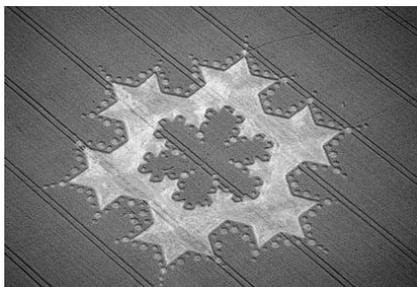


News & Views



Summer 2022
Issue No: 89

**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
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Committee for 2021/2022

Francine Benjamin, Harry Luck,

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

Editor: Steve Sharpe, 22 Boldmere Road, Pinner, HA5 1PS.

Chairman's Report

Welcome to the Summer edition of News and Views. I hope you are all keeping well away from the current global virus infections and enjoying the sunshine. Life seems to be slowly coming back to pre-pandemic lines and I commiserate with everybody who have lost family and friends. Many venues have yet to re-open their doors to the public, hopefully that will happen in the not too distant future.

We have our Annual General Meeting coming up 23rd October on a Zoom meeting (see the next page) where I hope to see some new faces as well as the regulars. We could do with some new Committee members, so please join us especially if you think you can help to run and keep the Jewish Association of Spiritual Healers at the helm of the Healing fraternity.

Unfortunately, our membership numbers, like many other healing associations, have declined over the last few years, so if you know of any healers who would like to join an association, please point them in our direction.

The British Alliance of Spiritual Healers together with the Healing Trust will be holding their Annual General Meetings in September, I will report on them both in our next News and Views.

I have been delving through some of our old magazines and found a few articles from twenty or so years ago that I considered worth reprinting and thank Yetta and the late Maurice Powell for their twenty odd years as our previous editors.

I thank, as always, our current Committee members for their continuing support and expertise and look forward to working with them for many years to come, even though many of us are in our eighties, but we could do with some new blood to help us oldies along and prop us up when needed.

Steve Sharpe

*OUR ANNUAL
GENERAL
MEETING WILL
BE HELD*

*SUNDAY 23RD
OCTOBER 2022*

*VIA A Zoom meetings connection
at*

2-30 pm.

*Connection details will be advised
approximately a week beforehand
and we look forward to seeing you
there.*

An Enlightened Perspective

Less is more

On November 18, 1995, Itzhak Perlman, the violinist, came on stage to give a concert at Lincoln Center in New York City. If you have ever been to a Perlman concert, you know that getting on stage is no small achievement for him. He was stricken with polio as a child and has braces on both legs and walks with the aid of two crutches. To see him walk across the stage one step at a time, painfully and slowly, is a sight. He walks painfully, yet majestically, until he reaches his chair. Then he sits down, slowly, puts his crutches on the floor, undoes the clasps on his legs, tucks one foot back and extends the other foot forward. Then he bends down and picks up the violin, puts it under his chin, nods to the conductor, and proceeds to play.

By now, the audience is used to this ritual. They sit quietly while he makes his way across the stage to his chair. They remain reverently silent while he undoes the clasps on his legs. They wait until he is ready to play. But this time, something went wrong. Just as he finished the first few bars, one of the strings on his violin broke. You could hear it snap - it went off like gunfire across the room. There was no mistaking what that sound meant.

There was no mistaking what he had to do. People who were there that night thought to themselves: "We figured that he would have to get up, put on the clasps again, pick up the crutches and limp his way off stage -- to either find another violin or else find another string for this one, or wait for someone to bring him another." But he didn't. Instead, he waited a moment, closed his eyes, and then signalled the conductor to begin again. The orchestra began, and he played from where he had left off. And he played

with such passion and such power and such purity as they had never heard before.

Of course, anyone knows that it is impossible to play a symphonic work with just three strings. I know that; you know that. But that night Itzhak Perlman refused to know that. You could see him modulating, changing, and re-composing the piece in his head. At one point, it sounded like he was de-tuning the strings to get new sounds from them that they had never made before. When he finished, there was an awesome silence in the room. And then people rose and cheered. There was an extraordinary outburst of applause from every corner of the auditorium.

Everyone was on their feet, screaming and cheering, doing everything they could to show how much they appreciated what he had done. He smiled, wiped the sweat from his brow, raised his bow to quiet the audience, and then he said, not boastfully, but in a quiet, pensive, reverent tone, "You know, sometimes it is the artist's task to find out how much music you can still make with what you have left." What a powerful line that is. And who knows? Perhaps that is the way of life -- not just for an artist but for all of us. Here is a man who has prepared all his life to make music on a violin with four strings, who all of a sudden, in the middle of a concert, finds himself with only three strings. The music he made that night with just three strings was more beautiful, more sacred, more memorable, than any that he had ever made before, when he had four strings.

