing to God, exalted above the arrogant." --- Miriam and the women went forth with tambourines and with dances. How did the women know to bring those tambourines; asks the Midrash? How did they know there would be cause to sing?--- Our foremothers understood that even in dark and frightening times our strength is in our optimism. We need to remember that, too.

Barbara Sofer - Jerusalem Post April 2001

A Question of understanding.

A nursery school teacher was telling her class about patriotism. "We live in a great country," she said. "One of the things we should be happy about is that, in this country, we are all free". One Little boy came walking up to her from the back of the room. He stood with his hands on his hips and said "I'm not free!" Taken aback by the boy's positive attitude, she said "well, at your age I will admit that you are not allowed to do anything you want, but what I meant is that your family can do anything that is legal. Now do you understand that you are free?" "No -- I'm NOT free," he said looking up defiantly, "I'm FOUR!"

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Dark into Light

Today an angel touched my hand.
You are looking for the light - I understand.
Come with me, she said, I will show you the way
You can transform dark night into beautiful day
See the crocus & snowdrops as they await
Hoping Spring will not be late
And the trees bow with grace
Knowing regrowth soon takes place -
Shiny new leaves and blossom on boughs -
All this a sign of God's vows
That from the darkest day comes Light,
His Promise fulfilled now in sight,
The circle of soul likewise with nature blends
And the time of sad darkness ends.

Rosetta Muscatt

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