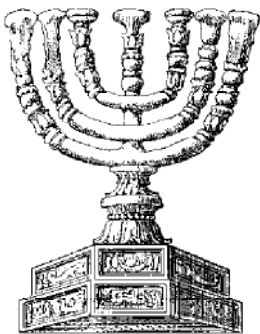
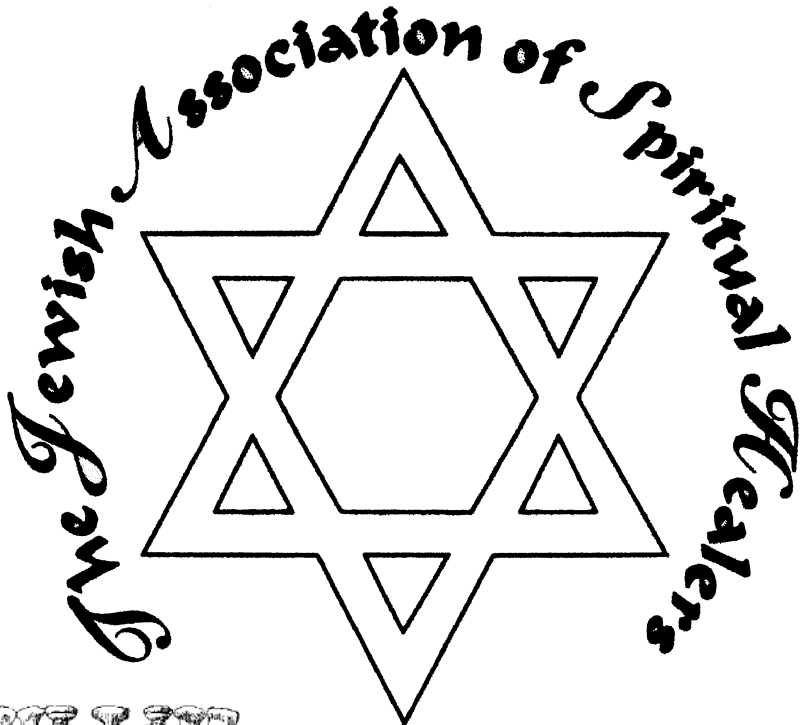


News & Views



**Registered Charity
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THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

AFFILIATED TO THE BRITISH ALLIANCE OF HEALING ASSOCIATIONS

Registered Charity No. 275081

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Your editors would like to thank all those who contribute articles, poems, quotations, etc., which are much appreciated. It is always helpful to receive some feedback so that we can know if there is anything you would like us to include in your 'News & Views'.

As one year 2002 ends and a new year 2003 begins, we all hope and pray that the message of Chanukah --- the festival of freedom and light will reverberate around the world, so that in this troubled time, the hearts of all human beings will be filled with God's peace, love and harmony.

Maurice & Yetta Powell Editors

Chairman's Report December 2002

Welcome to the winter edition of News and Views, our window to what is happening within the healing movement. UK Healers are still moving forward despite the tardiness of reply from some of the healing organisations, and have now printed their second informative edition of the UK Healers Review, their contact details are: UK Healers, P.O. Box 413 London W1A 6FE. E-mail: healing@cpdenton.freeserve.co.uk Web site: www.ukhealers.info Currently there are approximately 18000 healers involved via their organisations. It estimated that there are 22000 healers in the UK, so as you can see, the majority are prepared to acknowledge the guidelines towards obtaining an overall standard of good practice. So far only the disciplinary processes and assessment standards are outstanding, before presentation to the QCA (Qualifications Curriculum Authority) for approval of National Occupation. Standards across the whole field of Complementary Medicine. Everything so far has had to be debated and cross checked line by line before presentation to the QCA, and I thank a those dedicated people, including our Brenda Peace, who have given countless hours of the energy and expertise to promote the healing movement into the twenty first century. All this work is totally essential in the process of self regulation, as recommended by the House of Lords Select Committee report on Complementary and Alternative Medicine.

The British Alliance of Healing Associations held their Annual General Meeting at the end of October, where Simon Blackwell was elected to be the new vice chairman for three year period, good luck with your new post Simon! A proposition was put forward, and carried, to support the Confederation of Healing Organisations. The BAHA commitment is £150 per annum, which amounts to approximately 30 pence per person. The National Federation of Spiritual Healers called an Extraordinary General Meeting at the end of November to ratify their new status as a charitable trust limited by guarantee, which was approved by large majority vote.

We are still waiting for a positive response from YOU, our members, it is your Association, so please write in with your views about a possible change of name from the Jewish Association of Spiritual Healers to the Association of Jewish Healers or the Jewish Association of Healers.