So perhaps our task in this shaky, fast changing, bewildering world in which we live is to make music, at first with all that we have, and then, when that is no longer possible to make music with what we have left. In this year where so much has been taken from us all, let us all stop

for a moment and think how we can make beautiful music with what we have left.

First seen in The Jerusalem Post and sent in by Sadie Leigh of Jerusalem – Israel and first seen 20 years ago in News and Views when Yetta and Maurice were our editors.

ISRAELI TITBITS

Turning on a tap to get clean water is not just the reality for most parts of the world. Israeli start-up, SoLED, has developed an Ultra Violet LED-based water disinfection device to produce purified water. SoLED is a small portable device powered by the sun, and designed for areas with little or no electricity. Water flows through the device and is purified by the UV light.

Israeli company RedC Biotech is seeking to alleviate blood shortages by developing universal red blood cells that can then be used for patients without the need for a donor. Using stem cells from donor with universal O negative, they cultivate and ‘process’ them to create the target cell. Standardised mass production will make it cheaper to produce and transport the blood on a global scale, particularly for areas with few blood donors in places like Africa where millions die every year because of insufficient blood supplies.

Scientists at the Hebrew University in Jerusalem have pioneered the discovery of a molecule that may eventually serve as a potential mosquito repellent. They dedicated their research to investigating mosquito sense of smell to determine which molecules deter and attract these insects. They discovered a cannabis-derived molecule with a fragrant smell proved beneficial and it may well serve as **the** mosquito repellent they were seeking.

People who receive aggressive cancer treatments often have fertility problems. Israeli scientists at the Ben Gurion

University of the Negev have developed a platform to create sperm in the laboratory.

Several Israeli companies are employing innovative strategies to tackle global drought:

Watergen – it has revolutionised water production by converting humidity in the air into fresh drinking water, which it has spread to people around the globe

Netafin - is a pioneer and leader of precise irrigation works, it has provided unique, tailor-made irrigation solutions to save water around the world. It offers sustainable solutions that that allows applications of nutrient and water at the right time to optimise growing conditions.

SeeTree – has developed an intelligence platform for trees, providing per tree, intelligence to growers who want to track the health and productivity of their trees.

Hiklico – created the world’s first portable rainwater collector. The patented design was modelled on the structure of rare leaves in the Amazon jungle. It promotes self-sufficiency and is environmentally beneficial.

SupPlant – combines plant sensing, artificial intelligence, and data accumulated over 1500 growing seasons to provide farmers with personalised irrigation recommendations amidst global water shortage. They were able to save close to 50% in water usage in Israel and other countries in the region.

Phytech – have created a decision support system designed to help growers manage and optimise agricultural production.

Israeli medical device company SoniVie announced it had received approval from the US Food and Drug Administration for its ‘REDUCED1’ pilot study to treat

resistant hypertension patients using its proprietary therapeutic intra-vascular ultra sound treatment.

Israeli AI systems and semi-conductor start-up announced a new investment from Samsung Ventures to advance AI solutions and highly efficient inference technologies for clients and data centres.

Israel announced a project to test a floating framework to generate electricity from solar energy. The system developed by Israeli start-up Xfloat is designed to move and track the sun whilst floating on a reservoir. The company has created an intelligent water management system that controls water loads and pumps for accurate tilting and tracking. Although expensive to install it frees up land that otherwise could be used for environmental residential or commercial purposes.

Researchers at the Technion, the Israeli Institute of Science, have developed a manmade ear implant that functions like a normal ear. The team combined organ printing, tissue engineering, and extraction of human cells to generate the ear. The goal is to replace ears that don't develop properly in the womb. This will hopefully prove useful for children born with microtia, which results in underdeveloped, small, or malformed ears at birth.

People with AIDS might soon have the option to be treated with just a single vaccine dose according to a new study from Tel Aviv University. In simple terms the goal of the team was to genetically engineer type B white blood cells inside an infected person, Once modified the blood cells would be able to secrete neutralising antibodies against the HIV virus responsible for Aids, thus eradicating it from the body.

Harry Luck

A friend is someone who knows all about you and loves you just the same.

