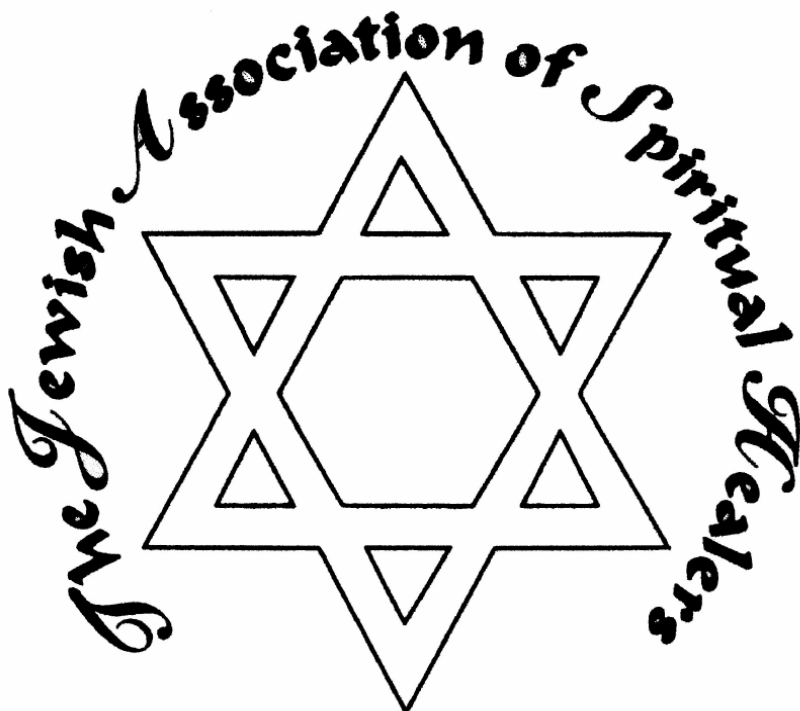


News & Views



*Registered Charity
No. 275081*



Winter

December 2004

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Issue No:- 30

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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Chairman: Steve Sharpe

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Committee for 2004/2005

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Brenda Peace Yetta Powell Maurice Powell
Steve Sharpe Francine Benjamin Rita Vangelder**

Honorary Committee Member for JASH North America Florence M. Horn

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Yetta and Maurice Powell

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Here we are, the summer is over, October too and the high winds have stripped most of the leaves off the trees. Now the healing hand of Nature --- prepares the way for the next year. The inter - action of the seasons is so very like the interaction of patient and healer, when the patient is at rest the force flows from 'The Source' of all healing and rejuvenation, through the healer to the patient. The cycle is so complete and so satisfying to all who experience it. What happens is often inexplicable, but proof that healing is manifest, at such moments, is beyond all doubt.

We, as healers can not cure, nor do we promise cures or claim that the benefit of healing is ours. The work we do is important and necessary in that we are permitted to help in this way. It is a great privilege, and may the Divine Source which creates the seasons and maintains everything, allow us as healers to continue channelling Divine Healing, Light and Love to all in need.

Maurice & Yetta Powell Editors.

CHAIRMAN'S REPORT November 2004

Our Annual General Meeting on 11th July 2004 was attended by approximately one quarter of our membership, which, compared with some of the A.G.M.s I have been to in the past is quite good, so a big thank you to those who gave up their Sunday afternoon for the benefit of our Association.

Our membership is increasing slowly, so if you know of anybody who practises healing and does not belong to a recognised organisation, have a word with them and encourage them to join the Jewish Association of Spiritual Healers. Last year, we had 17 new probationers join us, but unfortunately 12 people did not renew their membership, giving us a net gain of 5 healers.

Due to the ever increasing costs of insurance, British Association of Healing Association's UK Healer membership, paper, postage, etc., I am afraid I had to ask the meeting to agree to increase our subscriptions to £20-00p per annum from January 2005. The vote taken resulted in 19 for the increase 0 against 2 abstentions. There was also a suggestion that the tax payers amongst us complete a Gift Aid form when sending in their membership subscriptions in January 2005, as every penny counts in keeping us financially sound.

There were no nominations for positions on our committee, and as all committee members had agreed to continue for a further year, all committee members were voted back in office unanimously.

The British Alliance of Healing Associations held their Annual General Meeting on the 23rd October 2004, where Simon Blackwell remains as chairman, Ken Baker is now secretary, and our thanks to Megan Long for her input and expertise as treasurer over the last three years. The position of treasurer is available if anyone is prepared to help out, by contacting Ken Baker on 01732 862478 or Fax. 01732 866832.

To keep within the guidelines of good practice, it will be necessary for probationers to attend a membership panel at the completion of their training period. All B.A.H.A. tutors will be required to attend a workshop/seminar to ensure that everyone is abreast of the current legislation. We do not have these facilities up and running at the moment, but are working on a format which will be acceptable and fair to all concerned.

I know I am a little late, but I wish you all, on behalf of our committee, a very Happy, Healthy and Prosperous 5765 and my thanks as always to your hard working committee.

Steve Sharpe

Points to ponder by George Carlin:

American comedian

The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways but narrower viewpoints. We spend more but have less, we buy more but enjoy less. We have bigger houses and smaller families, more conveniences but less time. We have more degrees but less sense, more knowledge but less judgement, more experts yet more problems, more medicine but less wellness. We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living but not a life. We've added years to life not life to years.

