

News & Views



Winter 2012

Chanukah The Festival of Light

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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

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Winter is now with us, the trees have been stripped of their leaves and a time of renewal is on its way and so one season flows into the next. All in all 2012 has been a momentous year, so much happening here in the UK and everywhere all over the world, more rain, storms, hurricanes, tornadoes and other events than one might have wished for but mother nature always has the last word. Now with 2013 just a blink away let's be ready to greet it with a smile.

We wish all readers a happy Chanukah –Festival of Light and Freedom and it is the hope of all peace loving people that light and freedom will manifest everywhere and for all in the coming years.

Wishing all a Happy, Healthy, Peaceful and Successful 2013

Maurice & Yetta Powell - Editors News & Views.

CHAIRMAN'S REPORT NOVEMBER 2012

Welcome to the winter edition of News and Views where I thank Francine, Margot, Stephanie, Ann, Yetta and Maurice for their valuable help with the manning of our stand at the Gateway 2 Wellbeing Exhibition at the Holiday Inn, Elstree on Sunday 18th November, where again many people experienced spiritual healing for the first time. All the feedback was positive with comments like "Wonderful treatment, calm healing energy – I felt very relaxed- Made me think of what I needed to do – Very uplifting – I felt a warm temperature – Excellent experience, uplifting –Very relaxing and definitely feeling easier – a wonderful and beautiful experience – good to be rejuvenated etc. etc. There was a great deal of interest shown by both members of the public and stall-holders alike and we made some very good connections throughout the day.

The British Alliance of Healing Associations held their Annual General Meeting 27th October where the Council of Representatives voted for Ken Baker to be Honorary Life President, Chair person Ingrid Collins, Vice Chair Sheila Holmes, Secretary David Holmes, Treasurer Maurice Burns, Trustees Jim Perkins, Therese Seward, JoAnn Bailey, Valerie Pakenham Keady, Brenda Peace (in the near future) and Steve Sharpe (that's me). Hopefully we can maintain BAHA's role as the lead umbrella body for healing organisations.

Our membership subscriptions are due 1st January 2013 and I am pleased to say that we are keeping our renewal fee the same as last year which is £23-00. Will you please make an effort to send your membership fees to Martin Vangelder, our Treasurer, as soon as possible in order to make his and Francine's lives easier in keeping the books straight, remembering that we are all volunteers and lead quite busy lives outside of the Jewish Association of Spiritual Healers.

Should you wish to add anyone to our distant healing lists or have any queries, please e-mail jashhealing@hotmail.com or phone me on 0208 866 9332, preferably after midday as I still work at night.

We wish you all a happy, healthy and successful 2013 and my thanks as always to our dedicated committee, for their time and expertise with the running of our organisation and of course to you, our members, for all the time you give to helping others.

Steve Sharpe.

Brussels interferes yet again!

Statutory Regulation of Herbalists –

It's going to be one single register and one single title for all herbalists

Since the full implementation of the European Directive on Traditional Herbal Medicinal Products (Directive 2004/24/EC) in the UK on 1st May 2011, the UK government has been forced by the herbalists and patients who use herbal medicine to look for ways to enable the continuing use of herbal medicines. For those who do not quite understand the situation, here is a bit of the background:

Under the regulation stipulated by Directive 2004/24/EC, all herbal medicinal products are required to obtain an authorization to market within the EU. Those products marketed before this legislation came into force can continue to market their product until 30 April 2011, under the transitional measures defined in the Traditional Herbal Medicinal Products Directive. Once this time limit has expired, all herbal medicinal products must have prior authorization before they can be marketed in the EU. Here, authorisation means every herbal medicine product has to obtain a licence before it can be marketed, even the product has been used for centuries in the EU. Prior to this, there was no formal EU wide authorization procedure, so each EU member state regulated these types of products at the national level. As the UK government decided that we are an EU member, we will have to implement this ill-advised regulation.

