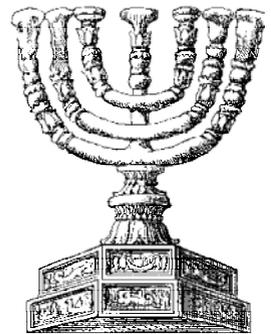


News & Views



Winter

December 2011



Issue No:- 56

THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

Registered Charity No. 275081

AFFILIATED TO THE BRITISH ALLIANCE OF HEALING ASSOCIATIONS

Patrons: Joan and Ray Branch and Aubrey Rose CBE

Chairman: Steve Sharpe

Hon. Secretary & Membership Secretary: Francine Benjamin

55 Mount Pleasant, Cockfosters, Herts. EN4 9ES - Telephone 020 8449 8670

Hon. Treasurer: Martin Vangelder

Hon. Auditors: Cane Terry & Co. - 31, Hardwick Court, Marsh Lane, Stanmore HA7 4HJ

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Note our e-mail address is **jashhealing@hotmail.com**

Our Web site address is **www.jashhealing.com**

Committee for 2011

Steve Sharpe - Dora Richardson - Rita Vangelder

Francine Benjamin - Pat Greenberg - Margot Garcia

Vedant Wood - Yetta Powell - Maurice Powell

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Editors of J.A.S.H. Newsletter: Yetta and Maurice Powell

45, Old Church Lane, Stanmore, Middlesex HA7 2RG - Telephone: 020 8954 0787

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The year 2011 has almost run its course and there is no denying it has been a roller coaster of a year full of momentous events, yet despite everything, good and bad, yet dare one say it, a coming together of people. A stronger understanding of our interdependence of one to another, there has also been times of joy and happiness during the year. There has also been realisation of the relationship we humans have to this planet of ours and our responsibility to respect and nurture it.

The year 2012 has long been heralded as a great time of change and the hope is that it will be the beginning of an age of true enlightenment and awareness.

As ever healing and healers will be at the centre of such changes and may all of us be ready to give healing to all who seek or help.

Love and Light to all wishing you a very healthy, happy and peaceful 2012.

Maurice & Yetta Powell - Editors News & Views.

Chairman's Report November 2011

I am writing this report a little earlier than usual as Maurice and Yetta will be going on holiday through November to celebrate their sixty years of married life, or to put it slightly differently, their DIAMOND wedding anniversary. I think you will all join me in wishing them mazeltov and many more years of happiness, good health and contentment together, although rumour has it that they are still talking in a civil manner, possibly with the exception of the time of the closeness of copy date or which articles to include in News and Views.

The National Healers Conference due to be held in York 30th October 2011 has unfortunately been cancelled and the British Alliance of Healing Associations Annual General Meeting has been moved to the MIC Hotel, Euston Street, Euston, London, NW1 and will start at 11am. Roy Bennett (BAHA Secretary) has completed his three year term as Secretary and unfortunately will not be standing for a further three years, I take this opportunity to thank Roy and our Assistant Secretary, Marion Hall, for their input and hard work over the last three years in bringing BAHA to the forefront of the Healing movement and wish them good fortune for the future.

The Healing Trust (formerly the National Federation of Spiritual Healers) now has a new Board of Trustees in place and hopefully they will remain aligned with BAHA on our journey to recognition by the appropriate authorities.

Our membership numbers are increasing slowly, which is always a good sign and I take this opportunity to request that you renew your annual subscription, due 1st January 2012, promptly in order to keep Francine's and Martin's workload to a minimum. Please remember that if your subscription of £23-00p is not forthcoming, your insurance cover becomes invalid after three months.

We send Distant Healing lists regularly by e-mail, if you have any family or friends that you wish to be added, please advise Francine or me by e-mail jashhealing@hotmail.com or by phone 0208 866 9332. Should you receive the list and wish not to be included, or conversely, if you do not receive the Distant Healing list and wish to be included, again please advise us accordingly.

Thank you all for your continuing support of the Jewish Association of Spiritual Healers and in the promotion of healing to the general public and of course a special thank you to our committee for their time and expertise on the administration side of things.

Steve Sharpe.

THE NATURE OF MAN

The creative energy manifests all life and all emanates from the one force. Man is hardly aware of his spiritual source because of the 3 dimensions he occupies in material form, these being time, space and degree of understanding. The fall into total identification of the material life, veiled the full spiritual level. The search to break through the veil is the search to regain full consciousness. In descending into material form, man splits into duality (see Definitions) - spiritual and material.

We live to experience the energies. The mind, working with thought, expresses the energy as form. That is, *thoughts are things*, so the mind is the medium between the soul and the physical. Once the dualities are recognised, the mind seeks and creates the ability to find conscious union between the soul and the personality. The balance of the material form and spirit is one of the purposes for man's earthly sojourn.

Enlightenment is the knowledge and integration of the various energies that form the being. The mind creates patterns in the 4th dimension which is the 'realm of ideas' and there is free will in creating these patterns.

Within the mental body, there are 3 levels of activity: super-consciousness; sub-consciousness and conscious. Through meditation one learns to control the energies within and without, imposing soul ideas on the mind and creating changes in the reality: "As man thinketh - so is he".