We've been all the way to the moon and back but have trouble crossing the street to meet a new neighbour. We conquered outer space but not inner space. We've done larger things but not better things. We've cleaned up the air but polluted the soul. We've conquered the atom but not our prejudice. We write more but learn less. We plan more but accomplish less. We've learned to rush but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less. These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one-night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring an e-mail letter to you, and a time when you can choose either to share an insight or to just hit delete.

Life is not measured by the number of breaths we take but by the moments that take our breath away.

This article has been circulating via e-mail and was submitted by Sadie Leigh.

**Release all thought,
as mind calls upon heart to join, and with joy,
plunge into the swirling dance of life.**

A MAN AND HIS DOG.

Reprinted from The Edgar Cayce Centre Durham Newsletter



My name is Maria. My dad had been a lumberjack in Washington State and Oregon all his working life and he loved the outdoors. He had entered many lumberjack competitions and because of this the walls of his home were decorated with the many trophies he had won. Then age caught up with him.

The first time he failed to lift a large log he joked about it. But as the days went by and he began to realise the truth about himself, he became angry with those who implied that his days as a lumberjack were over.

In his sixty eighth year dad had a bad heart attack & was lucky to survive. However, something inside him died and his desire to stay alive seemed to have disappeared for good. He refused to obey doctor's orders and turned down all the offers made to him by my husband Dick and myself.

Eventually, Dick and I felt obliged to offer him a room in our home. We hoped that the fresh air and rustic atmosphere of the countryside would help him adjust to his loss. But, his living in our house became a punishment for us. It was something we had never considered. Dad criticised everything we did for him: nothing we did was right. We asked the vicar for advice on how to handle our situation and he told us to pray to God for a solution to our problem. I wasn't at all that sure of there being an all powerful being I could call God, but the situation was becoming desperate and I truly felt that I had no other place to go to for help. But I asked Him to send me an angel to help my dear old dreadful dad.

Then it came to me: why not send dad to a nursing home. Having rung a dozen homes, asking for a place and advice I was delighted when a kind lady told me about an article she had read. "Hold on," she said: "I know where it is." Within seconds she was reading the item to me. The gist of the article was a summary it contained of an experiment done to help old people lead happy lives. The study had proven that as soon as elderly people were given responsibility for a dog, their lives changed. I now prayed that this might be our answer. In the local animal shelter I walked down many rows of pens, inside which were an average of five dogs. They were all shapes and sizes and as I walked along, something in my mind forced me to reject each one in turn. Then I was there, at the last pen and I had no dog. But, as I was about to make my return journey, an old shaggy pointer moved at the back of the pen: his nose came first, followed by what

Continued on page 6

I assumed was a body, with hip-bones sticking out in all directions, his muzzle had shades of grey in it but his eyes hypnotised me and stopped me dead in my tracks. As I looked at what I knew to be a dog the voice of my escort came very clear to my ears: “been here a week, if no-one claims him today, he goes down tomorrow.” “I’ll take him:” the words shot from my lips even before I could register the shock on the face of my escort, but having spoken, there was no going back for me. I paid the fee and the dog and I led one another to my car and home.

“Look what I’ve got for you dad:” the look of disgust on dad’s face was enough to tell me what a fool I’d been. “Had I wanted a dog, I wouldn’t have picked a decrepit specimen like that: you can keep your dog.” “Well, dad, you’re keeping him” I screamed through the hate that I saw coming to me from his reddened face and eyes.

As we screamed a few more insults at one another I could see the dog out of the corner of my eye, move closer and closer to dad. My last scream of anger at Dad, accompanied the dog raising a paw and putting it into my dad’s hand, a hand that was hanging down by his side. I then saw confusion on dad’s face. He was in such a state of shock I could see that he was being forced to restructure his thought processes. Neither dog nor man moved as they gazed into one another’s eyes. But dad moved first and his other hand was now resting on the old dog’s head. Slowly, he turned round and walked away from us towards the road with the dog by his side. It was the start of a wonderful friendship.

Dad called him Cheyenne. The two of them became inseparable. They explored the countryside and the local villages. They became known to everyone in the area as the happy couple who enjoyed long walks together and they both talked to everyone they met. Dad changed completely and our home became a heaven for us all. Dad and his dog even went to Sunday services together with Dad sitting in a pew and Cheyenne happy to lie on the floor at his feet. Cheyenne always seemed to know what to do.

Then, one night. Cheyenne’s nose woke me up and I ran into Dad’s room to find him lying there, with a serene look on his face, but his soul had parted for other worlds. In a packed church, at dad’s funeral, the Pastor spoke a eulogy that was a tribute to both Dad and his dog, the dog that had changed his life. The pastor’s last words came from Hebrews 13.2: it read: ‘Be not forgetful to entertain strangers’. Then he said: “I’ve often thanked God for sending that angel” and then I lost what the pastor was saying and I remembered my asking that God I wasn’t quite sure even existed, to send us an angel to solve our dad’s problems. And that was surely what he had done.

Continued on page 7.

Continued from page 6

A MAN AND HIS DOG

Two days later, dad's funeral over, I found Cheyenne lying beside Dad's bed with a tear in his eye but his soul had gone to join his friend. We buried Cheyenne beside our favourite fishing hole and I silently thanked this dog, this angel, for what he had done for my dad and for us.

The Edgar Cayce readings tell us to pray to God for the gifts we need to help us in our lives, but they also tell us that we shouldn't tell God how to answer those prayers. I suppose angels come in even stranger disguises than the one you've just read about in the above story.