My thanks, as always, to your committee for their dedication and time in keeping the Jewish Association of Spiritual Healers at the forefront of the healing movement, especial! Yetta and Maurice Powell with their production of an excellent News and Views.

Steve Sharpe.

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.



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.

Anon.



*“ Life is denied by lack of attention whether it be
to cleaning windows or trying to write a masterpiece”*

Nadia Boulanger.

CLONING ---What is your opinion of cloning?

How it is done.

One way is through a process called nuclear transfer. An unfertilised egg is extracted from a female. Then the nucleus which contains the DNA is removed.

A cell such as a skin cell is obtained from the body of the animal to be cloned. The nucleus of this cell contains the owner's genetic blue print. This cell or just its nucleus is inserted into the unfertilised egg which has had its nucleus removed. Then an electric current is passed through it and this fuses the cell with the egg cytoplasm. Now, with its new nucleus the egg divides and grows as if it were fertilised, and a clone of the creature from which the cell was taken, begins to develop.

The embryo is now implanted in the womb of a surrogate mother, where if 'all goes well' it will grow to term. Or the embryo can be kept to obtain embryonic stem cells for 'therapeutic cloning'.

Scientists believe that this basic process should work with humans.

Where to from here????



ADDITIVES

Many of you are aware that the chemicals and colours added to food to enhance the flavour and make it appear more attractive can have an adverse affect on our health. This is particularly in the case of children.

Now, various studies have clearly shown that removing the preservatives, colours and additives in food given to children have improved behaviour, sleep patterns and hyperactivity.

One school which banned 27 colourings from its menu, discovered that the children were able to concentrate and behave better, and parents who supported the school by keeping home meals additive free, endorsed these findings.

Other schools have now implemented a full time ban on colourings, etc. and found the children to be calmer and less argumentative.

A study by the Food Commissioner in October 2002 found "the additives used in hundreds of children's' food and drinks can cause temper tantrums and disruptive behaviour."

-252 Colourings in some products (Have you seen the ingredients and E numbers in sweets?) could spark behaviour changes in up to a quarter of toddlers.

Continued on page 6.

Continued from page 5.

ADDITIVES

This Government funded study looked at 227 three-year olds who drank a daily fruit juice dosed with artificial colourings and preservatives and found that it had a '**substantial effect**' on behaviour.

Teachers at a school in St. Austell, Cornwall noticed an improvement in childrens behaviour after parents were asked to use an E number free diet for a week.

On this topic, I recall reading about a study undertaken some years ago in the USA with hardened, dangerous criminals in a prison, they were given a diet eliminating 'junk' food and additives etc., and this had a remarkable effect on the prisoners behaviour and personalities. They became calmer and easier to manage. Could it be that the 'junk' food being consumed nowadays plus all the additives, chemicals and colourings (E numbers) in our food could be partly responsible for our increasingly aggressive and violent society?

What do you think?

P.s I decided to buy a pack of sweets which are very colourful and have been popular with children for many years. On checking the ingredients, (which were clearly stated on the pack in question) and their possible effects, this is what the sweets contained:-

E 171 no adverse effect.

E 104 Quinoline Yellow (can cause hyperactivity).

E 124 Ponceau red colour (should be avoided by asthmatics and people with aspirin sensitivity).

E 110 Sunset Yellow (risk of allergy producing urticaria, swelling of blood vessels, gastric upset and vomiting).

E 122 Carmoisine red colour (can produce adverse reactions in sensitive people or people with aspirin allergy and asthmatics. Can cause urticaria or oedema.

E 133 Brilliant Blue (can cause hyperactivity).

E 120 Cochineal red colour (can cause hyperactivity).

Draw your own conclusion. You can check these findings in the 'E FOR ADDITIVES E Number Guide' by Maurice Hanssen - *publishers Thorsons*.

Please look carefully at the sweets you buy for your children /grandchildren. Another culprit is Tartrazine found in many foods and drinks. It can cause skin rashes, hay fever, breathing problems, blurred vision, purple patches on the skin. Also it may be responsible for wakefulness in small children at night. However, do remember some E numbers are harmless or at present not known to have adverse effects. YOU have to be your own detectives!

Y. Powell, Co. - Editor.

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 pummeling (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 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 skeptical 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 feels gratified ("I knew it wouldn't work"), and if it does help he enjoys the improvement. *Vera Resnick - Kfar Saba - Israel.*



Stress

“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, and moves from ease to dis-ease.”

HANS SELEY.

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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Condolences

We would like to offer our sincere sympathy to one of our healer's and committee member, Brian Copeland on the tragic loss of his mother who passed away after a long illness.
We wish him, his son and the rest of his family long life and good health.