The HCPC (Health & Care Professions Council) registers and regulates 16 healthcare professions and will be the regulator of the herbalists. According to the HCPC, the sole focus of registration will be to ensure continued consumer access to the herbal products affected by the European Directive and to improve patient safety. Standards for the safe preparation and supply of herbal medicines will be developed. The HCPC would expect to work closely with all relevant stakeholders in the field and will be subject to a public consultation.

The HCPC has not made any decisions about membership of any current registers in the UK which should or should not be accepted as conferring eligibility to come on to the HCPC Register when it opens, and they are unlikely to do this until the legislation has been finalised. In the meantime, they are saying that being a member of a recognised/accepted herbal practitioner's voluntary register can make the registration process easier and less costly, as it would not be necessary to for an individual herbal practitioner to make an grandparenting application.

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While the standard application fee is £53 plus the registration fee of £76, the fee for making a grand parenting application is more than £400 and, if accepted, the yearly registration fee.

As the functions described above are shared between different herbal groups rather than owned by one, they are proposing a function-linked register which will bring together all those who use these products in their practise. Standards will therefore be set for safe and effective practice in performing these functions.

Practitioners who are registered would still be able to use the title that relates to their particular tradition but they would not be able to perform the functions without registration.

The professions the HCPC regulates have at least one protected title which is protected in law. However, with one exception, most of the professions do not have any activities or functions which are protected in law. For example, the title physiotherapist is protected and can only be used by a registered physiotherapist; the activities of physiotherapy can legally be performed by anyone. But herbalists are different. The Government is proposing to link regulation to medicines legislation so that only someone who is registered will legally be able to use unlicensed manufactured herbal medicines or make-up unlicensed herbal medicines in their practise. This Government policy is still being discussed between the herbalists and the HCPC and the Department of Health, but all indications are that this is not going to change.

The Government is very slow in moving forward the regulation of herbalists. As no wholesale, importation and distribution of manufactured herbal medicine products are allowed since 1st May 2011, many herbalists are now running out of ready made herbal products and patients are facing no herbal medicine being prescribed. The herbalists will have to make herbal medicines in their own premises where they practise. It is hope that the Government realises this dire situation and set up the regulation as soon as possible. They have said that consultation will take place soon but we still do not see any signs of that.

Dr Ming Cheng

We remind members of JASH that membership subscriptions are due by January 1st. Please help our Secretary and Treasurer by seeing that your payment is received by them as soon as possible

Shamans of England by Richard Levy

Many us learn about the Shamans of Native America: those healers who honoured the spirits of their land and worked closely with the spirit world and healing. But there are some much closer to home: The Druids.

The native Celtic religions honoured the spirit world and the divine; their priests were the Druids. Druids could be male or female and they were advisors, magicians, diviners and healers. These were the wise men and women who understood the world they lived in and the forces within it.

In mythology it was said that when Atlantis sunk those that escaped split between Britain and America. Though there is no proof of this the similarities between these two cultures are very interesting.

For example both Shaman and Druid were close to the land and its spirits, both engaged with animal spirits as guides and both were relied on as diviners, magicians and healers they would speak directly to the spirits causing illness; these were not considered evil spirits but those fulfilling a purpose. They would commune and find a way to be rid of the spirit. Sometimes they would remove blocks by burning specific herbs or handle energy directly with their bodies, with paints, drumming and chanting.

This ancient wisdom still is with us today: to this day people go to the monoliths of Stonehenge to ask the earth for healing.

Both these cultures lived in harmony with their environment and recognised the symbiosis we have with our 'mother earth' and father sky'. They were did not only work at healing their people but in healing the land and the animal kingdom, they never took too much and always gave back.

The essence of their work concerned balance and they would control their bodies to free their spirit. As healers we know how easily we can bring on our own discomfort and illnesses – through applying this knowledge we can keep ourselves at least mostly healthy. I meet people so often who are considered 'old' and though they have aged they have such vibrancy and life, sometimes capable of more than myself at 26. The generations before me were taught to work hard and keep going, and many of these people I consider friends are fun and keep good spirits – capable of much more than society believes.