Colours of the Lord's Prayer

If said with real reverence and understanding, the Lord's Prayer makes a path through the earth plane's shadow, into the Heavens above. Every word of it has been carefully chosen for its vibratory effect on the ether. It must be spoken with knowledge of what it implies, and as it is said, the colours of the surrounding ether change. These colours are very remarkable and they vibrate: They are predominantly BLUE, PURPLE and MAUVE with a certain amount of GOLD.

If you had a hyper-sensitive wireless-set you could turn these colours into sound-waves of the most wonderful music and they would rise upwards with the speed of thought on which distance has no effect.

There must be pauses between its phrases for the creation of the right colours. Our - Father - which - art - in Heaven should not be said in one breath. It should be, Our Father pause which art in Heaven: in this way you have begun to build the colour-form for the Prayer to penetrate the Heavens.

OUR FATHER BLUE. By these two words it would be possible to fill a whole room with Blue, but you want to penetrate the earth plane's shadow, so you say.

WHICH ART IN HEAVEN and the BLUE starts to concentrate itself into a shaft, perhaps three feet in diameter, and rises upwards, capped with PEARL.

HALLOWED BE THY NAME These words make a wonderful sunset colour effect around you and the colours you can bring down with your mind as you say.

THY KINGDOM COME are as though you were drawing the colours of HEAVEN into your soul. These words start building a colour ray of YELLOW, sunlight colour.

The light is now coming down, as well as rising, as if the colours had tuned into a fountain, rising and falling; and through it all, drawing nearer and nearer, can be seen the

Spirit-forms, the Prayer-answerers.

THY WILL BE DONE Now you are bringing down from Heaven the colourisation in which the angels dwell and asking that God shall instruct them (Oh, it is so very real!) ON EARTH the colour is GREY. There is a deepening of grey all around your shaft, caused by the concentration of the light forcing it onwards.

AS IT IS IN HEAVEN A positive assertion. You know Heaven exists, and you want it to be like that on earth. You can finish with this, and start your own prayers. All the preparation has been done.

Food That Helps To Keep You Young and Healthy

AVOCADO - high in the good, monounsaturated types of fat. which resist oxidation and help to neutralise fat in other foods. Research also suggests that eating avocado lowers and improves cholesterol. They are a great source of vitamin E, C and potassium, as well as good sources of vitamin B 6,82 and B3.

BEANS - Studies indicate that regular consumption of beans, in particular lentils and soybeans, reduces the risk of cancer. Soybeans are an excellent source of low fat protein and are included in foods such as miso, tamari soy sauce, soy milk, tofu and tempeh.

BROCCOLI - This provides a fantastic array of anti-oxidants and is packed with vitamin C, beta-carotene, folate and vitamin E. It is also rich in chromium that can regulate insulin and blood sugar levels. Most protective when eaten raw.

BERRIES - Blueberries have three times more antioxidants than the second richest sources, red wine and green tea. Both blueberries and cranberries help ward off urinary tract infections.

CABBAGES (including pok choy) - contain some great anti-cancer and antioxidant compounds. Studies have

shown that people who eat cabbage once a week have only a 66% of the risk of contracting colon cancer, compared with those eating it only once a month. It is an excellent source of vitamin C and dietary fibre, it can be eaten raw or lightly cooked.

CARROTS - High in vitamins A and C also dietary fibre. Carrots are legendary in fighting off ageing diseases. Studies have shown that eating a couple of carrots a day lowers blood cholesterol by 10%. The beta-carotene in carrots acts against ageing and disease. It was also found that those with low levels of beta-carotene in their blood are more apt to have heart attack, strokes and various cancers.

CITRUS FRUIT'S - The orange, possibly the complete package of natural anticancer inhibitors. An excellent source of vitamin C which helps to make collagen that is essential for healthy skin. It also helps maintain the body's defence against bacterial infections. Grapefruit. has a unique type of fibre that dramatically reduces cholesterol.

FISH - The essential fatty acid -- Omega 3 fatty acid, cannot be manufactured by the human body, but is present in fish. So we need to consume small amounts of this polyunsaturated fat that research suggests may help prevent against cardiovascular disease, high cholesterol and heart attack. Research also indicates that Omega 3 inhibits the adult onset of diabetes, some skin diseases and rheumatoid arthritis. Best sources of omega 3 are found in cold water fish such as salmon, swordfish, anchovy, herring, mackerel, sardines and tuna, (Good vegetarian sources are nuts, linseeds - flaxseed oil.)

GRAPES - Red and black grapes contain 20 known antioxidants that work together to fend off free radicals, which cause ageing and disease.