Listen

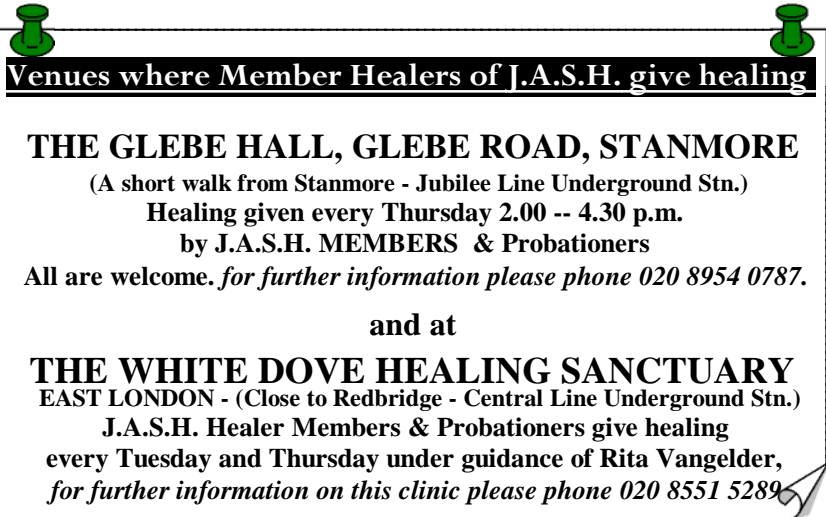
*When I ask you to listen
But you insist on responding
Stop before you trample my feelings
Because I didn't ask for advice.*

*When I ask you to listen
And you feel you have to try
To solve my problems
You have failed me, strange as that may seem.*

*Perhaps that's why prayer works,
Because God is a perfect listener.
He neither criticises nor offers advice
And always guards his tongue*

*Really, it's not hard to be polite.
You don't even have to sacrifice much.
Just a bit of attention and an open mind
And an ear that knows how to listen.*

(Adapted by Zvi Lavi from the work of Carl Rogers)



Venues where Member Healers of J.A.S.H. give healing

THE GLEBE HALL, GLEBE ROAD, STANMORE
(A short walk from Stanmore - Jubilee Line Underground Stn.)
Healing given every Thursday 2.00 -- 4.30 p.m.
by J.A.S.H. MEMBERS & Probationers
All are welcome. *for further information please phone 020 8954 0787.*

and at

THE WHITE DOVE HEALING SANCTUARY
EAST LONDON - (Close to Redbridge - Central Line Underground Stn.)
J.A.S.H. Healer Members & Probationers give healing
every Tuesday and Thursday under guidance of Rita Vangelder,
for further information on this clinic please phone 020 8551 5289

My Introduction to Spiritual Healing by Steve Sharpe

Way back in 1987 my Father in law passed on, after a long illness, to the higher realms of life. Following this event all sorts of strange things happened around the house, including the very distinctive sound of a ball bouncing down the stairs twice in as many minutes. We checked, as this was heard by four adults, but found neither person nor ball. I decided to investigate further. This involved contacting the Spiritualist Association of Great Britain, which I had found when I was studying the knowledge of London to become a licensed London taxi-driver some twenty four years earlier and for some obscure reason had stuck in my brain. I wrote to them explaining the situation, asking them to direct me to the nearest Spiritualist church for further research. Whilst waiting for their reply my daughter found one about a mile from home and the following day my wife saw an advertisement in the local paper for an open meeting at the same church. We decided to attend the open meeting as we all agreed that we were all open minded to the prevailing situation. The morning of this meeting came, as did the post with the reply from the SAGB saying that the nearest Spiritualist church was about seven miles away in Hayes, the address Albert Hall, Albert Road, which just happened to be my father in law's name. Now I know a Spiritualist church is not the normal place for a Jewish family to attend, but ,believe me, these were not normal times.

We were not made too welcome at the first place, but welcomed with open arms at the Albert Hall, so I'll let you guess which one we attended! The second week we went to Hayes, they held their service, which was followed, as always, by a clairvoyant giving messages to people in the congregation. Being very cynical at this time, I was quietly bemused by this whole procedure, thinking, what a load of rubbish, when the clairvoyant pointed to me. There were about one hundred people in the congregation, so I looked around thinking he must have a message for someone else nearby, after all, he couldn't have a message for me as I was a newcomer and nobody knew me (except my family) and they had not spoken to this guy. He said "Stop looking around the message is for you, where do you do your healing?" I replied "You've got the wrong one mate, I drive a cab for a living". No matter how much I argued, and despite everyone around me saying "shhh, just accept the message", he insisted that he could see me running a healing centre. To cut a long story sideways I was given a similar message by two different clairvoyants over the following three weeks. This led to even more research.