Meditation is active creative thought, bringing power to focus and create form. It is the power of creation on one line of thought, bringing one-pointedness and control. Man is a reflection of all his former lives. Meditation opens the memory banks of the soul.

From 'A ROAD TO JOY & INNER PEACE'

a course of meditation COMPILED BY MENORAH CHARNEY.

The Dalai Lama Hits The Nail On The Head..!

He was asked

" What Thing About Humanity Surprises You The Most ? "

His Answer Was

"Man. Because he sacrifices his health in order to make money. Then, he sacrifices his money to recuperate his Health. And then he is so anxious about the future that he doesn't enjoy the present, and as a result he doesn't live in the present or the future. He lives as if he's never going to die, and then he dies having never really lived."

8 Ways to Improve Nutrition and Appear to be much Younger too....!

By Real Age Experts --- Michael F. Roizen. MD, and Mehmet C. Oz. MD

Follow these eight rules of eating, and you'll more easily manage your weight and improve your nutrition -- all in one fell swoop.

1. Eat when you're hungry. And eat often, so you're never famished. But have your last meal at least three hours before bed.
2. Change your plates. Switch to 9-inch plates for meals, not the usual 11-or 13-inch variety. Smaller plates = smaller portions.
3. Eat these every day:-
Nine handfuls, total, of fruits and vegetables.
At least 1 ounce of nuts (a small handful).
High fibre whole-grain bread or cereal, especially in the morning.
4. Eat fish at least 3 times a week, ideally salmon, mackerel or plaice.
5. Eat at least 10 tablespoons of cooked tomato products (ketchup, marinara sauce) a week for a healthy dose of the antioxidant lycopene, which can decrease the risk of prostate and other cancers.
6. Avoid these like a hot potato. Anything that contains trans and / or saturated fats.
White foods - white: bread, rice and pasta, creamy sauces - white tends to go with foods that are highly processed, high fat, or both.
Products that list simple sugars, including high fructose corn syrup (HFCS), in the first few ingredients; they put your blood sugar on a roller coaster that makes you crave high-calorie foods.
7. Before you eat, drink. Have one or two glasses of water before every meal to help fill you up.
8. Take daily:-
Vitamins and minerals that contain at least 800 micrograms of foliate, 400 international units of vitamin D, 1,200 milligrams of calcium, and 400 milligrams of magnesium.
If you don't eat fish, an omega-3 supplement that contains 2 grams of these heart-healthy fatty acids.

Reproduced from 'YOU : The Owners Manual' published by Real Age

MEDITATION

The word "Meditation" conjures up many different ideas and images: Buddhist monks chanting, yogis sitting in the lotus position, gurus in deep trance-like states, to name a few. However, meditation can be as simple as sitting in a quiet room and just focusing on our breathing!

Meditation is merely a state of being where we go within ourselves in order to achieve **stillness, relaxation** and **peace** by quietening and focusing the mind away from any outside noise or influence.

We are constantly bombarded with our own thoughts rapidly flitting and colliding within our heads. The Buddhists refer to this part of our consciousness as the "monkey mind", where our mind leaps from one thought to another, just as a monkey jumps from tree to tree. This perpetual motion and noise inside our heads creates chaos, confusion, and frequent mental overload that can manifest physically as a headache or migraine, blocking our clarity, memory, focus and concentration.

Contrary to popular belief, meditation is not a passive activity, where we slip into a daydream or trance, rather it is a technique by which we actively focus the mind on a single point of concentration, whether it be a colour, a word, a symbol or a peaceful scene. By placing our conscious minds on a single focus we actually slow down and quieten the active "monkey mind", and shut out the invading thoughts, noise or chaos around us. We then enter a state of being that is centred, still, peaceful and free in which the mind, body and spirit are united in harmony. We achieve, quite literally, "peace of mind".

Meditation is non-religious and although it has been documented in all the major world religions, it is practised by many non-religious groups and is now widely popular in the West. It has become highly accepted as a practical and useful aid to physical, mental, emotional and spiritual health, inner growth and positive personal development. Furthermore, medical doctors are now prescribing meditation as part of the recommended treatment for patients suffering from high blood pressure, hypertension and heart disorders. It is extremely beneficial for anyone: **scholars, corporate and office workers, teachers, medics, athletes, parents, anyone** in fact, as we *all* suffer from stress and pressure in our lives. The benefits are numerous:

Continued on page 6

The Benefits of Meditation:

1. Lowers levels of stress and anxiety, reducing the occurrence of stress-related illnesses and subsequent absenteeism in school or the workplace.
2. Increases blood flow to the brain, aiding the memory, increasing concentration, clarity, focus and improving our general performance.
3. Boosts the immune system, lowers blood pressure, reduces physical pain and can even banish insomnia.
4. Calms and balances the emotions and helps us to rise above the conflicting feelings that sometimes distort or confuse our thinking.
5. Focuses the mind and promotes peace, deep relaxation and natural, restful deep sleep.
6. Helps open up the mind to new ideas by enhancing creativity.
7. Can increase our tolerance, empathy and awareness of others and improve our personal and professional relationships.
8. Can help us to take control of our thoughts, feelings, decisions and personal empowerment.
9. Can connect us with our inner truth, clarity and wisdom and aid our spiritual development and growth.

Submitted by: **LEANNE STOCK** -

BA Hons Dips ITEC CLYL MICHM

Email: **leannestock83@hotmail.com**



Reminder to all JASH Members ...