THINGS YOU CAN LEARN FROM ANY DOG



Allow the experience of fresh air and the wind in your face to be pure ecstasy.

Take naps and stretch before rising. Let others know when they've invaded your territory.

Never pretend to be what you are not. When someone is having a bad day, sit close by and nuzzle them gently.

Avoid biting when a simple growl will do. On hot days, drink lots of water and lie under a shady tree.

Delight in the simple joy of a long walk.

Finally, get plenty of sleep, but always keep one eye open.



If you see yourself to be living a dog's life, say thanks: not too many are as lucky as you are.

Thanks to Lucan South parish magazine: Dublin.

TEN INDIAN COMMANDMENTS

Remain close to the great spirit.

Show great respect for your fellow beings.

Give assistance and kindness wherever needed.

Be truthful and honest at all times.

Do what you know to be right.

Look after the well-being of mind and body

Treat the Earth and all that dwells on it with respect.

Take full responsibility for your actions.

Dedicate a share of your efforts to the greater good.

Work together for the benefit of all mankind.

Thanks to Bristol Healers Magazine.



THE MIRACLE OF THE BUTTERFLY

By Alice Branca, Butterfly Chairman Magnolia Garden Club, Winterhaven, and published in The Florida Gardener.

This summer I raised a butterfly! It was a fascinating and exciting experience.

Because I knew that Black Swallowtails feed on members of the carrot family (parsley, dill, carrot, Queen Anne's Lace) I planted six dill plants in a bed of bright flowers --- mostly impatiens.

One fine June day, I found six plump green caterpillars, banded with black and orange stripes, feeding avidly on the dill foliage.

I clipped several dill stems, including one with a caterpillar, and placed them in a narrow-necked jar. I included a twig for pupating and enclosed the top in a plastic bag.

During the several days in which the caterpillar was feeding, I emptied the bag of droppings and put in fresh dill.

Then the caterpillar stopped feeding and investigated the twig. After several hours of watching it go up and down the twig over and over, I concluded that it was ready to form a chrysalis but was not happy with the twig I had provided. I brought in a sturdier twig about the size of a fat pencil. That did the trick. It settled down immediately and became totally motionless.

In the next 24 hours it seemed to shrink and become slightly curled. The silken thread holding it in place became visible. There were some violent twisting movements as it shed its last skin. Colour and shape were gradually changing as I went to bed.

In the morning the transformation was complete! I found a brown chrysalis looking much like a thorn on the twig.

Over the next few days, I could see the shape of the wings. Ten days later, the butterfly emerged. I did not see that but found it perched on the end of the twig, slowly pumping its wings.

I took it outdoors and fortunately was able to have a neighbour snap a few pictures before the butterfly gained enough strength to fly away to begin a new cycle --- the miracle of the butterfly!

Continued from page 8

THE EULOGY LETTER by Elizabeth Kubler-Ross, May 1978

When we have done all the work we were sent on earth to do, we are allowed to shed our body --- which imprisons our soul, like a cocoon encloses the future butterfly ---and when the time is right, we can let go of it and we will be free of pain, free of fears and worries ---free as a very, very beautiful butterfly ---returning to God, which is a place where we continue to grow, to sing, and to dance ---where we are with those we loved (who shed their cocoons earlier) and where we are surrounded with more love than we can ever imagine!!!



Sent in by Dr. Eli & Gloria Gersten. Miami USA ---

Our thanks to them for sharing these inspiring articles from 'THE FLORIDA GARDENER' with us.

THE LAW OF "DHARMA" OR PURPOSE IN LIFE

Everyone has a purpose in life ... a unique gift or special talent to give to others.

And when we blend this unique talent with service to others, we experience the ecstasy and exultation of our own spirit, which is the ultimate goal of all goals.

DEEPAK CHOPRA.

Free as the Air

I can see the way ahead!
When feeling low
It is only right to reach out,
An entitlement for everyone,
To feel the warmth,
Sense the breeze,
Take in the world within the world,
No money is exchanged,
No ticket is required,
Just take a step within your deepest depths,
Are all that is required!

VICKY KAY JASH PROBATIONER HEALER.

So now we know....?

Several years ago there was a TV show where John Stossel of *20/20 fame* declared that 50 percent of happiness is genetic: you either popped out of the womb giggling at the sheer joy of the ride or, with only head and shoulders protruding, were already questioning how well you had accomplished the delivery.

So the first thing you need to know, it's probably not your fault.

In fact, achieving bliss is so mysterious that studies show both a paraplegic and a lottery winner, one year past the event will be as happy as they were before; no more, no less.

Frightening thought, right.... ?

For according to Stossel, to be happy you must:-

1. Be in control of your life.
2. Have faith in yourself or a higher authority.
3. Participate in social relationships.
4. Set achievable goals.
5. Act as if you are already happy.

On the other hand, nobody ever said you had to be happy.

Having enough cash so you never have to worry would definitely help, but the ability to seize the moment and enjoy it is probably the best most of us --- that other 50 percent anyway --- can hope to achieve.

.... So, if you're still miserable, don't blame your parents.

Spirituality

I look within and I see a different scene,
One that is tranquil and serene,
It isn't hard to take myself off to a different world,
Where everything is fresh and young but never old,
When I look within and see a different scene.