'Spiritual power comes from living in a sacred manner. To discipline the body is to feed the spirit' - Druid Saying

As we grow old

As we grow old
We long for the past
When times were more simple
And the pace was less fast.

But give it some thought
And you may realize
That you were more simple
That innocence dies.

So wake up each morning
With this thought in mind
It's the present that matters
If you want peace of mind.

I feel I should add
That it boots to repeat
Time never stops slipping
From under your feet

So live for each moment
As if it's your last
The future's not here
And nor is the past.

Ivor Segal

'INSCRIPTION ON A GARDEN GATE'

In a visitor viewing area On the Island of ARUBA

Pause friend and read before yo enter here. This old stone wall 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.

Pause friend, and strip from out your heart all vanity, all bitterness, all hate.

Quench for this hour, the fewer 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

The Elephant Whisperer

For 12 hours, two herds of wild South African elephants slowly made their way through the Zululand bush until they reached the house of late Author, **Lawrence Anthony**, the conservationist who had saved their lives..



The formerly violent, rogue elephants, destined to be shot a few years ago as pests, had been rescued and rehabilitated by Anthony, who had grown up in the bush and was known as the "Elephant Whisperer."

For two days the herds loitered at Anthony's rural compound on the vast Thula Thula game reserve - to say good-bye to the man they loved. But how did they know he had died March 7th?

Known for his unique ability to calm traumatized elephants, Anthony had become a legend. He is the author of three books, *Baghdad Ark*, detailing his efforts to rescue the animals at Baghdad Zoo during the Iraqi war, the forthcoming *The Last Rhinos*, and his best selling *The Elephant Whisperer*. There are two elephant herds at Thula Thula. According to his son Dylan, both arrived at the Anthony family compound shortly after the author's death.

"They had not visited the house for a year and a half and it must have taken them about 12 hours to make the journey. "The first herd arrived on Sunday and the second herd, a day later. They all hung around for about two days before making their way back into the bush."



Elephants have long been known to mourn their dead. In India, baby elephants often are raised with a boy who will be their lifelong "mahout." The pair develop legendary bonds - and it is not uncommon. So, how after Anthony's death, did the reserve's elephants grazing miles away in distant parts of the park - know?

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The Elephant Whisperer

"A good man died suddenly," says Rabbi Leila Gal Berner, Ph.D., "and from miles and miles away, two herds of elephants, sensing that they had lost a beloved human friend, moved in a solemn, almost 'funereal' procession



to make a call on the bereaved family at the deceased man's home."
"If there ever were a time, when we can truly sense the wondrous 'interconnectedness of all beings,' it is when we reflect on the elephants of Thula Thula. A man's heart stops, and hundreds of elephants' hearts are grieving. This man's oh-so-abundantly loving heart offered healing to these elephants, and now, they came to pay loving homage to their friend."

(Taken from *The Sussex Healer* issue 111)

Read more about this remarkable man, readers can go to:
<http://blog.beliefnet.com/news/2012/Q3/rescued-wild-elephant-herds-inexplicably-gather-to-mourn-lawrence-anthony-south-africas-elephant-whisperer>.

Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio, USA.

“To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most requested column I've ever written. This is something we should all read at least once a week!!! Make sure you read to the end!!!”

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short – enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye But don't worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to be happy. But it's all up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.

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22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words 'In five years, will this matter?'
27. Always choose life.
28. Forgive but don't forget.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative -- dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. Accept what you already have not what you need.
42. The best is yet to come...
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift.

“If you want to have a happy life, add to others happiness as the joy we give, returns into our own hearts”

Submitted by:- Susy Bloomfield - JASH Healer.

Channeling from Menorah Charney – 18.11.12 To her son and to the World

**Menorah summarizes the work of the conference which took place in Tel Aviv
15 - 18 November 2013, and about the war in the South.**

‘Dear son and participants in the conference. I come today in order to light your way and to participate with you on the power of the energies that was built at the conference and thereafter.

This conference was the most powerful that you have ever had, and this we know by the special energy stamp that emerged from the wonderful soul that the group built from the beginning of the conference.