Continued on page 14.

Arthritis

As a postscript to Yetta's article in the Autumn edition of 'News & Views', I am the person she mentioned as having been cured of arthritis by following Margaret Hill's book "Curing Arthritis The Drug - Free Way."

When I was diagnosed as having arthritis I was staying with Yetta and Maurice Powell, and Yetta came back from shopping one day with this book. I read it and followed Margaret Hill's advice. It took a few months to clear my body of the agonising pain I was in --- I couldn't turn over in bed without gripping the edge of the mattress and dragging myself over --- but once it started to ease it just continued, and now I exercise every day, and walk as much as I can.

Occasionally I have one of the few forbidden foods --- as a treat!! --- really enjoy it, but never, never over indulge as I don't want to experience that horrible pain ever again.

A further postscript --- Margaret Hill's book wasn't the only treatment I had. Friends gathered around me and gave me healing, Yetta prescribed Bach Flower Remedies for me, a friend who was in her last year of training in homeopathy took me on as a test case (under her tutor of course) and each week would send me some homeopathic pills to take at the weekend when I would not go out, and through my doctor I went to a physio therapy group and learned not to sit still for longer than half-an-hour, and what exercises would benefit me.

Carol Cobb.



A Timely warning ???

"Either some Ceasar or Napoleon will seize the reins of government with a strong hand or your country will be fearfully plundered and laid waste by barbarians in the Twentieth Century as the Roman Empire was in the Fifth; with the difference that the Huns and Vandals who ravaged the Roman Empire came from without, and your Huns and Vandals will have been engendered from within your own country and by your own institutions."

Thomas Macawlay writing to H. S. Randall 1857.

That same warning is even more valid today.

More about The Healing Power of Gemstones & Crystals

Emerald, green in colour, is probably the most valuable of precious gems. Known as early as 2,000 BC, the emerald was very popular with the ancient Egyptians. It was named as the fourth foundation stone in the wall of the new Jerusalem.

It was said to heal inflammation, used as an antiseptic and considered to be an antidote for poison as well as healing diseases of the eyes and to improve eyesight, bones and teeth. The emerald is also used as a cure - all, strengthening the heart, liver, kidneys and immune system, improving the memory and toning the body and mind.

It is known as a 'stone of successful love' the jewel of Venus, and is said to promote domestic bliss.

Ruby, --- red in colour and symbolises contentment.

It is said to be one of the gems used in the breastplate of the ancient High Priest of Israel.

It is thought to encourage gentleness and discourage violence and was used in the treatment of fever and some heart disorders and can be used to decrease the length of time for chemicals and toxins to exit the body.

It has been said that as long as one retains a bit of ruby, wealth will never depart and that it protect against unhappiness, distressing dreams, and lightning.

Rose Quartz, a delicate soft pink in colour.

The early Chinese used rose quartz for carvings of their Goddess of Peace as the colour was thought to reflect her gentleness and wisdom.

It is said to produce a restful, cooling energy that will restore calmness, balance and clarity to the emotions and is considered excellent for healing emotional 'wounds'. It may also be used to relieve burns and blisters caused by heat. It is also considered helpful in releasing impurities in the cells of the body and thought to be particularly beneficial to heart and lungs when placed in the appropriate reflex or acupressure / acupuncture points.

Amethyst, colour ranges from deep purple to pale lavender.

The Romans believed this gem prevented drunkenness. It is thought to bestow stability, strength, peace, relieve stress and calm violence and anger.

It is a powerful healing crystal, often used in treating disorders of the nervous system, digestive tract, heart, stomach, skin and teeth. An amethyst placed on the centre of the forehead can relieve the pain of headaches. It has also been helpful in the treatment of blood disease, burns, scalds, infection and oedema.

More about Crystals and Gemstones in our next issue --- Y. Powell. Co - Editor.

The Little Boy and the Old Man

Said the little boy,
“Sometimes I drop my spoon.”
Said the old man,
“I do that too.”
The little boy whispered,
“I wet my pants.”
“I do that too,” laughed the little old man.
Said the little boy, “I often cry.”
The old man nodded, “So do I.”
“But worst of all”, said the boy,
“It seems Grown-ups don’t pay attention to me.”
And he felt the warmth of a wrinkled hand.
“I know what you mean,”
Said the little old man.

Carl Rogers .



The following is taken from the prophetic speech made in 1854

by the great Indian Chief, Seattle, when facing the loss of his tribe’s land. His words of wisdom carry a message of even greater importance to mankind in this day and age. We ignore his words at our peril.