I sense harmony in colour and in scent,
When I let go of anger and let vent,
This world I am exploring in my mind,
That takes me away from treadmill ways,
By allowing me now to appreciate my days,
When I look within and see a different scene.

VICKY KAY JASH PROBATIONER HEALER.

Little things have such great importance!

After September 11, one company invited the remaining members of other companies who had been decimated by the attack on the Twin Towers to share their available office space.

At a morning meeting, the head of security told stories of why these people were alive - and all the stories were just "the little things."

The head of the company got in late that day because his son started kindergarten.

Another fellow was alive because it was his turn to bring donuts.

One woman was late because her alarm clock didn't go off in time.

One was late because of being stuck on the New Jersey Turnpike because of an auto accident.

One of them missed his bus.

One spilled food on her clothes and had to take time to change.

One's car wouldn't start.

One went back to answer the phone

One had a child that dawdled & didn't get ready as soon as he should have.

One couldn't get a taxi.

One man put on a new pair of shoes that morning, took the various means to get to work, but before he got there he developed a blister on his foot.

He stopped at a drugstore to buy a Band-Aid. That is why he is alive today.

Now when I am stuck in traffic, miss an elevator, turn back to answer a ringing telephone - all the little things that annoy me --- I think to myself, "This is exactly where God wants me to be at this very moment."

Next time your morning seems to be going wrong --- the children are slow getting dressed, you can't seem to find the car keys, you hit every traffic light --- don't get mad or frustrated, God is at work watching over you.

May God continue to bless you with all those annoying little things, and may you remember their possible purpose.

This article has been circulating via e-mail

The benefits of Fish Oil ... Doctors first recognised the potential of fish oil when in 1971, Danish scientist reported that the Eskimos of Greenland had a very low rate of heart attacks despite eating large quantities of fat.

Further evidence, accumulated over the next thirty years, found that people who ate at least 8.75 ounces of fish a week, enjoyed a 35% reduction in fatal heart attacks. Another study found that heart attack survivors who ate fish twice a week were 30% less likely to suffer recurrent attacks than patients who did not eat fish.

Way of the World by Craig Brown

I am depressed, you are moody, he's a sulk.

I am a one off, you are an eccentric, he's a bit odd.

My mind is on other things, you are easily distracted.

He suffers from attention deficit disorder.

I find it a little noisy, you are hard of hearing, he's stone deaf.

I can talk to anyone, you are a chatterbox, he goes on and on,

I am shy, you are standoffish, he is anti-social.

I am laidback, you take it easy, he is bone idle.

I have the flu, you have a cold, he never stops sniffing.

I am a connoisseur, you are picky, he's a fussy.

I am a natural leader, you are bossy, he's a fascist.

I am a gourmet; you love your food, he's a greedy pig.

I enjoy a drop, you never say no, he's an alcoholic.

I've been to hell and back, you've taken a wrong turn, he's a loser

I am the life and soul, you are a show off. he's on something.

Now you know !!!

Reproduced by kind permission of The Edgar Cayce Centre - Durham.

Change

I am changing, I am becoming a different me,

One that is thinking of possibility,

With opportunity to explore

This opens up a once closed door.

I am thinking positively,

Towards a direction linked with certainty,

But in order to take this road,

I have to unburden a heavy load,

That is racked with painful memory.

If I am to become the new me,

I am shaped by life's ups and downs,

But now I must not allow these to attack my stability,

And contribute to a lesser me,

If I am to become a different me.

VICKY KAY JASH PROBATIONER HEALER.

OUR DUTY AS RECOGNISED REGISTERED HEALERS

During the most recent JASH committee meeting (November 2004) the subjects' of healer training, recognition, registration, regulation and the responsibilities of our organisation towards our healer members as part of The British Alliance of Healing Associations and the responsibility of such healers, towards their patients, was discussed at great length.

During these discussions the very important questions of 'Healer National Occupational Standards' and also 'Complementary Medicine' Self-regulation schemes were raised.

These matters affect every JASH Healer Member now, and will affect them even more so in the future. In view of this, Brenda Peace has asked that we print the following articles.

From: The Prince of Wales's Foundation for Integrated Health October 2004

Elements of self-regulation schemes

1. Appropriate single, regulatory body/council able to cover the interests of all sectors of the profession, with membership large enough to handle the workload but not so large as to be financially impractical. For example:

The General Osteopathic Council (GosC) has 24 members:

- 24 osteopaths elected by the profession
- 8 lay members appointed by the Privy Council
- 3 members appointed by the Education Committee
- 1 member appointed by the Secretary of State for Education & Skills

The General Chiropractic Council (GCC) has 20 members:

- 10 chiropractors elected by the profession
- 6 lay members appointed by The Privy Council
- 3 members appointed by the Education Committee
- 1 member appointed by The Secretary of State for Education & Skills

2. Clear procedural rules for the 'council', including an election of members/chair

3. Agreed standards of training, appropriate processes for the accreditation of educational institutions, and a policy on Continuing Professional Development (CPD)

Continued next page.