Insurance and Membership fees are due to be paid by 1st January 2012

To help our Treasurer and Secretary, keep down the cost of postage and admin., in regard to your membership, we ask that you help by getting all such fees in on time.

Drink a cup of Cocoa???

Cocoa, used throughout history as a folk medicine, may actually have significant health benefits, according to a new study just published by Harvard researchers.

Their analysis of 21 studies with 2,575 participants shows that cocoa consumption is associated with decreased blood pressure, improved blood vessel health and improvement in cholesterol levels, among other benefits.

Eric L. Ding, PhD, of Harvard Medical School says the apparent health benefits come from polyphenolic flavonoids in cocoa that have the potential to prevent heart disease. Flavonoids are antioxidants that are commonly found in fruits, vegetables, tea, wine and coffee.

In addition to decreasing blood pressure and improving blood vessel health, consumption of flavonoid-rich cocoa decreased "bad" LDL cholesterol among people under age 50, and increased good HDL cholesterol, the analysis showed.

Flavonoid-rich cocoa consumption also was linked to reductions in risk factors for diabetes — a major risk factor itself for cardiovascular disease.

Also, resistance to the hormone insulin, which helps regulate blood sugar, favourably dropped among people who consumed flavonoid-rich cocoa, compared to people in comparison groups.

Further, consumption of flavonoid-rich cocoa did not change triglyceride levels of study participants or make them obese. Triglycerides are a type of blood fat that have been linked to coronary artery disease when levels are elevated above normal.

Most of the previous studies analysed were short-term research projects using mostly sugar-free dark chocolate.

Though past studies by Ding and others have found that cocoa may reduce heart attack risk, the dosage necessary to produce this effect is not known, and further research is needed to shed more light on that question, as well as on cocoa's direct benefits on preventing strokes and heart attacks, according to a news release..

A must-read- Eating a Lemon is lot Healthier than eating an Orange LEMON will clean all your INTESTINES.. Which orange doesn't .

This is something that we should all take seriously. Even doctors are now saying that there is value in trying "LEMON"

As presented by **The Institute of Health Sciences, Baltimore, USA**. *However I remain perplexed!* Is this the latest in medicine, effective for cancer?

Read carefully and you be the judge.

‘Lemon (**Citrus**) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy.

Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits. You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardise the beneficial multimillionaires large corporations? As you know, the lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumours. This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant, combats stress and nervous disorders. The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that: It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas... The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.’

Institute of Health Sciences, 819 N. L.L.C. Cause Street , Baltimore , MD1201

Submitted by Steve Sharpe - Chairman , JASH

Water

How softly it touches, caressing, refreshing
The valleys, the mountains, the bed of the ocean,
The soul of the Earth is laid bare by its motion.

Relentlessly rushing with power unbounded,
Sustaining or crushing, a threat or a blessing
How sweetly its bounty with life's flow enmeshing.

Chains cannot bind it no banks can contain it,
In round, square or shapeless its body finds rest.
Contented it murmurs, or thunders dire threats.

Omnipotent force, paradoxical being
Impartially soothing the quick and the dead,
To mould and to merge, and to keep the world fed.

Ivor Segal.

Detoxify

CLEANSE YOUR KIDNEY'S NATURALLY FOR LESS THAN £1.00

Years pass by and our kidneys are filtering the blood by removing salt, poison and any unwanted toxins that have entered our body. However, with time, such salt and toxins accumulate and our kidneys need to undergo detoxifying treatments if we are to avoid serious kidney damage.

How are we going to do this?

It is very easy, first take a bunch of fresh parsley and wash it clean. Then cut it in small pieces and put it in a saucepan, top up with clean water and gently boil it for ten minutes, let it cool down and then filter the resulting liquid (parsley juice), into a clean bottle and keep it cool preferably refrigerate.

Drink one glass of this parsley juice daily and you will notice all salt and other accumulated poison coming out of your kidney through increased urination. Also you will be able to feel the difference and the difference that this makes.

Parsley is known as a wonderful kidney cleansing treatment and it is natural!

Submitted by Audrey Caine, JASH.

A three-minute test for stroke

A NEW three-minute test for stroke could improve treatment for thousands of patients. The test, pioneered by British doctors, means that vital clot-busting drugs can be given much more quickly to many patients to prevent further damage. Patients with other conditions could also benefit from the technology, which has so far been used successfully on 24 stroke patients by doctors at Cambridge University.

Each year more than 100,000 people in the UK have a first stroke, and there are 60,000 deaths. Stroke is the third most common cause of death, after heart disease and cancer, and it is also the largest single cause of severe disability, with 300,000 people affected.

A stroke happens when the blood supply to the brain is disrupted, depriving the brain cells of oxygen and other vital nutrients and leading to brain damage. The longer the brain cells are deprived of oxygen, the more damage they will suffer, so prompt treatment is vital.

New clot-busting drugs are available and if used quickly they can prevent brain damage and save lives, but prompt treatment is difficult because the cause of a stroke can be due to either a blood clot or a burst blood vessel.

The *new* clot-busting treatment can be used to dissolve the blood clot, but if it is given to a patient with a stroke caused by a burst blood vessel, the drug will cause more bleeding because they are designed to prevent blood from clotting. As a result, there could be further damage.