**All things are connected.
This we know.
The earth does not belong to man,
Man belongs to the earth.
This we know.
All things are connected.
Like the blood, which unites one family.
All things are connected.
Whatever befalls the earth befalls the sons of the earth.**

**Man did not weave the web of life,
he is merely a strand in it.
Whatever he does to the web, he does to himself.**

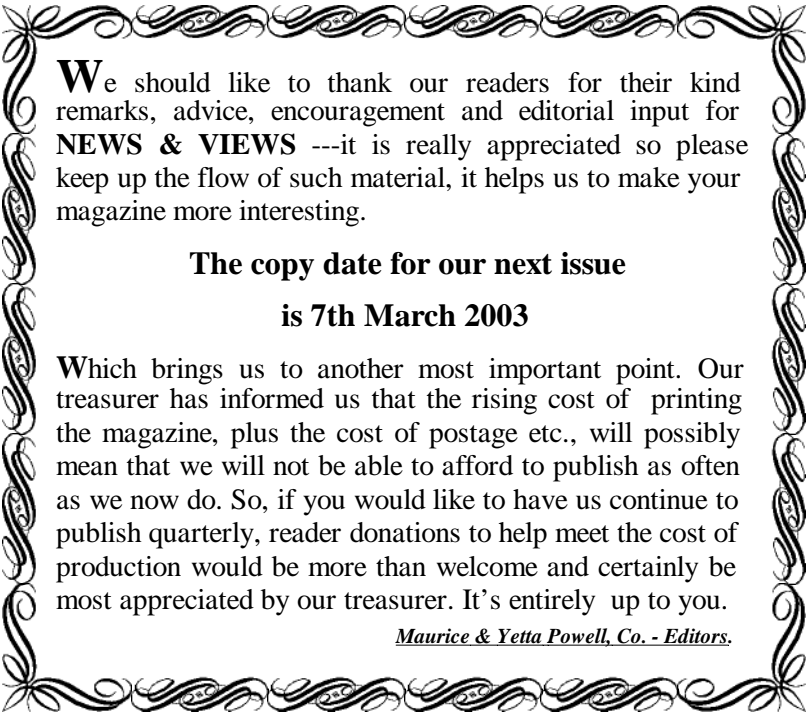
Continued from page 10.

My introduction to Spiritual Healing

My fourteen year old dog was the most unwell member of our family, so she became the focus of my attention appertaining to healing. Over the next three months, I experimented with this new outlook to life, and much to my amazement, seeing some ten different changes (including lumps and bumps shrinking, moving, or disappearing) her health improved considerably and she was running around like a two year old instead of the physical wreck that she had been three months earlier.

I was now far less cynical, but still challenging everything, and so attended a course about Spiritual Healing to enable me to work with humans as well as animals. The rest is history and I do run a healing centre in Pinner and have done for the past thirteen and a half years.

Steve Sharpe.



We should like to thank our readers for their kind remarks, advice, encouragement and editorial input for **NEWS & VIEWS** ---it is really appreciated so please keep up the flow of such material, it helps us to make your magazine more interesting.

**The copy date for our next issue
is 7th March 2003**

Which brings us to another most important point. Our treasurer has informed us that the rising cost of printing the magazine, plus the cost of postage etc., will possibly mean that we will not be able to afford to publish as often as we now do. So, if you would like to have us continue to publish quarterly, reader donations to help meet the cost of production would be more than welcome and certainly be most appreciated by our treasurer. It's entirely up to you.

Maurice & Yetta Powell, Co. - Editors.

PEACE

Whilst travelling through Bulgaria last year, James Twyman, author and peace troubadour, met a young psychic boy named Thomas.

Thomas a ten year old was channeling wisdom on many topics, more recently on the low frequency testing being deployed by the US Navy, --- believed to be causing distress to and killing ocean mammals.

Because of Thomas's psychic powers, James Wyman sought his advice on the current tension between the US and Iraq, and was surprised by the simple answer that was channeled through Thomas.

The following was the message relayed through this 10 year old boy and is currently circulating on the Internet. It could well be a guide to our actions as we seek peace in Iraq and the whole world.

This is what he is reported to have received:

“There are three things we ask you to do:

- 1.** Focus on what you want to happen, not on what you re afraid will occur. If thousands of people focus their hearts on a positive outcome, or a peaceful conclusion, then you will help shift the tide of fear toward love. Then love will prevail, and the conflict will dissipate.
- 2.** Pray for the leaders of the countries involved, especially President Bush Pray that they be guided by love, not fear. and that their actions be for the benefit of all humanity.
- 3.** Know in your heart that everything is perfect, even though it may not seem to be Everything Is happening as it should to demonstrate the reality of peace on Earth.

We love you.”