4. A register that is up to date and publicly accessible
 5. Clear criteria for whatever different levels of registration are to exist - full, provisional etc
 6. Clear arrangements for 'grand-parenting' (the registration of existing practitioners)
 7. Agreement on the use of title(s) by registered practitioners
 8. Clear policy on professional indemnity insurance required by registrants
 9. Clear and enforceable code of *conduct*
 10. Appropriate and transparent mechanisms for dealing with and investigating complaints of professional incompetence / misconduct / health problems affecting ability to practise
 11. Clear and enforceable disciplinary procedures/ means of suspension or permanent removal from the register
 12. Appropriate appeals mechanisms
- Plus:
13. Sufficient financial resources (not just for the running of the regulatory body, but in case of litigation etc)
 14. Adequate legal advice
 15. Policy on communicating with the public and health professionals

The Prince of Wales's Foundation for Integrated Health- October 2004

Also the following email:

An Invitation to comment on draft National Occupational Standards

Draft National Occupational Standards have been developed and are now available to view and comment on for the following individual therapies:

Spiritual Healing and Reiki

Dear Colleague,

You have been sent this email as you may have a specific interest in any of the above disciplines, or have access to practitioners or education and training providers of these disciplines, and who may wish to contribute to this development work and provide feedback. Please forward this email to relevant contacts/members.

Continued next page.

Skills for Health is the Sector Skills Council for Health within the UK and is the Government approved Standards Setting Body for Health Sector professions.

Skills for Health works with **Professional and Regulatory Bodies** to develop competency frameworks and **Professional Standards of Competence** (a/so known as **National Occupational Standards**) that are recognised by government office and Education and Training institutions, and have a positive role in defining the Profession and good practice within it. As detailed descriptions of good practice (in outcome terms), they include performance criteria and scope of practice (*te what must be demonstrated and in what context*), and the knowledge requirements to underpin good practice. Integral to this work is the development of **Assessment and Qualification Structures**.

National Occupational Standards are supported by Government Departments in the four UK countries as having a key role in professional regulation and within qualification and accreditation regimes.

Development Process:

These Draft Standards were developed by drawing on the expertise of representative groups of Practitioners (which also includes representation from educational establishments). The nominated groups represented the various ways the individual disciplines are practiced and provide a UK wide perspective).

Draft Standards

Work on the standards has resulted in **Draft National Occupational Standards**, along with related **Assessment Guidance, and Qualification Structures**, which are now ready to be consulted on, feedback from which will assist in further refining and improving the standards, following which they will be finalised and made available for use.

Feedback Guidelines

You are invited you to download (and comment on) the draft standards from the **Skills for Health** website www.skillsforhealth.org.uk , and we welcome any feedback you wish to make. Further specific guidance on feedback is on the website. Contact **Tom Lane, Project Manager** tom.lane@skillsforhealth.org.uk as soon as possible. Comments and feedback are invited from all discipline specific groups, individual practitioners and education and training organisations. It is not intended to limit feedback in this respect and you may wish to further circulate this information as appropriate.

Continued next page.

The **closing date** for this consultation exercise is **Friday 24 December 2004** and comments should be sent (in advance of this date), to diane@dg-associates.demon.co.uk or by post to:

DG Associates, Fairfield House, High Street, Swineshead, Boston PE20 3LH Fax: Of 205 821029

This email has been sent to a variety of discipline specific groups, a number of umbrella organisations, some individual practitioners, and others with related links. It is not intended to limit feedback to this listing and I would be grateful if you can further circulate this (email) notification to colleagues / members / groups, as appropriate and relevant.

The consultation documents may also be put onto your own websites if you wish. A zipped copy of the documents can be supplied for this purpose, (or in the event of difficulty accessing the website or documents), on request by contacting Tom Lane, Project Manager, email: tom.lane@skillsforhealth.org.uk .

We look forward to receiving your comments Regards,

Tom Lane

PLEASE NOTE

Will all existing trainers presently training probationer healers, please note that there will be a tutor seminar sometime in the New Year.

Please write and give your name to our secretary Mrs. Audrey Cane.

Also will those interested in training probationers in the future please get in touch too.

Banana!! The feel better wonder fruit

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

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

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

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

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

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

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

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

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

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

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

Continued on page 18.

Continued from page 17

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

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

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

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

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

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

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

So, you see, a banana really is a natural remedy for many ills.

When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It »is also rich in potassium and is one of the best value foods around.

This article was sent in by Dr. Eli Gersten of Miami USA.

“Why so impatient my heart?
He who watches over birds, beasts and insects
He who cared for you
Whilst you were yet in your mother’s womb,
Shall He not care for you now that you are come forth”?

KABIR.

SPIRITUAL HEALING & EVOLUTION *by William Lambert*

This article is reproduced by kind permission of Bristol District Association of Healers

Spiritual healing is often misunderstood. Many people immediately link it to spiritualism whereas this is only one facet. Perhaps this is because as recently as the middle 70's there were very few healing courses with the result that many healers learned their art originally in the spiritualist churches.

In this new Millennium we find that healing has moved into the future and is at last close to becoming a professional therapy - as such, it has to grow up. If healers are to work in doctors' surgeries and hospitals, then there must be no display of psychic phenomena, nothing that the staff and patients cannot accept. The healing must be carried out in a purely professional manner. There must be no mumbo jumbo, hocus pocus - no clairvoyant messages during healing and no extravagant waving of the arms and 'flicking off'. The word spiritual is not religious but implies an inter-dimensional reaching out to bring a higher level of awareness into the earth dimension. This re-informs and re-aligns the third dimensional structures. Higher laws are used and amazing healings can take place. Stresses or a tumour can be evaporated, being removed by changing the frequency of the rhythms and vibrations. Dis-ease means dis-harmony - there is a lack of balance within the basic instructions; the healer seeks to bring about adjustment, and improve health.