Scans of the brain are needed to see which kind of stroke has occurred, and that takes time. A normal MRI scan takes 20 minutes or more.

To be successful, treatment with clot-busting drugs must begin within three hours of the start of the stroke. The time taken to call an ambulance, and to get to hospital, all eat into that three hours window, and a further 20 minutes for scanning could prove critical. Now doctors at Cambridge have developed technology which means that a vital MRI scan can be completed in just three minutes. The researchers have used new brain coils and fast computer processing technology that allows the equipment to produce the same number of images in a fraction of the time.

'It is a tremendous advance. The three-minute head scan is as good as the 20-minute version, and in some instances better because stroke patients may be distressed and move around,' said Dr Jonathan Gillard, who led the study.

'The 20-minute MRI may be distressing for patients who are already agitated by stroke symptoms, such as a weak arm. Despite the machine noise and claustrophobia, agitated patients are more likely to remain still during a quick procedure than a lengthy one.'

This article by Roger Dobson - was published in a recent copy of The Daily Mail.

LAUGHTER YOGA

What is Laughter Yoga?

Laughter Yoga was created in 1995 by Dr Madan Kataria, a medical doctor from India. It began with five people in a park in Mumbai and is now sweeping the globe with people practising in over 65 countries.

It is a unique concept and exercise routine where anyone can laugh for no reason, without relying on humour, jokes or comedy.

Laughter is initiated in the form of exercises in a group, but with eye contact and childlike playfulness it soon turns to real and contagious laughter. The reason we call it Laughter Yoga is because it combines laughter exercises with yoga breathing (*pranayama*). This brings more oxygen to the brain and body and promotes energy and health.

The concept of Laughter Yoga is based on the scientific fact that the brain cannot distinguish between authentic laughter (conditional) and fake or mechanical laughter (unconditional). One receives exactly the same psychological and physiological benefits.

What happens in a Laughter Yoga Session?

Adult Laughter Yoga sessions (which can run from 15-60 minutes depending on group requirements) begin with gentle warm-up techniques including stretching, clapping, chanting and body movement, which help to develop feelings of childlike playfulness and break down inhibitions. Breathing exercises are used throughout to prepare the lungs for laughter and oxygenate the body, followed by a series of laughter exercises that combine acting and visualisation techniques with playfulness. These exercises, in most cases, lead to prolonged hearty and unconditional laughter. The session continues with a laughter meditation (optional), involving an equal balance of silence and unstructured laughter where participants sit or lie down and allow natural laughter to flow from within like a fountain. This experience is also known as "free laughter" and often leads to a healthy emotional catharsis and feelings of joyful release that can last beyond the session. The session ends with a guided relaxation exercise, leaving participants feeling balanced and positive.

Why "Laughter is the Best Medicine"

The benefits of Laughter Yoga are endless. Physically, it provides an excellent cardio and mind-body workout and, according to Dr. W. Fry, just 10 minutes of hearty laughter is equal to 30 minutes of rowing or jogging!

It brings much more **oxygen** to the brain and body, and Dr. Otto Warburg states that: "*Deep breathing techniques increase oxygen to the cells and are the most important factors in living a disease-free life. When cells get enough oxygen, cancer will not and cannot occur.*"

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LAUGHTER YOGA

Laughter also boosts the immune system, increasing levels of anti-viral and anti-infection cells as well as cells that fight cancer. It acts as "internal jogging", massaging and promoting circulation to the digestive and lymphatic systems and helping to flush the body of waste and toxins.

Laughter Yoga combats the negative effects of stress by reducing stress-related hormones such as Cortisol, and instead produces vast quantities of **Endorphins**, the feel-good hormones and the body's natural opiate and painkiller. Endorphins create a positive state of mind and boost optimism, self-confidence and feelings of self-worth.

Emotionally, laughter can dislodge blocked emotions stored in the body that can cause ongoing physical, mental and emotional problems. Laughter provides an excellent non-violent method for emotional release and catharsis.

Socially, laughter can improve our connections with others. **Mirror Neurons** in the brain cause us to experience the emotions of people we communicate with. Being with laughing people, we experience their laughter, which makes it easier for us to laugh. Each time we make eye contact with laughing people, our mirror neurons add their laughter experience to our own, hence the reason that laughter is "infectious"!

The goal of Laughter Yoga is to connect people with one another at a heart level without judgement, no matter what country, culture or religion they belong to. It promotes a strong union between those who laugh together, resulting in a family-like bond, and encouraging a positive mindset of empathy, compassion, acceptance and forgiveness.

Taken from material by Dr. Madan Kataria (Dr. Madan Kataria's School of Laughter Yoga).

*Submitted by: **LEANNE STOCK** -*

BA Hons Dips ITEC CLYL MICHM

*Email: **leannestock83@hotmail.com***

The Fate of Men and Nations is Determined by the Values which Govern Their Decisions

The human and world crisis of today is basically spiritual, testing the character and intention of all men and women. This provides opportunity to re-appraise the values we accept as a personal standard of behaviour.

The world of the future depends on what each one of us chooses to do today.

The Lucis Trust.