“Every experience in life is intended to teach us something. If we meet it in the right way, we extract the good 'from it and we are then ready to pass to the next experience. But if we meet it in the wrong way, we have learned nothing and a similar experience will occur until we are ready to move on to something higher.”

Derek Neville.

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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.

Continued on page 17.

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 a just a rib???"

And the rest is history.

However when it comes to humor : It's often a joke...

In a project described as the largest-ever scientific study into humor, the British Association for the Advancement of Science asked Internet users around the world to submit their favorite 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: "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 fine already?"** And 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 and 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?"**

Humor 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."

A Purpose in Later Life REG MORE

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 there 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 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 than people, tax cuts than 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.

Continued on page 20.

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.

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**“You have to climb the stairs and rest your feet firmly
on each step in order to reach the summit.” *Sri Awobinder.***



“The world stands upon three things;

Upon truth

Upon Peace

Upon justice

*Speak truth to the other, establish peace, And render
honest judgement in your gates.”*

BEN GAMLIEL (a Jewish mystic)



**“I have not ceased being fearful, but I have ceased to let
fear control me.”**

ERICA JONG.

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 reorientation 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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“Even as a mother watches over and protects her child, her only child, so with a boundless mind may I cherish all living beings, radiating friendliness over the entire world, above, below, and all around without limit! May I cultivate a boundless good toward the whole world, uncramped and free from ill will or enmity.”

THE BUDDHA.

Who are we? - What are we?

We are all like tiny bubbles of light floating in a vast ocean of negativity. All around us and beneath us is the deep murky darkness of hate and anger, fear and greed, corruption, despair and intolerance.

We have been given free will and we have a choice; either to be submerged and sink beneath the dark waters as many do, or with great effort and consciousness to rise above them like the beautiful lotus flower.

The roots of the lotus are embedded in muddy water, but the flower rises and blooms above it and never touches the mud.

Buoyed up on the ocean, with hope and trust we are like little lighthouses ---radiant houses of light, little life saving vessels, there to warn others of the dangers, to protect those in need, and to give comfort, love and healing to the weary and sick in body, mind and spirit.

With joy, love and peace in our hearts we lift our heads to the brilliant sunlight and sky and give thanks to God for the gift of life.

With gratitude and certainty we know ...

ALL WILL BE WELL

This message given to me when I was meditating, was given that all might share.

Y. POWELL, Co. - Editor.



The Word Spiritual should be used to describe our Fellowship ---. Reasons ---. When I was in Hungary and in France and in other countries and people saw me, "laying on hands" or at least trying to help with healing a friends 'pains' they asked if I was a Spiritual or Faith Healer? The answer being Spiritual, they seemed pleased as they felt it took healing into higher realms and did not make people feel they had to have faith. Also without the word spiritual before healer or healing one could be anything, such as a quack osteopath etc., known in past times as a Bone Setter. Also there is Herbal healing and Water healing and Crystal healing etc.. The people who spoke to me were from Japan, France, Hungary, Germany and practice all different religions.

Anon.

BRINGING SPIRIT BACK INTO MEDICINE

Healing Space

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

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, cripples, 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