The energy created is a very special energy, with special harmony that we from here did not see at previous conferences. Possibly you felt it. As long as the harmony at the conference, between the participants is stronger and better, so the frequency and vibration of the stamp go higher and higher and their influence continues to spread.

You also know in retrospect, that the timing was not just chosen. The work you did definitely influenced the strength of the forces of light in the war with Hamas. Powers of light, are found in the midst of Hamas, in Gaza, and amongst the Arab population in Israel and in the whole world, and when the forces of light are strengthened, so in parallel are the dark forces that are connected and empower the evil forces, are weakened.

You must understand, that this is not a war of certain people, or of this shooting or that of Hamas. We refer to the overall soul of Hamas, written and directed by the Hamas leaders. You learned from previous messages, that the soul of a nation is highly influenced by that of its leaders.

The Hamas soul is of ancient negative Karma from the days of the Philistines and the nations that lived in Canaan. This Karma actually controls the policy and behavior of Hamas, that prevents them from any ability to go over to a path of peace and harmony.

Can you imagine the actual meaning, of Hamas or other leaders, coming to a decision towards peace and harmony, completely abandoning the way of war? And Hisbolla? Syria? Iran? A position of peace and harmony is the natural position that every person wishes to attain, that every nation wishes to attain. People in those nations with no connection to politics, and have no connection to the centres of national power, are the clean people, people of light, whose only desire is to live their lives in the best possible way, to live in the way of light, peace and harmony. That is the basic nature of every person, whomever he may be. Also in Gaza like everywhere, there are points of light, those people who see in the future, who see the light that they will succeed in attaining for themselves and their dear ones, by building peaceful relations with Israel.

People and leaders, unable to accept the road to peace, love, tolerance, have no place in the coming Age.

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But as you know, the components of the nature of people, in their mental and emotional bodies, do not permit them to make this transition. Thus, the transition of a nation to a position of light, peace and tolerance, can only happen when a new generation of leaders, a generation that will have the courage to revolt, thereby bringing a new approach nourished by the path of light, whilst completely abandoning the road of darkness and the influence of the ego, by going along the path of light, peace and harmony, as this is the only natural way for a person, humanity and Mother Earth.

The war in the South is actually a war between the forces of light that are working on the basis of peace, harmony and love, opposite the forces of darkness with life objectives of power, ego, control, energies that are leading to a place of desolation, of human tragedies, and of negative influence on the whole of humanity, as well as on Mother Earth.

I repeat to you, my children, participants in the conference. Each of you deserves to attain a spiritual uplifting as part of the overall soul of the group. You also certainly understand the connection between personal development, self healing, and brining healing and peace to the whole world – two ends that are inter dependant..

Pay attention to permanently progress to a personal spiritual level, not only by knowledge, but mainly by spiritual behavior. Pass this message on to your friends and all those you know, and when you and all of them will behave like that, then the overall path to peace and harmony between people, nations and Mother Earth, will be clearer and shorter.

The energy stamp of this conference continues to reverberate in the heavens as a glowing soul, made from the group soul of the conference, and continues to influence, even when you as individuals are no longer as a group. It is good also for you to know, that many entities from the heavenly world were at the conference, and especially when you were in a meditative state. These are entities faithful to the army of lightworkers, that come in order to receive responsive energy from your work, as a group, and as individuals.

My son Danny, now you know why you were directed a number of days before the beginning of the fighting, to the Gaza area, being a channel for us, for preparing the energy of Hamas, and the whole of the Gaza area, ahead of this clash between the forces of light and the forces of darkness.

And like the personal conclusions that you reached, it is important for all readers of this to understand; that when you do work like children of humanity, you have no possibility to foresee the reasons, or happenings or foresee the outcome of the work. It is important to go with the internal intuition, the internal ray of light coming from your heart, and simply, do the work.

I hope that these things will help to be an incentive for many readers, to strengthen their personal work, as the bearers of light.

And finally I want to emphasize that you are protected, that the State is protected, the forces of light are gathering power. Be strengthened and pass on to all your friends the message of the light.