ONION and GARLIC - Forget the breath, they help prevent cancer, thin your blood by discouraging clots and raise the good type (HDL) of cholesterol. They also have antibacterial

and anti-inflammatory factors that help keep colds and flu at bay. Next time you have a bad case of the flu, try eating a mashed bulb of raw garlic in between two slices of bread. It's really effective!

SPINACH - Tops the list, along with other green leafy vegetables, as a food most eaten by people who don't get cancer. A super, source of antioxidants.

TOMATO - Tomatoes are the richest source of lycopene, which forms the red pigment in tomatoes and watermelon. New research suggests that it may help to preserve mental and physical functioning among the elderly and reduce risks of prostate, pancreatic and cervical cancer.

SEAWEED - Most common varieties are kombu, used in soups and stews, wakame that is normally found in miso soup, and nori that you have with sushi rolls. They are all rich in essential minerals, and medical studies suggest seaweed is effective in helping to prevent a variety of cancers.

WATER - It's vital for life and helps your body function at its best. We lose about 2 litres per day through normal body functions such as breathing and perspiration. We need 2 - 3 litres of pure water every day to help with the process of digestion, transporting nutrients and waste elimination. If we do not drink enough water it leads to dehydration, which can leave us feeling tired and lethargic as our cells become sluggish through toxic build-up in our bloodstream. Drinking enough pure water is also an excellent anti-ageing tonic, it helps the skin to stay hydrated, supple and fresh, as well as controlling the appetite and keeping hunger pangs at bay. When exercising, it is important to remember to increase water consumption to prevent dehydration, especially in hot weather. It is a good idea to drink water before exercise, also during and after exertion to replenish lost fluid..

Pomegranate-A Powerful all round health fruit
Time magazine recently profiled the exceptional health

benefits of pomegranate under the heading 'Pomegranate Power' because of its anti-inflammatory properties, its ability to inhibit growth of cancer cells and improve symptoms of coronary heart disease and overcome periodontitis (gum disease) Israel's Institute of Technology found that it contains almost three times the antioxidant ability of red wine, green tea, cranberry juice and orange juice. In recent studies pomegranates & their juice have been shown to contain a number of powerful antioxidant compounds, including poly-phenols and anthocyanidins, which help prevent free radical molecules from disrupting proper circulatory function. Of particular note is the poly phenol Ellagic acid that has been shown in several studies to help support the life span of healthy cells. Consequently it's main health benefits are as an anti-viral treatment, a treatment for cancer, cardiovascular diseases, diabetes, gastrointestinal problems, sore throats, ulcers, for liver and kidney disorders.

Bringing Spirit back into medicine

“Hello” The little voice at the other end of the telephone line was that of my godchild “Hello,” she said. “Hello,” I said. “Did you phone me to tell me something?” “No,” she said, “I just wanted to say hello.” There is something so sweet and simple In that. Just to say hello. Of course there was much more. She had after all brought me up into her conscious mind and then followed through and reached out to make contact.

One sometimes loses sight of the meaning behind these linking and Interfacing processes. Patients telephone to make appointments, and their enquiries may in some way be a reaching out for contact from their practitioner and healer. There is a dynamic there that is often missed. The passing trade appears mundane and one misses the sacred in the moment. Can there be something sacred in a

patient making an appointment? The clouds drift across the sky in front of my window like sheep slowly moving across the meadow, saying nothing and even going nowhere, and yet in some strange way they touch my heart. I sometimes think that we make the sacred into something mundane because we are just not paying enough attention, not seeing the magic and mystery that really envelopes all things.

Am I staring at the plant or is the plant asking me to pay attention to it? The notion that somehow everything is just electrons and protons does not go down well with me.

'Anything that we consecrate to the divine embodies divine virtue and becomes sacred. It then becomes a symbol of the surrendering of our ego, and of our worshipful gratitude. All things can become sacred through conscious reverence,'

Aaron John Beth'el in *The Spiritual Guide for the New Millennium*. It seems that once again we have choice here. Life is mundane if we choose to see it that way, or we can open our conscious mind to the wonder of the creative process and see the astounding charm and sacredness in all things.

*I call your name O Wise One
and watch the words
drift slowly across the space between us
your answer echoes around the valley
sending gifts of love
to all who wish to hear.*

*Dr Bernard Brom MB CbB (UCT), CEDH (France), Dip Acup (Singapore)
We wish to thank The South African Journal Of Natural Medicine and Dr.
Bernard Brom for their kind permission in allowing us to copy this
article.*

“The motto of life is give and take, everyone must be both giver and receiver, who is not is a barren tree”.