If we are suddenly woken up from a deep sleep or experience a shock, we can afterwards have a bad headache. This coming from the bi-dimensional area and spiritual healing can evaporate this by re-alignment of the inter-dimensional energies. These natural laws are just outside the normal range of human thinking. With most people the ability to tune in has been lost. Spiritual healing is an approach to re-discovering our own heritage, with the cosmic consciousness and third dimensional, individual human nature working in partnership together. The healing complementary therapist now should develop his knowledge and understanding and this brings added power and ability to put the healing energies and forces into motion. Balance is needed so that the energies are channelled through without burning up the therapist's own life force. So if one feels depleted after giving healing, then we should take stock and learn to attune ourselves better.

The training is of a very patient nature; personal discipline is essential. This includes inward thoughts as well as one's atmosphere and environment.

Continued on page 20

Continued from page 19

Within this situation, healing forces will flow and will be filtered down to the area of dis-ease which will be self-selective and absorb that for which it is ready, So it is a natural part of evolution in action-Evolution will always seek to change imperfection into a state of perfection The aim is to change the subjective state of illness into an elevated state of health and efficiency.

Because everything must evolve, there is no limit to the amount of healing that can take place

The limitations are in the third dimensional mind area and once the necessary experience has been gained, then healing can take place. Thus we bring the light and colours of the higher realms into that which can be an area of third dimensional gloom. Areas of negative thinking and manifestation will find no place to rest in the coming New Age. The human race must evolve into improved ways of working and living. We do not have to spend our time on our knees, but can link at any moment of the day or night, Healers can help themselves by not only having set times for prayer and meditation but by taking advantage of every space, be it waiting in a shop or in traffic or in every situation. These few moments can be used for peace and relaxation rather than impatience and frustration.

So we need to re-instruct ourselves and as we are programmed from creative mind, to learn to put mind over matter. Our thoughts need to be positive and constructive. Then the strengthened healer can transmit helpful cosmic energies to the patient and they, too, can be shown how to help themselves. Every person is unique and has an individual destiny to fulfil Each one needs to emerge from the past and ascend into higher levels of awareness and understanding To achieve this, by attunement, we encourage higher consciousness to float into the lower levels of consciousness to raise them up.

We see evolution as a divine magnet, encouraging everything to move from its basic existence into the most highly evolved. This process of evolving creation is constantly acquiring, adjusting and emerging. Each lower dimension is, in a way, gradually changing places with the next highest dimension. No higher dimension can evolve without lifting the dimension below it. Therefore, the healing therapists need to link illness and disease into a greater consciousness of personal evolution, all people can evolve into something better. Everything is evolving forwards and upwards in the great drama of the expanding and evolving cosmos.

As evolution is a growing situation, it cannot always be comfortable. Voluntary evolution should be encouraged otherwise we invite awful trauma.

Continued from page 20

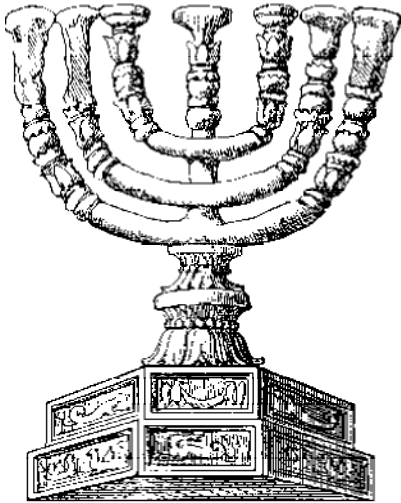
The demands of the divine magnet will compel those who are unwilling, to change for the better, to move on. We should see disasters as a transmuting melting pot and to look for the deeper reason which is indicating a need for change.

Cosmic consciousness (or God) is a state of activity which is under tremendous pressure, for it is ever seeking to emerge into greater and deeper truths.

Our new education needs to move us away from myth, the bondage of superstition and our unresolved history. While we need to be aware of simplicity and humility at our grass roots level, the idea of movement, change and growth should always be encouraged. The few spiritual pioneers of 100 years ago who were moving forward and reaching upward in their understanding, have now multiplied into millions, all seeking for a better way of living. The time has come when we must throw away outworn ideas and systems and bring in the new.

Much is waiting eagerly on the fringe of our awareness. If we can bring such freedom of higher thoughts into our daily living awareness, then there can be a great shift in the consciousness for the whole of mankind - the promised New Age of peace, prosperity and plenty.

**May light, love and power restore the
plan on Earth.**



**We Wish All Our
Readers
A Happy Chanukah**
May each light lit, remind us all, of
that Eternal light that shines
within every living being on this
Earth.

Turn on those healing smiles.

I once had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: “no good in a bed. but fine up against a wall”. *Eleanor Roosevelt*

Last week I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister and now wish to withdraw that statement. *Mark Twain*

The secret of a good sermon is to have a good beginning and a good ending; and have the two as close together as possible. *George Burns*

Be careful about reading health books. You may die of a misprint.

Mark Twain

By all means marry: If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher. *Socrates*

I was married by a judge. I should have asked for a jury. *Groucho Marx.*

My wife has a slight impediment in her speech — every now and then she stops to breathe. *Jimmy Durante*

Seeing an Elevator for the first time...An Amish boy and his father were visiting a mall. They were *amazed* by almost everything they saw, but especially by two shiny silver walls that could move apart and back together again. The boy asked, "What is this Father?" the father didn't know.