Be blessed - *Menorah*

Wishes *by Yetta Powell.*

I believe that wishes do come true (but they do sometimes take their time!) Here's an example. I had been longing and wishing for a cat ever since my beloved cat Chico of 16 years passed away some 3 years ago.

Fiends offered me cats and kittens but somehow it didn't seem the right time, and anyway all my cats (three of them) found me. I never went looking for one.

And then, about 4 months ago I noticed an all black cat crossing my garden and then I saw he had made his home on some old cushions on top of a small shed near my washing line.

Whenever he saw me he would jump down and disappear through a hole in next door's fence.

He was there through all the teeming rain we had, so I felt sorry for him.

Then one day —it was sunny —as I sat on the garden bench he jumped on my lap and cuddled up to me. After that things moved swiftly. "Not in the house," said Maurice. Next thing he was in the house. "Not in the lounge", said Maurice. Next thing he was in the lounge on my favourite chair and then in and out through the cat flap we already had.

Cat food was bought and he became part of the family, and he turned out to be the most gentle loving cat. He wakes me at 7 a m and is always waiting at the front door when we get home.

It turns out that he was chipped and we found his owner and she happily gave him to us.

I called him Raffy after Raphael —angel of healing, because he has such a healing presence.

Now her are some facts about cats from my book 'Animals are Equal'.

In 'Pets and Human Development' Dr Levison points out that pets cause comfort, make us feel needed, teach us patience and self control, kindness and empathy. Children naturally respond to animals and disturbed children benefit from contact with them.

Many cats have healing powers as cat owners well know.

It is said that cats are of 'high vibration' and therefore very good for human beings to be near.

Leadbetter writes that the purring cat sheds drowsy contentment and well being which tends to reproduce itself in human beings about him.

We must admit that cats (also dogs and other animals) demonstrate qualities of unconditional love, patience and devotion that we humans would do well to emulate.

We are so fortunate, that our world is full of animals.

Emotional Freedom Technique (EFT)

Emotional Freedom Technique (EFT) is an emotional healing technique first created by US psychologist Roger Callahan. Callahan discovered that the stimulation of acupuncture/energy points could provide psychological relief for anxious patients.

Gary Craig, who studied with Callahan, identified a set of 'all purpose' points which could be applied to treat any emotional problems. He called this the Emotional Freedom Technique and achieved very positive results with a wide range of problems.

Essentially EFT contends that the cause of all negative emotions is a disruption of the body's energy system. When the body and mind are in perfect balance our Chi or energy flows largely uninterrupted around our body via our energy meridians, chakra system and through all the major organs. We generally feel calm and good in ourselves.

When we experience anxiety, fear, compulsion or a phobic attack, the body responds in a negative way to the situation or event and the nervous system begins to over react. Such responses as hyperventilation, sweating, and tachycardia (unusually rapid heart beat) are experienced (panic attack). As a result the Chi or energy flow is interrupted between the acupuncture points. The brain registers this response and stores it away in the memory of the subconscious. The body, then seemingly returns to its normal energy flow. When this attack or a similar attack occurs again, the brain remembers the first sensitising response and reintroduces the memory, thereby compounding the negative response and interrupting the energy flow again. If this experience is repeated the negative or irrational response is even more compounded and quite often it can develop into a phobia.

During the application of EFT, the memory of the negative response is briefly encouraged by asking the respondent to imagine what it would feel like to be experiencing the issue at this moment. This is usually quite easy to imagine but in some cases further assistance will be needed from an experienced practitioner. The energy system then becomes blocked and the body experiences negative response. Because of the strength of the response due to the repeated reinforcement of the negative reaction the conscious mind finds it extremely difficult, and at times impossible, to control the body's responses. By introducing a positive affirmation (usually chosen by the recipient under the guidance of the practitioner), tapping the various acupuncture points, and mildly disorientating and refocusing the conscious mind, the negative emotional charge is released and replaced by the positive statement. Although the memory of the initial event remains, it is generally devoid of the negative response and the energy flows freely again. In some cases the result is immediate, whereas in others it is gradual and the process has to be repeated.