Hassidic saying collected by Martin Buber

**“MUSIC WASHES AWAY FROM THE SOUL THE DUST
OF EVERYDAY LIFE”** Auerbach.

“The power of music to integrate and cure ... is quite fundamental. It is the profoundest non chemical medication.”

Oliver Sacks.

Music has a wonderful power to heal; to uplift the heart, to soothe the soul, and to energise or relax the body. It has a great effect on our emotions for surely the great classical music that we hear was divinely inspired. I'm sure all healers would find a book I've been reading of great interest and benefit; 'The Mozart Effect' --- by Don Campbell published by Hodder and Stoughton, --- 'tapping the Power of Music to heal the body, strengthen the mind, and unlock the creative spirit.' The latter part of the book is devoted to 'miracle stories of treatment and cure' in which music of all kinds was used to help to heal people with all kinds of illnesses, ailments and disease. It's fascinating reading.

“Each illness has a musical solution, the shorter and more complete the solution, the greater the musical talent of the physician.”

Novalis.

It is said that we each have our own unique vibration or sound which when we are well is in harmony, but we can become distressed, ill or dis - eased when it goes out of 'synch'. Also we hear not only with our ears but with every cell in our body which accepts only those notes it needs and rejects the rest.

We are very privileged to have as a dear friend, a renowned orchestral conductor --- Joseph Pilberry who, with his wife Mary, a professional oboe player (who is also multi - talented and a gifted artist) has given much pleasure to thousands of people in the U.K, Italy, Israel, Switzerland the Ukraine and USA and on the Orient Express. Here is someone who lives and breathes music and is devoted to it.

Joseph has been conducting for over 50 years at halls such as the Barbican, St. Johns, St. Martins-in-the-Fields, The Festival Hall, etc.. He conducts the Vivaldi Concertante and the Millennium Youth Orchestra and has given so many opportunities to young musicians starting on their professional career, many of whom are now concert soloists and are internationally famous. We are fortunate to attend many of his concerts since Maurice is Chairman of the Orchestra. We particularly cherish hearing Mozart's Requiem at St. Martins, the Verdi Requiem at the Italian Church in Clerkenwell --- extremely moving experiences. Incidentally Mozart is my favourite composer and I positively love his Clarinet Concerto (which we played to our granddaughter Rachael when she was just 3 hours old. And she smiled! Truly!). One concert which is most delightful is the annual open air concert held at The Garden of The Rose, St. Albans --- a Last Night of The Proms event which takes place in August with 2 - 3000 concert goers picnicking in these famous gardens before the performance begins and enjoying Rule Britannia, Land of Hope and Glory, and Jerusalem with a programme of good classical music followed by fireworks and laser display. Joseph Pilbery was born in 1931 to Jewish parents living first in Dalston, then Stoke Newington. They were not well off, his father was a furrier, his mother a dressmaker.

There were no musicians in the family and really this is a story of Joseph's love of, or destiny to devote himself to music and his courageous overcoming of all adversity and obstacles to that end (including poverty). When Joseph was about 13 he was taken to a concert at the Camden Theatre by a cousin and there his musical destiny began. He has told us how he acquired his first violin. It belonged to a friend-- Joseph wanted it so much that his mother gave his suit to the friend in exchange for the violin. And so it began with Joseph practising 8 hours a day. His first

lessons were from a 'sweet old lady' in Earls Court who charged 1\6d an hour and included real cream cakes and tea! He studied with other teachers including Tom Jenkins, of the Palm Court Orchestra, who allowed him to play on his Stradivarius. During this time Joseph supported himself by getting a job, in a music shop, selling sheet music. His first debut as a conductor was conducting the National Anthem at the end of a West End musical. Six years later he was conducting 'The Mikado' with his own orchestra. He took lessons from many teachers and was chosen to conduct in front of Sir Adrian Boult. When he was 23 he was asked to form an orchestra and conduct for the Albert Hall Festival. 0

Of that momentous event he writes 'I can still see my father crying with happiness'.

In 1962 he formed the New World Symphony Orchestra which was jointly conducted by Joseph and Sir Adrian Boult. Later came the New Westminster Philharmonic Orchestra --- it was with this orchestra that he became one of that rare breed of conductors who have successfully conducted all the Mahler Symphonies.

There is sadly not enough space to write of all Joseph's work and accomplished career. He has conducted in many synagogues and at the Chief Rabbi s' home (not the present one) as well as in many halls and churches.