While watching in amazement an old lady in a wheelchair rolled up to the moving walls, pressed a button, the walls opened and the lady rolled into a small room. The walls closed and father and son watched as numbers lit up sequentially above the doors. They continued to watch as the numbers began to light in reverse order. The walls opened again and a beautiful 24 year old woman stepped out.

The father, not taking his eyes off the young woman, said quietly to his son, “Go get your Mother.”

Finding Inner Peace ...Someone sent me an article that said the way to achieve inner peace is to finish things. It's definitely working for me. I am now making a point of always finishing what I start, and I think I am well on my way toward inner peace.

Because I care for you I am passing this information on to you. Here are the things I have finished today: two bags of crisps, a cheesecake, a box of chocolates and a packets of my favourite biscuits.

I think this really works because I feel better already!!!

Life Lessons

All I Ever Really Wanted to Know, I Learned in Kindergarten

by Robert Fulghum

Most of what I really need to know about how to live and what to do and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain but there in the sandbox at nursery school.

These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush the toilet. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon. When you go out into the world, watch for traffic, hold hands and stick together. Be aware of wonder. Remember the little seed in the plastic cup. The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the plastic cup — they all die. So do we.

“The successful person is one who has lived well, laughed often, loved much.”

Robert Louis Stevenson
(1850-1894)

And then remember the book about Dick and Jane and the first word you learned, the biggest word of all: **LOOK**.

Everything you need to know is there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and sane living.

Think of what a better world it would be if we all — the whole world — had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nation and other nations to always put things back where we found them and cleaned up our own messes.

And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together.

Short Life Lessons Learn new skills.

Find new hobbies. Make new friends. Widen your horizons. Gain more knowledge. Broaden your wisdom and understanding. Delve more deeply into a new field you always wanted to explore. Keep traveling, if only as an armchair traveler. Just listen. Don't give advice unless you're asked. Don't complain; don't explain. Go the extra mile. Take the initiative and then be sure you follow through. Nothing ventured, nothing gained. It's all right to fail. Failure is not fatal; failure is not forever. Consider failure a learning process. Expect the unexpected.

To all those who went on holiday this year and to those who didn't!

GOING ON HOLIDAY

Going on holiday is such a hassle
Wouldn't it be better to stay at home?
No hectic packing, shopping or queuing,
At airports or customs.
Why does one roam?

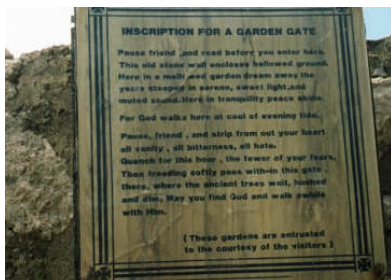
Well - to see other views, people and places,
To experience the unusual,
Is the reason I guess.
And is it exciting?
And is it interesting?
And is it worthwhile?
Well the answer is - Yes!
And yet. . .

To sit in the garden
And drink home brewed tea,
In the shade of the Willow
With the cat on my knee.
To watch the flowers blossom,
And the leaves on the tree,
And listen to the blackbird's song,
Is pure Heaven to me!

© YETTA POWELL.

This was spotted in a visitor viewing area on the Island of ARUBA

'INSCRIPTION FOR A GARDEN GATE'



Pause friend and read before you enter here. This old stonewall encloses hallowed ground. Here in a mellowed garden dream away the years steeped in serene sweet light and muted sound. Here in tranquility peace abide. For God walks here in the cool of evening tide.

Pause friend, and strip from out your heart all vanity, all bitterness, all hate. Quench for this hour , the fever of

your fears. Then treading softly pass within this gate, there where the ancient trees wait, hushed and dim, may you find God and walk awhile with Him. These gardens are entrusted to the courtesy of the visitors.

Miracle happens ... Fery - Archin - Rezaje Healer Member J.A.S.H.

With my arthritis, I became very ill with a bad back. Doctors said that I might end up in a wheelchair.

I am a very positive person, so I was not upset by what they said.

However, I was in bed, for the most part, with dreadful aches and pains, and as the weeks went by, I became more ill. Bending and sitting was more painful for I could not bend or walk properly.

When I look back on those days I find it a miracle that I am actually writing this article.

Lying in bed and praying, touching my painful back meditating and hoping that one day I was going to once again be the same active person I was: that God would help me.

At that time I did not know that I was a gifted spiritual healer, and that by praying and touching my painful, aching body I was healing myself.

Every night I would dream that I was flying high in the sky, between the trees and the clouds, looking for God. I wanted to reach God and ask Him for help.

One morning, without knowing how I got there I found I was sitting in the bathroom, I could not believe it. I didn't remember getting out of my bed and going to the bathroom, I thought it was a dream. To make sure it was real and not a dream I got up from the toilet and sat down again. It was real, I could stand and walk again without pain. Yes a miracle had happened. My God, my dear God had made me better. I sat there, I don't know for how long, crying with joy and thanking God for his kindness.

J.A.S.H. healing Venues

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.*

THE WHITE DOVE HEALING SANCTUARY

EAST LONDON

**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***

THE LAVENDER SPA GROUP

(2 minutes from Grange Hill Stn.)

***Relaxation/Meditation Group every other Tuesday 8.30pm - 10pm
Under guidance of Heather Prince.***

**For further information on the Group or healing please contact -
Crystalhealer7@aol.com or phone 07970 160372**

It's official - laughter is great medicine

By ANN GOLDBERG

What medicine is free, readily available, has no negative side effects, and is contagious? OK, the title of this article gave it away.