I honour you Mr. Biel

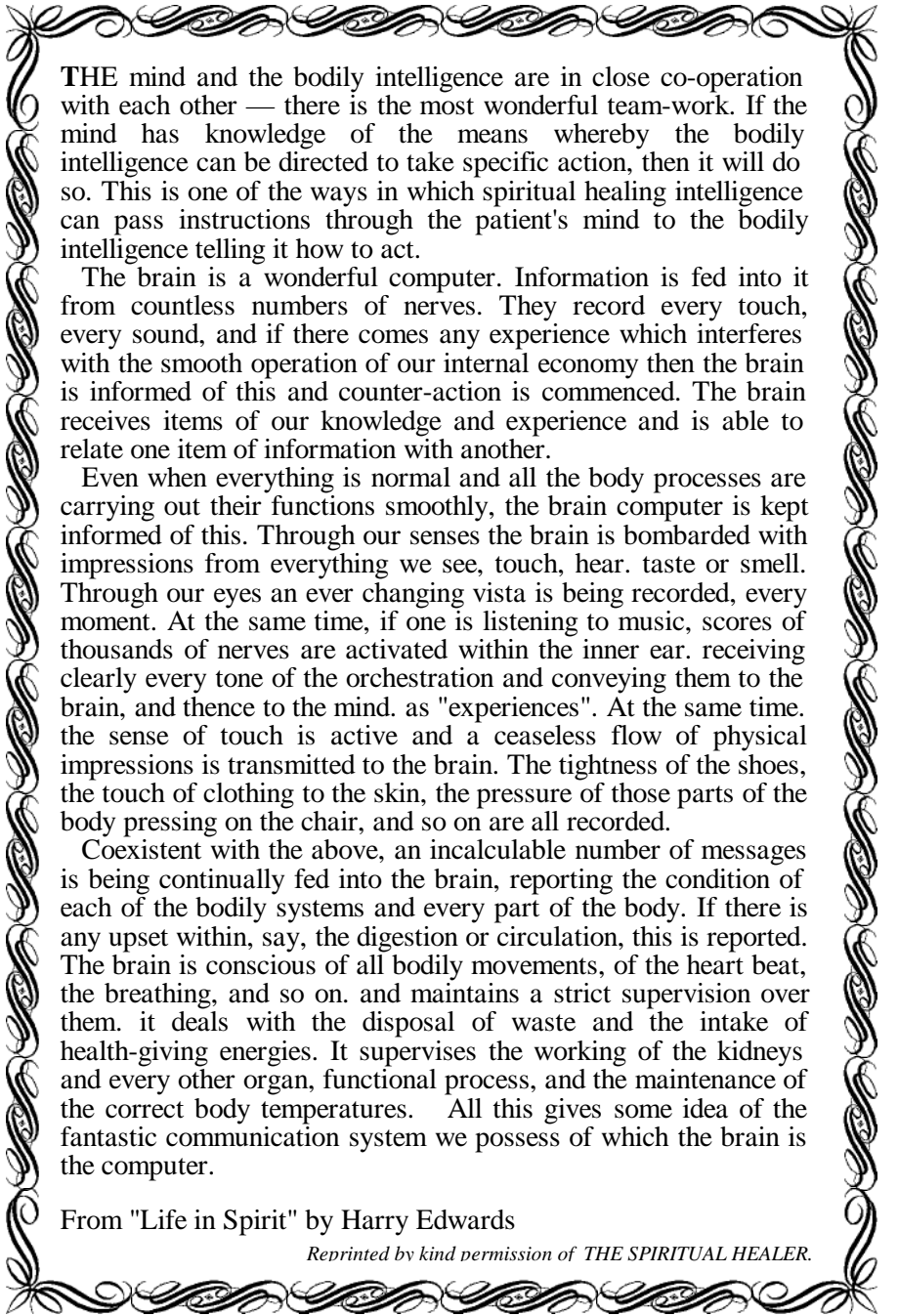
You are a true son of this sacred earth

May we all hear your call and respond from the heart.

The half moon guided me all the way home and the distant mountains soon enfolded me as I journeyed onwards. We can all become healers if we only pay attention and see the spirit in all things.

disadvantaged and even employed some of those youths in the project.

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THE mind and the bodily intelligence are in close co-operation with each other — there is the most wonderful team-work. If the mind has knowledge of the means whereby the bodily intelligence can be directed to take specific action, then it will do so. This is one of the ways in which spiritual healing intelligence can pass instructions through the patient's mind to the bodily intelligence telling it how to act.

The brain is a wonderful computer. Information is fed into it from countless numbers of nerves. They record every touch, every sound, and if there comes any experience which interferes with the smooth operation of our internal economy then the brain is informed of this and counter-action is commenced. The brain receives items of our knowledge and experience and is able to relate one item of information with another.

Even when everything is normal and all the body processes are carrying out their functions smoothly, the brain computer is kept informed of this. Through our senses the brain is bombarded with impressions from everything we see, touch, hear, taste or smell. Through our eyes an ever changing vista is being recorded, every moment. At the same time, if one is listening to music, scores of thousands of nerves are activated within the inner ear, receiving clearly every tone of the orchestration and conveying them to the brain, and thence to the mind, as "experiences". At the same time, the sense of touch is active and a ceaseless flow of physical impressions is transmitted to the brain. The tightness of the shoes, the touch of clothing to the skin, the pressure of those parts of the body pressing on the chair, and so on are all recorded.

Coexistent with the above, an incalculable number of messages is being continually fed into the brain, reporting the condition of each of the bodily systems and every part of the body. If there is any upset within, say, the digestion or circulation, this is reported. The brain is conscious of all bodily movements, of the heart beat, the breathing, and so on, and maintains a strict supervision over them, it deals with the disposal of waste and the intake of health-giving energies. It supervises the working of the kidneys and every other organ, functional process, and the maintenance of the correct body temperatures. All this gives some idea of the fantastic communication system we possess of which the brain is the computer.

From "Life in Spirit" by Harry Edwards

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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, everyday.
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.

An Evil World?