Joseph has always had to struggle to find sponsors since concerts demand a great deal of money. Unfortunately in this day and age unlike the time of Bach or Beethoven or Mozart there are no wealthy patrons to support musicians and even the Arts Council is far from forthcoming.

He has learned a great deal about life from the great composers --- he has a wealth of information and interest about them. He has said that in order to succeed as a musician one needs talent and training, but also courage, determination and a complete belief in one's destiny. This Joseph has to a marked degree and is to be greatly

admired for this. Also for the joy, happiness and for the healing that his music making has brought to countless numbers over the past fifty years dedication.

There are some excellent CD's by Vivaldi Concentante, obtainable direct, from the Orchestras offices phone 01707 650735. They also have information on future concert venues of Joseph Pilbery.

“Music sets up a certain vibration which unquestionably results in a physical reaction. Eventually the proper vibration will be found and utilised.” George Gershwin.

Reprinted by kind permission of Yetta Powell – former Joint editor from 2002.

One heart at a time

When Hana Sinai heard about a charity that arranges free heart surgery for Palestinian children, she immediately thought of her Palestinian friend Ana's sons, who suffer from heart defects.

Sinai telephoned the Save a Child's Heart charity, arranged for doctors to examine Ana's 11- and 18-year-old sons, and took the day off work to drive the family to a Holon hospital, where they all waited anxiously for the doctor's diagnosis. Friendship between Sinai and Ana, a Palestinian mother of 13 from the Balata refugee camp in the West Bank, is virtually unheard of. Sinai lives on a nearby settlement.

But not in the wards and intensive care units of Wolfson Hospital in Holon, where cardiologists have operated on at least 140 Palestinian children to correct congenital heart defects.

Save a Child's Heart pays for the operations, which cost about \$10,000, through donations from the government, American Jews, Christian charities, and international charities for children. The doctors and nurses give their time for free. "It's an island of sanity in a world of

insanity," said cardiologist Dr. Uri Katz as he put his stethoscope over the heart of Ana's younger son, Muhammad.

In the paediatric intensive care ward, Israeli and Palestinian parents comfort each other as they sit by the beds of their babies, who lie motionless, connected to intravenous tubes, monitors, and oxygen masks. On one bed lies five-month-old Sujud, a baby girl from Khan Yunis in the southern Gaza Strip, who needs surgery to replace a heart valve and repair a hole in one of the chambers of her heart. The hospital is a world away from Khan Yunis, where the baby's sleep is often disturbed by gunfire between Palestinian gunmen and Israeli soldiers.

For the baby's mother, Khitam, on her first visit to the Jewish state, Israel is an alien world. "I was afraid coming here," said Khitam, standing by her baby's bedside, her black veil starkly contrasting with the antiseptic whiteness of the intensive care unit. Khitam is uncomfortable enough about being in Israel to ask for her family name to be withheld. She praises the treatment of her child, which goes against the grain, because Palestinians often complain that Israeli military checkpoints in the West Bank and Gaza strip prevent Palestinian ambulances from reaching hospitals. "I heard about Israelis in the news, on the television," said Khitam. "I thought they did not have a heart... But the way they behaved to my child has changed my whole attitude. They are very compassionate." Nearby, Ziad Yousef Awadi holds a vigil by the bed of his 11-month old son, who has spent most of his life in Wolfson's ICU ward and has undergone six open-heart surgeries. Awadi has special permission to cross through dozens of military checkpoints between his village near the West Bank city of Hebron to Holon, which he does every day, travelling for a total of six hours to reach his son's bedside.

But Awadi is not bitter and readily strikes up a conversation with a religious Jewish woman whose child is

also in the ICU ward. They are; two people whose paths wouldn't cross under normal circumstances.

Awadi believes the Save a Child's Heart programme does more than repair the hearts of Palestinian children. "It helps peace. It really does help peace," said the Palestinian father, who has been unable to work for the past nine months because of his son's illness and the ongoing violence.

Dr. Hourri, the head of the paediatric ICU, has seen many friendships forged between Israelis and Palestinians in the twenty odd years since the project began. He said an Israeli woman once telephoned him for medical advice on behalf of a Palestinian mother she had befriended while both their children were in the intensive care ward.

"It improves relations," said Hourri. "It's like another drop in the ocean, but a drop in the ocean is better than none." Save a Child's Heart has also treated some 500 children from Ethiopia, Nigeria, Zanzibar, Moldova, China, and Vietnam, who are flown to Israel at the charity's expense for surgery or are operated on by an Israeli medical team visiting their home countries. The project was founded by Dr. Amram (Ami) Cohen, who died last August while on a trip to Africa.