Most people will tell you that after a good laugh they feel better, but now it's been scientifically proved. A happy belly laugh does you a world of good. It reduces stress hormone levels, lowers blood pressure, boosts the immune system, and increases disease-fighting proteins. It also provides an aerobic workout for the diaphragm and increases the body's ability to use oxygen.

“A merry heart does good like a medicine, but a broken spirit dries the bone.” This is a quotation from Proverbs of Dr. Lee Berk of Loma Linda University of California, who has been investigating the concept of eustress, or good stress, caused by humour-induced laughter. He has produced scientific evidence to support beliefs that many have held intuitively for centuries and the Bible told us even earlier.

It's almost impossible to research the subject of humour as therapy without coming across the name of Norman Cousins. The long-time editor of the *Saturday Review* and veteran diplomat and adviser to several American presidents, he is also famous for using laughter and a positive attitude toward life to facilitate his medical recovery.

In the 1960s, after being diagnosed with ankylosing spondylitis, a painful, degenerative disease, and given only a few months to live, he rejected the traditional medications, checked himself out of the hospital, and moved into a hotel room. There he took high doses of vitamin C and spent many hours a day watching his favourite comedies, including Marx Brothers films and *Candid Camera*. According to his daughter, Jerusalem author Sarah Shapiro, he asserted that 10 minutes of laughter gave him two hours of good sleep. Blood samples showed that his inflammation level was lowered after his "humour treatments."

His book *Anatomy of an Illness* was the first documented case of humour treatment positively affecting disease. He eventually regained the use of his limbs and returned to an active life, Shapiro remembers that her father “had an instinct that on a chemical and molecular level, laughter and joy have as profound an effect on the body as do anger and stress. After his recovery, when he created laboratory tests at UCLA (University of California, Los Angeles) that proved scientifically what he had intuited, his delight was unbounded.”

His recovery and book were the main springboards for medical science's interest in the possibility that a good laugh does more than just temporarily make you forget your problems.

UCLA went on to establish the Cousins Centre for Psychoneuroimmunology (the mind-body connection), showing that a patient's psychological state can have a direct effect on his biological state. As a result, humour rooms and humour carts have been introduced into many hospitals, carrying everything from funny videos

Continued on page 27.

Continued from page 26.

and books to stickers, joke books, tapes, clown masks - in fact, anything that could elicit a smile and a laugh from the patients. Of course, everyone has different taste in humour. While some may be on the floor with laughter at the Three Stooges, others may find them totally boring but the mere mention of Monty Python sends them into hysterics.

Laughter had also been shown to help the body's natural pain-control system work better. Lonnie Zeltzer of UCLA's paediatric pain program has been conducting studies to see if laughter lessens the pain of children suffering from cancer. The study is still going on, but already children have reported feeling less pain and lower levels of stress when their treatment is combined with watching funny videos. The slapstick comedies of 50 years ago are especially good at getting a room full of sick children laughing hysterically.

Another reason that humour has to be forced into the patients' schedule is because a person is said to normally laugh about 15 times a day. However, when he is in a hospital environment, sick and surrounded by other sick and possibly dying patients, this number is often reduced to zero. People mistakenly visit with a serious face because illness, they think, is a serious matter and shouldn't be treated lightly.

Professor Nancy Westburg of the Graduate School of Education, Rider University, Lawrenceville, New Jersey, says that laughter is the body's antidepressant. It elevates serotonin, a neurotransmitter in the brain, which improves your mood. She uses humorous video clips at the start of her adult education classes to relieve the mature students' anxiety about returning to the classroom. She says that it relaxes them and helps them participate better.

A study of 300 participants, half of whom had heart disease, showed that those with heart disease were 40% less likely to see the humour in life's everyday events. The question is did they lose their sense of humour when they became ill or is it, as the researchers believe, that a healthy sense of humour helps protect your heart?

There's a lot of research still going on in this area, but one thing's for sure - no one has reported feeling worse after a good laugh. As Berk said when he saw the results of his tests, "This silliness is really serious stuff. It's real biology."

from The Jerusalem Post submitted by Mrs. S. Leigh.

Invocation For Healing

**May the great white Light of healing
be received by those souls in need.**

**May they be placed in the hands
of the great Masters who heal.**

**May they be surrounded by God's Light,
and may we do our work, in
being pure instruments towards this goal.**

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Quotes to Inspire

“It’s a funny thing about life. If you refuse to accept anything but the best you very often get it.”

W. SOMERSET MAUGHAM.

“There is no need to run outside for better seeing....
Rather abide at the centre of your being....
Search your heart and see.”

LAO TZU.

*“The mind in itself
Can make a heav’n of
hell
a hell of heav’n .”*

JOHN MILTON.

“Inside you is an untapped strength of will, of spirit of heart. The kind of strength that will not flinch in the face of adversity .

You have only to remember your purpose. The vision that brought you to Earth, the vision that will take you to all the stars, to the depths of the oceans and up to the stairway of the soul. Great strength of will resides within you, waiting for expression. ”

DAN MILLMAN.

What lies behind us and what lies before us are tiny matters compared with what lies within us.”

RALPH WALDO EMERSON.

“The greatest revolution in our generation is discovering that human beings, by changing the attitudes of their minds, can change the outer aspects of their lives.”

WILLIAM JAMES.