A HEALING TO REMEMBER by RAY BRANCH

**The following article is taken from Ray Branch's biography
of Harry Edwards** (Known as Henry to his close friends and family)

'HARRY EDWARDS' by Ramus Branch

There will always be one public healing demonstration that I shall remember vividly, which I think should be recorded here, for of all the healings I have been privileged to witness at such close quarters, this particular healing was perhaps the most dramatic.

It was one foggy winter night when my wife and I went over to a church in Brentford, Middlesex. It was in the days before we came to work with him at Burrows Lea. We had no car and had to make three bus journeys in order to get to the church, which was just over the river at Kew Bridge. It was a bitterly cold night and one would have understood if the church was only sparsely attended; but it was absolutely packed and my wife and I managed to get a seat just over to the right near the back, along one of the aisles.

Henry and the Burton's had not then arrived, and so the congregation was following the soft organ music and people were shuffling down the sides of the church and filling up at the back where they had to stand. Suddenly there was a general fidgeting and whispering amongst the congregation as Henry and his colleagues came down the centre aisle to take their places in one of the front pews which had been reserved for them.

Henry kept his overcoat on throughout the initial hymns and prayers, and finally he was called forward to begin the healing demonstration. Before long he was working in his shirtsleeves, and for over an hour the patients came forward seeking help for the usual variety of conditions which lent themselves best to demonstration purposes.

The service was drawing to its close, and as was customary with him, Henry asked if there was anyone present who was in constant pain day and night. One or two hands were held up, but we could see that Henry's gaze was focused over in our general direction, for at the rear of the church he had seen the first hand and had signalled the sufferer to come forward.

I shall always remember how the cold November fog had seeped into the church, pervading every corner of it, with the yellow lighting casting such an unreal glow over the packed congregation, that, with the grey stone pillars along the aisles, gave the whole place a feeling as if one were looking at some huge medieval painting.

As Henry beckoned forward the sufferer, so we turned to see who he was signalling, and very slowly down the aisle came one of the most pathetic sights I have ever seen. It was a man of, I should think, about 40. He had tousled black hair and a beard, and his clothes were like a bundle of rags around him for he seemed to be like a tramp, and his tattered overcoat, concealing a twisted body, was almost dragging along the floor; but it was the way he walked that stunned everyone to silence, for he seemed to be half crouching and was shuffling sideways, almost crab-like.

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As he made his laborious way towards the healer, so with every step he seemed to grunt with pain. At last he reached the front and slowly sat down awkwardly before Henry, who, after a quick examination, declared that the major part of the patient's internal pain arose as a result of severe restriction imposed upon the abdominal organs by the badly twisted and fixed state of the spine.

It seemed as if it was only a few seconds of those wonderful hands being laid on the man's back and shoulders that he was able to sit upright. The upper spine, neck and shoulders were soon made free, and next Henry worked on the legs, freeing the stiffened hip joints and restoring full mobility. Finally, the abdominal trouble itself was helped, and all the time the healing was in progress, the patient hardly said a word. When he stood upright, he seemed transformed into a new person, and I can recall now the gasps of amazement from the congregation as the man who had barely been able to walk a few minutes before, now literally marched back to his seat.

It was the sequel to this wonderful healing that we shall never forget, for after the service my wife and I walked along to Kew Bridge to catch a bus home. The fog was even thicker than earlier and I asked her to wait for a moment or two whilst I went into a cafe to get a bar of chocolate. As I came out and walked towards my wife, so I was aware just over to my right of a tall figure suddenly striding very rapidly through the swirling fog, so fast was he going that I had to step back quickly to avoid colliding with him.

In that brief moment, we could both see that it was the rough bearded man with the bedraggled overcoat. He looked a fearsome figure in the fog, but I am sure he was neither concerned with his appearance nor the weather. For him it was a night of glory, and as we both stood on the pavement gazing after him, we could hear him singing to himself as he vanished into the November fog.

To all our readers, please let us have suitable material for the next edition of 'News & Views', it would be much appreciated.

If possible such material should be in its original form, be clear and legible, and if taken from magazines or from other Societies Newsletters or other published sources, this should be made clear so that the source may be acknowledged.

Maurice & Yetta Powell Editors of 'News & Views'

Our lives are always so busy, but this made me think.
The ' L I T T L E ' Things

how we sometimes take our lives for granted. We are always on the go.

Please read slowly and let it sink in!

We learned that the head of a company survived 9 / 11 because his son started kindergarten that day and he took him to school.

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

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

One was late because of being delayed by a road accident.

One of the survivors missed his bus.

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

One's car wouldn't start.

One couldn't get a taxi.

Then there was the man who 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 pharmacy to buy a Band-Aid. That's why he's 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, you can't seem to find the car keys, you hit every traffic light, don't get mad or frustrated; it may just be that God is at work watching over you.

May God continue to bless you.

Sent by E-mail from USA by Ab. Cohen.

--Thank you for sharing this with us.

This is the true joy in life, the being used for a purpose recognised by yourself as a mighty one, the being thoroughly worn out before you are thrown on the scrap heap, the being a force of nature instead of a feverish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

GEORGE BERNARD SHAW.

Be the Change by Deepak Chopra

Never have we needed enlightened leadership more than we do now. While humankind has faced wars, economic and social injustice, natural disasters, and terrorism since its earliest days, for the first time in history we have the technological capacity to obliterate our existence and life on the planet. At this critical juncture, we can't depend on the government, no matter how well meaning, or anyone beyond ourselves to come up with solutions; each of us must step into the role of the leader and, in the words of Mahatma Gandhi, become the change we wish to see in the world. We can begin by asking ourselves the fundamental questions that give life meaning:

Who am I? What are my deepest desires and intentions? How can I fulfil my life's purpose to make a difference?