"We are simply doctors taking care of children," said Dr. Katz as he examines Muhammad's heart, telling him in broken Arabic to turn on to his side. The doctors at Save a Child's Heart say the children they see, many of whom would die without treatment -- have correctable heart problems which would ordinarily never be treated in their home countries, where money and medical resources are scarce. Dr. Katz diagnosed Muhammad as having a narrow heart valve, a disorder he can cure without open heart surgery, as the valve is still wide enough to be ballooned open. His older brother, Samir, who cannot study or work because of his illness, will receive cardiac medication.

"We are not doing this to help the political situation," said

Katz. "We are doing it to help one child at a time, but we hope that it may bring some normality.

First seen in The Jerusalem Post. written by Megan Goldin

Many people will walk in and out of your life. But only true friends will leave footprints in your heart.

How Can I Carry On?

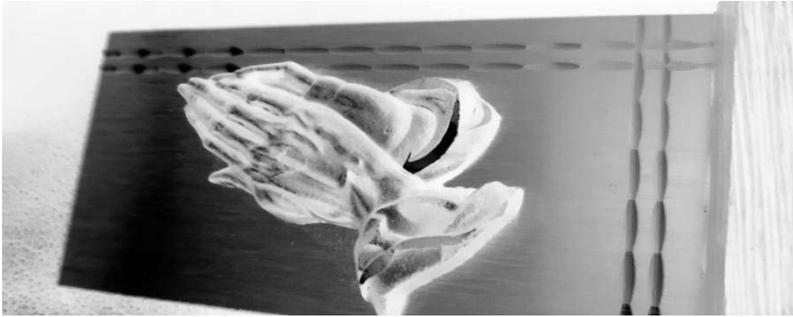
One day at a time my friend, only one day at a time. Time has no meaning where we are now in the Higher Realms. We are able to move as fast or as slow as we wish to but, you on Mother Earth have a lot to think about all the time and so you continue to abuse or wear your bodies out. There is nothing to be gained by that so, look after your bodies and your bodies will look after you, Work hard by all means but rest also. Your life on Earth is precious and you have much to learn. Think of Mother Earth as your school of learning because, we in Spirit are still learning but at a much slower and easier pace and that is why your body's and hearts are suffering. It is all very good having your body parts repaired and reshaped, but in the long run it matters not because you may only be who you really are within your soul. So heed my words dear friend, nothing bad lasts forever but everything good lasts unto eternity. Your looks can never change who you really are mentally, physically or spiritually.

Be well, stay well until we meet again in happier times.

Reprinted with the kind permission of Sheila .Doffman Goldsmith from her book "Guidance from the Realms of Spirit"

Men travel to mountain heights to gaze on the waves upon the sea, broad flowing rivers, the expanse of the ocean and pass by themselves, the crowning glory.

THE PRAYING HANDS



“The Praying Hands” was created as a result of a remarkable relationship between two artists, Albrecht Dürer and his friend Franz Knigstein.

As students they both worked as part-time labourers to try to earn enough money to carry on their studies. However in the economic climate of the time there was no way that either could both study and have time to earn enough with casual part-time jobs to survive in this way. They decided to draw lots to decide which of them should find full-time employment, and support them both, while the winner would then devote all his energies to his studies.

Albrecht Dürer won, and agreed that when his studies were complete he would return and finance his friend's studies.

However, when Dürer, having become a great success in his field, eventually came back to fulfil his promise, he discovered the sacrifice that Knigstein had made was far greater than either had foreseen. Through hard labour Franz's fingers had become twisted and bent. They could no longer delicately control an artist's brush and he could

never hope to become a great painter. However Knigstein displayed no bitterness. He was glad to have played his part in his friend's success.

One day, Dürer found Franz at prayer and was so struck by his hands that he sketched them and later completed one of the great masterpieces of the early Renaissance period that we know as “The Praying Hands”

It carries a story of love, faith, sacrifice and gratitude.

WHAT IS LUV?

I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones. - Lauren, age 4.

I let my big sister pick on me because my Mum says she only picks on me because she loves me. So I pick on my baby sister because I love her. - Bethany, age 4

There are two kinds of love. Our love and God's love. But God makes both kinds of them. - Jenny, age 4

When someone loves you, the way they say your name is different. You know that your name is safe in their mouth. - Billy, age 4

Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other. - Karl, age 5

Love is what's in the room with you at Christmas if you stop opening presents and listen. - Bobby, age 5

My mummy loves me more than anybody. You don't see anyone else kissing me to sleep at night. - Claire, age 5

Love is when Mummy gives Daddy the best piece of chicken. - Elaine, age 5

Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs. - Chrissy, age 6

Love is when someone hurts you and you get so mad but you don't yell at them because you know it would hurt their feelings. - Samantha, age 6

If you want to learn to love better, you should start with a friend who you hate. - Nikka, age 6.