“All that we are is the result of what we have thought” *Buddha*

War, terrorist attacks, snipers, child abduction, murder, violent robberies, floods, famine and Jeffrey Archer. What a world we live in. Every newspaper we pick up every news bulletin we watch tells us of the endless evil that goes on in the world. Even when talking to our family, friends and colleagues we may hear an endless barrage of doom and gloom; all the things that went wrong. From the day we are born we are faced with lists of things we should not or cannot do because it is too dangerous. There is always someone or something out there waiting to do us harm- Our families, teachers, society and culture create our beliefs and the media reinforce them for us every day.

So what shall we do? Go back to bed and pull the covers over our head and hope it all goes away? Ask the government to do something about it? Pray to God? Get drunk and eat another bar of chocolate?

Well yes, we could do all those things; after all what can a single small individual do about such an evil world? Smile my friend, yes smile because the good news is that many great spiritual thinkers say the world is an illusion we create through our thought processes. We get what we expect to get. If we believe we live in an evil and violent world then that is what we will experience. Our beliefs will be confirmed to us over and over. Great, so that means if we believe we live in a fantastic world full of love and abundance, that's what we will experience. Yeah, right! Where's the evidence.

But haven't you noticed that fellow down the road who always seems up despite every thing being down. Isn't he the one who had that terrible accident and lost his legs. Why is he always smiling. Is he on drugs, has he won the lottery? Does he live on another planet?

Yes, maybe he does in a way. For he is one who does look at the world with different eyes.

He sees the endless possibilities and challenges that life offers. He knows that spring follows winter. He says “I can” instead of “I can't”. He is willing to see into the hearts of men and understand what it is to be human.

He knows that bad things happen and terrible suffering can ensue. But he chooses to forgive and move on. He chooses to see the positive. He chooses to act instead of react and knows he can make a real difference from a place of centred calm and trust. He nods his head and smiles. Which world do you choose to live in?

*Reprinted by kind permission of **LYNNE WESTROP -- Isis Crystals.***

HONEY ... Honey is a brown short haired dog who was adopted from Battersea dogs home, she had been badly treated and was close to death, every rib in her body protruded and my family were warned that she should really be put down, but with a lot of love and caring she became a picture of canine health and beauty, very active and strong.

A few months ago she was diagnosed as having a fast growing cancer and had to have a malignant tumour removed, she also has arthritis in her hind left leg which caused her to limp badly.

Recently I visited my family and as usual Honey greeted me at the front door, and as always when I stroked her she turned tail and walked away.

I went into the living room and sat down, eventually Honey came in limping and sat down next to me, instinctively I placed my hand on her hind quarters and gave her healing. She sat quietly for a while, then got up and limped away.

The next day my relative phoned to say that she didn't know what she believed in, but she had to admit that Honey wasn't limping any more and that she was now able to jump up and down and run around the park again. Approximately three weeks later I went back to my relative for a visit and while we were sitting talking, Honey walked into the room, came over to me, turned around so that her bottom faced me and sat down almost on my feet, she appeared to be asking for more healing, so I placed my hands on her hind quarters and while I was bending forward she tilted her head right back and licked me on my nose. After a while she got up and walked away. At least now Honey appears to have a much better quality of life.

Sheila Goldsmith , JASH Healer.

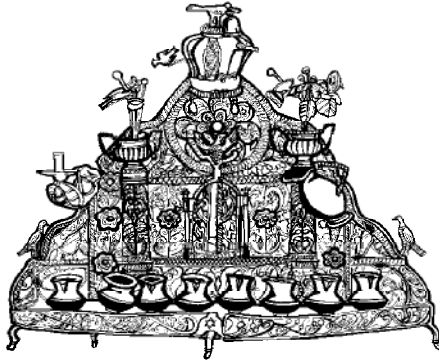
Important Reminder

Our Treasurer and Membership Secretary has requested that we remind all members of JASH that their annual membership fees are due for payment by January 15 2003 and that it would be most helpful if members keep to this date. They would also remind us that the annual fee is now £17.00.

In order to keep their workload down and of course save on their having to send out costly reminders, they respectfully ask for everyone's cooperation.

They also take this opportunity to wish you all a happy, healthy and above all peaceful 2003.

Quotes to inspire...



“The first duty of love is to listen.” PAUL TILLICH.

“When running up a hill, it’s all right to give up as many times as you wish -- as long as your feet keep moving.”

SHOMA MORITA.

**“Grandfather,
Sacred one**

Teach us love, compassion and honour

That we may heal the earth

And heal each other.” An Ojibway Indian Prayer.

“When you allow yourself really to fall in love with the world, your whole being becomes full of a mother’s passion to protect her children, and a father’s hunger to see them safe and strong.”

Unknown

Indian Chief.

“Love cures people, the ones who receive love and the ones who give it too.”

Dr. KARL MENNINGER.

“If you have much, give of your wealth, if you have little give of your heart.”

ARAB PROVERB.