These are known as the soul questions, and if we really want to make a difference in the world, we need to explore and answer these questions to the best of our ability, because being in touch with the soul is the secret of inspired leadership. The power base of great leaders doesn't come from other people, titles, or financial resources, but from their very being. They know their core values, are filled with passion, and are dedicated to a personal vision and purpose. True leaders, or what I refer to as *successful visionaries*, don't have to seek followers because as they put their vision for a better world into a tangible form, other people naturally turn to them for guidance and leadership in the way forward.

Living and Leading from the Soul

Our soul offers us the highest inspiration in every moment. While our mind may be mired in confusion and fear, our soul has clarity and love. Until we turn to this infinite source of quiet wisdom, we will keep falling back on old habits and stale answers. But as we cultivate access to our soul's awareness, creative new ideas, opportunities and possibilities will spontaneously reveal themselves. We will be connected to our own inner guide that will help us choose the most evolutionary path among the many possible paths available in every moment.

Awareness is the source of insight, nurturing, creativity, intuition, inspiration, and transcendence - qualities that every successful visionary possesses and which are available to you, too.

Wherever you are starting from, the path to higher consciousness is always open to you. While there are many ways to expand consciousness, I have found that one of the most powerful yet simplest practices is meditation.

When you meditate, you connect to the source of your awareness and the birthplace of all possibilities.

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You go beyond the mind's internal dialogue into the realm of pure consciousness. And the qualities of pure consciousness are the ones that structure the infinite diversity of the universe, including pure potentiality, freedom, acceptance, peace, love, coherence, flexibility, and bliss.

As you meditate with regularity, your experience of these qualities will expand in your daily life and will ripple out to affect the consciousness of everyone with whom you come into contact and beyond. In this way, you will serve as an inspired leader whether you are working 'behind the scenes' or have a more visible public role. If you follow the inner path using truth and clarity as your compass points, the outer world cannot help but respond to your intention.

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Hanukkah THE FESTIVAL of LIGHT and FREEDOM

The history of Hanukkah can be traced back to the rededication of the holy temple of Jerusalem by the Jews, by emerging victorious over the Hellenistic Syrians in 165 BC..

Antiochus of Syria, had decreed that the Jews had to worship the Greek god Zeus and prohibited them from practising their faith. Even the holy temple in Jerusalem was seized in 168 BC and was dedicated to Zeus. Not much time later, the Jews decided to fight back and restore the dignity of their holy temple. The fighting began in a village close to Jerusalem, known as Modiin. The seeds for Jewish revolt were planted when Judah Maccabee, the third son of Jewish priest Mattathias was asked by a Greek officer to bow to an idol and eat a pig's flesh, which is forbidden by the Jewish religion. Enraged he killed the officer and went into hiding with his family. There, he was joined by others, who were willing to fight against the Greeks. This group of Jewish warriors ousted the Greeks. and restored Jewish sovereignty over the land of Israel. In the temple, Judah found many things broken or missing. The temple was cleaned and repaired by Maccabee and his soldiers and then, a dedication ceremony was held there. The Maccabees also wanted to light the golden menorah 'The Perpetual Light' in the temple, but they could only find a small flask containing holy oil, which was enough to light the menorah for a day. However, miraculously the oil lasted in the menorah for eight days, quite miraculously. Later, this led to the tradition of lighting menorah on Hanukkah, for eight days.



As relevant now as when written in 2001 by the late Menorah Charney

Dear Friends and CO - Workers of the Light

It is evident that humanity does not take change easily. We live in a world of dualities. We witness that the greater the light of the new energy (accepted by a minority), so greater the dark forces of fear of change descend to disrupt and destroy.

September 11, 2001 changed life upon the Earth. An awakening of extraordinary suddenness lifted the veil from the eyes of a floundering humanity searching for and awaiting change and yet unaware of the nature of that change. More than ever is there the awareness of global village as we recognise and become one life with our earth - Gaia.

Those forces who are opposed to the change in energy, create terror to keep their way alive. These acts of terror have brought about the awakening to what is playing out on the Earth. Those who remain in the old concepts of gaining through violence have awakened the forces of Light wherever, in whatever land or continent they be.

As each of us becomes empowered with the light, we reflect the new 7th. Ray energy. As we reach to the heights we lift out of our lower framework and become one with all life. As such, and forgiving all that held us back, we flow into the new streams of energy and are welcomed joyously by the life already awakened. The dolphins and whales, the animals life, the nature devas and angels await to include humanity in the song of wonder and love.

As the year 2001 draws to its close let us welcome the festivals of light -- Hannukah and Christmas. Let the great life beat with our hearts as we work with goodwill, love and joy. May 2002 bring us closer to the Golden Way -- with a new beginning beaming out its call.

Love and Blessings,

MPH - Creative Living Group, Israel.

***May the coming year bring light and peace to you and
Your loved ones and all the Jewish healers network.***

THE WAY OF LIFE

The Earth is a small planet going around the Sun. The Sun and Its planets are In a system called "the Milky Way" and this is a part of a greater system in which there are countless stars (or suns).