Love is, like a little old woman and a little old man who are still friends even after they know each other so well. - Tommy, age 6

Love is when my mummy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK. - Danny, age 7

When you tell someone something bad about yourself and you're scared they won't love you anymore. But then you get surprised because not only do they still love you, they love you even more. - Matthew, age 7

When you love somebody, your eyelashes go up and down and little stars come out of you. - Karen, age 7

When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather

does it for her all the time, even when his hands got arthritis too. That's love. - Rebecca, age 8

Sent in by S. LEIGH

Social and Personal

Congratulations to Kanchana and Parminder Dost on the birth of their grandson Ashwin. May he have a happy, healthy and prosperous life.

Do I congratulate myself on becoming an octogenarian?

Our condolences to the Anthony family at Melvin's passing on to the higher realms of life.

Prizewinner

"I never win anything" you said

"But you have won everything"

I replied "You've won a life and many days.

Been given breath, a time to play,

The world is yours and all that's in it

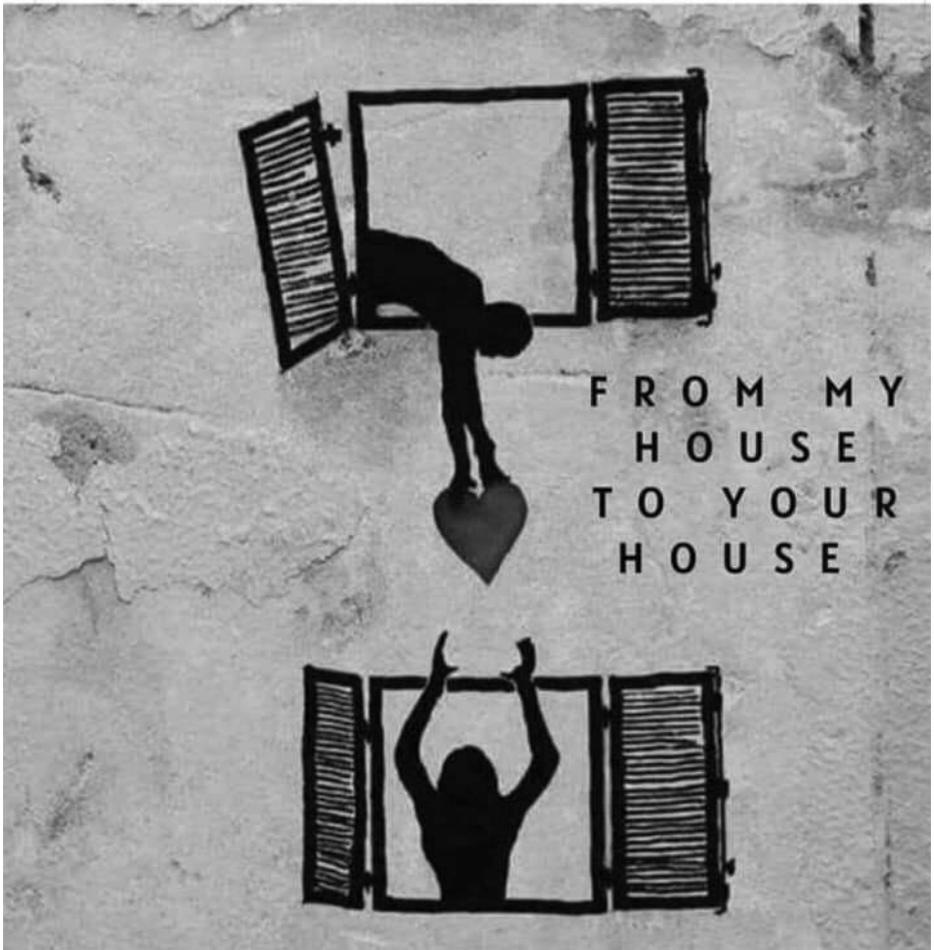
While you are here, so just join in it

Enjoy your prize, it is the best

Better than money and all the rest".

Yetta Powell
From her book Reflexions and Rhymes.

Let's pass this around so everyone gets
a little love today❤️❤️❤️❤️❤️



What more can one say?

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