The Earth and the Sun and its planets are limited in its size and time. We are surrounded by limitations.

I believe that the Universe of which we are a part Is not limited and had no beginning and will have no end. It is constantly expanding and changing.

I believe that God is not a limited being as so often conceived by Man. Not a father figure who is concerned with our welfare but a mighty power which is integral with and part of all life.

The very essence of life is spiritual. The way to spiritual growth and development is simple yet very profound.

The path of spirituality is easy to follow but the path to evil is equally easy.

I believe that although we are living on a small, limited planet called Earth we are not here just for a few short years but the essential part of us is eternal. At the end of our physical life we pass on to a spirit world which is attached to this earth. In our Spirit world we meet and re-meet kindred souls. Because we cannot learn all our lessons in one earth life we come back again and again.

Again - I believe our lives are planned. Yet it is not God who plans our lives but we ourselves. We are advised and helped all along the way but the final decisions are our own.

Our advisors and helpers are often souls or individuals who through spiritual growth have reached the state where they *are* Godlike *or* demi-god's.

I have no doubt that if we wish, we can experience life In other physical worlds. If we live selfish or un-spiritual lives we are not condemned nor punished. Rather do we come to realise our mistakes and we work harder to redeem our ways. Should we then not pray because we learn that our father God is not what we thought?

To pray is good. We should lift our thoughts to the God who is always ready to help us. One who has attached themselves to us to guide and help us along this difficult path.

The late Dennis FARE, MNHR, MBHA.

CONSUMER COMPLAINT

When I was young - say, three or four -- I was not put to ride, astride,
A trolley round a Super Store.
Nor wheeled between the loaded shelves
From which the shoppers helped themselves,
Nor did I dare to raise my voice
Demanding goodies of my choice.

No! I was lifted on a stool
My dangling, gaitered legs to cool,
Bidden sit quietly - 'Not a word!
Nice children should be seen, not heard!
Hatted and veiled, and also seated,
My Mother was with deference treated.
Our Grocer - (apron, bow-tie, wax moustache)
Was all attention to her pleasure,
Gave his opinion of the weather,
Touched civilly on this and that
While pouring sugar on to flat
Thick squares of paper - fold and twist,
Tuck in the corners - who could wish
A neater package? Then to hold the thing

He made a finger-loop of string!
(No smart machine to snip and snap
No sealing tape - or plastic wrap!)

From creamy kegs this clever chap
Sliced off two pounds of butter!

Slapped

And shaped it with a wooden pat.
Intricate scrolls of red and gold
Patterned tall cannisters and told
What brands of tea were stored
within.

Biscuits from an enormous tin
Were weighed out, loose, in paper
bags ---

(Oh how frustrated, now, I drag
At layers of cellophane that snag
My finger nails!) ---

----Straw-boated butcher in his
shop
Of hanging carcasses, would slice
the chop
That took one's fancy ----

Oh! for hours

One could compare the Now and
Then! ----

Murdered by customer-protection
men

Those gracious days will not return
again.

C. Marjorie Smith

Our sense of humour, is one of our best aids to healing

..... here are some gems which we hope will encourage that healing smile.

*The following are genuine answers by schoolchildren to examination questions:
they are reprinted by kind permission of 'THE SPIRITUAL HEALER'.*

The greatest writer of the Resistance was William Shakespeare. He was born in the year 1564, supposedly on his birthday. He never made much money and is famous only because of his plays. He wrote tragedies, comedies and hysterectomies, all in Islamic pentameter. Romeo and Juliet are an example of a heroic couplet. Romeo's last wish was to be laid by Juliet.

Abraham Lincoln became America's greatest Precedent, Lincoln's mother died in infancy and he was born in a log cabin which he built with his own hands. Abraham Lincoln freed the slaves by signing the Emasculation Proclamation. On the night of April 14 1865 Lincoln went to the theatre and got shot in seat by one of the actors in a moving picture show. The believed assassinator was John Wilkes Booth, a supposedly insane actor. This ruined Booth's career.

Meanwhile in Europe the enlightenment was a reasonable time. Voltaire invented electricity and also wrote a book 'Candy'.

Gravity was invented by Isaac Newton. It is chiefly in the Autumn when the apples are falling off the trees.

Johann Bach wrote a great many musical compositions and had a large number of children. In between he practised on an old spinster which he kept up in the attic. Bach died from 1750 to the present. Bach was the most famous composer in the world and so was Handel. Handel was half German, half Italian and half English. He was very large.

The French Revolution was accomplished before it happened and catapulted into Napoleon. Napoleon wanted an heir to inherit his power, but since Josephine was a baroness she couldn't have any children.

Queen Victoria reigned longest as Queen. She sat on the throne for 83 years. She was a moral woman who practised virtue. Death ended her reign.

The nineteenth century was a time of a great many thoughts and inventions. People stopped reproducing by hand and started reproducing by machine. The invention of the steamboat caused a network of rivers to spring up. Cyrus McCormick invented the McCormick raper which did the work of a hundred men.

Louis Pasteur discovered a cure for rabbis. Charles Darwin was a naturalist who wrote The Organ of the Species. Madame Curie discovered radio. And Karl Marx became one of the Marx brothers.

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Later the Pilgrims crossed the ocean, and this was called the Pilgrim's Progress. The Winter of 1820 was a hard one for the settlers, many people died and many babies were born. Captain John Smith was responsible for all this.

One of the causes of the Revolutionary war was the English put tacks in their tea. Also, the colonists won the War and no longer had to pay for taxis. Delegates from the original 13 states formed the Contented Congress. Thomas Jefferson, a virgin, and Benjamin Franklyn were two singers of the Declaration of Independence. Franklyn discovered electricity by rubbing two cats backwards and declared 'A horse divided against itself cannot stand'. Frank died in 1790 and is still dead.

A SMILE IS STILL THE BEST MEDICINE

A day without a smile is like a day without sunshine! And a day without sunshine is, like, night.

So? Why, Why, Why do we press harder on a remote control when we know the batteries are getting weak?

Why do banks charge a fee due to insufficient funds when they already know you're broke?

Why is it that when someone tells you that there are one billion stars in the universe, you believe them but, if they tell you there is wet paint, you have to touch it to check?

Why is it that, no matter what colour bubble bath you use, the bubbles are always white?

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialised?

Why do people run over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?

How do those dead flies get into enclosed light fittings?

Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

Why, in winter, do we try to keep the house as warm as it was in summer when we complained about the heat?

How come you never hear father-in-law jokes?

The statistics on sanity say that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends. If they're OK, then it's you.

'Do you imagine that God does not enjoy a good joke?

Is it your knowing that God is without humour?

I tell you God invented humour.' *Neale Donald Walsch.*

Social and Personal

Congratulations to:

Heather Prince on the birth of her first granddaughter.

Please note: if any member has items to share under social and personal, we would ask that you send such information to our secretatry, Francine Benjamin, so that it can be included in the next issue of News & Views.

Yetta & Maurice Powell -- editors.



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

Prayer for a United World

by PARAMAHANSA YOGANANDA

May the heads of all countries and races be guided to understand that men of all nations are physically and spiritually one: physically one, because we are the descendants of common parents —the symbolic Adam and Eve; and spiritually one, because we are the immortal children of our Father, bound by eternal links of brotherhood.

Let us pray in our hearts for a League of Souls and a United World. Though we may seem divided by race, creed, colour, class, and political prejudices, still, as children of the one God we are able in our souls to feel brotherhood and world unity. May we work for the creation of a United World in which every nation will be a useful part, guided by God through man's enlightened conscience.

In our hearts we can all learn to be free from hate and selfishness. Let us pray for harmony among the nations, that they march hand in hand through the gate of a fair new civilisation.

In search of that healing feeling !

To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP.

One of the musical numbers she performed was 'My Favourite Things' from the legendary movie 'Sound Of Music'.

(Sing it!) - If you sing it, its especially hysterical and very healing.

Here are the lyrics she used:

**Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.**

**Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.**

**When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.**

**Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favourite things.**

**Back pain, confused brains and no need for 'sinnin'
Thin bones and fractures and hair that is 'thinnin',
And we won't mention our short shrunken frames,
When we remember our favourite things.**

**When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.**

Julie received a standing ovation from the crowd that lasted over four minutes and repeated encores.

Thank you Aubrey Rose for telling us about this event.

Quotes to Inspire

Healing is the greatest gift we can share with one another.

ANON.

‘The best preacher is the heart
The best teacher is time
The best book is the world
The best friend is God.’

THE TALMUD.

*‘Be humble for you are made of earth
Be noble for you are made of stars.’*

SERBIAN PROVERB.

‘I believe in the future, however distant, when no one will go hungry, there will be no war, no fanaticism, and no conflict between others, when each nation shall bless each nation and live in peace.’

MAIMONIDES.

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

There is no greater joy.’

YOGANANDA.

“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”

Norman Vincent Pale.

“Treat people as if they were what they ought to be and you will help them become what they are Capable of becoming.”

GOETHE.

DISCLAIMER

The editors would like to remind readers that any articles appertaining to health shouldbe checked with your medical adviser.

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**We ask all readers of News & Views,
to send love, light and healing to all those in need.**

ONE PERFECT ROSE

A single flow'r he sent me, since we met.
All tenderly his messenger he chose;
Deep-hearted, pure, with scented dew still wet
One perfect rose.



I knew the language of the floweret;
'My fragile leaves,' it said, 'his heart enclose.'
Love long has taken for his amulet
One perfect rose.

Why is it no one ever sent me yet
One perfect limousine, do you suppose?
Ah no, it's always just my luck to get
One perfect rose.

Dorothy Parker



*Life is like a ladder
We all have to climb,
Hence this special friendship rhyme.
We move up and down.
Hopefully, with smiles and no frown
Loving memories, some forgotten others told,
Like souvenirs, we treasure and hold.
Changes occur, that's a fact of life.
We need peace, happiness and no strife.*

Lily Jacobson

Values to Live By:

A Love of Truth — essential for a just, inclusive and progressive society

A Sense of Justice — recognition of the rights and needs of all

A Spirit of Cooperation — based on active goodwill and the principle of right human relationships

A Sense of Personal Responsibility — for group, community and national affairs

Serving the Common Good — through the sacrifice of selfishness. Only what is good for all is good for each one

These are spiritual values, inspiring the conscience and the consciousness of those who serve to create a better life. *The Lucis Trust.*