Whilst EFT is not a therapy in itself, it is an excellent asset for any therapist to utilise. It has been successfully applied to treat a wide range of emotional problems and issues such as anxiety, fears, phobias, trauma,

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Continued from page 14 **Emotional Freedom Technique (EFT)**

Whilst EFT is not a therapy in itself, it is an excellent asset for any therapist to utilise. It has been successfully applied to treat a wide range of emotional problems and issues such as anxiety, fears, phobias, trauma, Post Traumatic Stress Disorder, grief, anger, guilt etc. In relationships, EFT can help by reducing emotional upsets which often have their origins in the past. It can also be applied to enhance sports performance by neutralising negative beliefs, etc..

One of the difficulties that may be encountered when applying the technique to another person is that some people may well have a resistance to the apparent invasion of the tapping on the acupuncture points, some of which are positioned in more vulnerable areas of the body such as the face, chest and armpit area. However, if a clear and accurate explanation of the procedure is given before commencing, most recipients manage to overcome this and welcome the process.

One of the advantages of EFT is that it is relatively easy to learn the approach, enabling people to help themselves with more simple problems. However some issues require persistence over a period of time. A lack of progress often indicates that the issue is more complex and requires the intervention of a skilled, trained therapist. It is most important to be as specific as possible when trying to ascertain the actual cause of the problem. For example, most people would like to have a better "self image" but don't realise that the cause of low self image could be due to a number of specific issues (e.g. memories of abuse, rejection, failure and fears of various kinds).

Adverse effects are extremely rare and if any emotional intensity or abreaction occurs in treatment it is often the manifestation of a previous or underlying problem. Whilst this technique has achieved some excellent results it should not be seen as a substitute for appropriate medical care.

It must be understood however, that EFT is not a panacea for all things and does not suit everyone. Like most therapies it is "person specific" and it is not accepted by all people. Some problems reappear and this is usually caused by different aspects of the original problem showing up at a later time. An experienced practitioner will recognise this and reapply the technique to address the new aspect.

As with all problems however, the best treatment is to avoid the psychological build up of negative responses by releasing the energy block as it occurs. This can be done by sharing, expressing physically, responding rationally or if possible avoiding the cause of the response.

As a complementary therapist I have used it successfully to help with pain memory, fear of needles (during acupuncture, cannulisation and injections, phobias, public speaking, traumatic shock, grief, self esteem and confidence and many other minor applications.

Vedant Wood - Jash Healer.



Yoga for the respiratory system By Anne Combrinck

As Long as there is *breath in the body, there is life.*

When breath departs, so too does life. Therefore regulate the breath!

The *Hatha Yoga Pradipika* is an ancient text describing some yoga *asana*, *pranayama* and meditation techniques. Yogis base life span on the number of breaths that a human being breathes. It is said that each of us has been allocated a certain number of breaths and it is up to us how we use them! Therefore it is important that we breathe correctly, which is slowly and deeply. Yoga teaches many different breathing exercises, which help to strengthen the lung tissue and the rest of the breathing apparatus within the body, as well as keeping the immune system healthy and strong. This helps to prevent colds and coughs during the colder months and during changes in season. If a yoga practitioner does contract a virus, his immune system is better able to deal with it efficiently. The infection time and intensity is normally reduced.

Most yoga practice is based on Patanjali's *Yoga Sutras*, which is a text written by the sage Patanjali, a few hundred years BC. In chapter 2 of this text, Patanjali talks about the 8 limbs of yoga, called *ashtanga*. These 8 limbs, sometimes referred to as steps, include not only the bodywork (*asanas*), but also *pranayama* (breathing), meditation and lifestyle management. It is adherence to all these factors combined that keeps the whole body, including the respiratory system, working optimally.

The first 2 limbs of *ashtanga yoga* are *Yama* and *Niyama*, which are similar to the 10 commandments of the Bible and give guidance on how to live a clean, moral and valued life. They are eternal and universal principles and cover various aspects such as *ahimsa* (non-violence), meaning that we should not harm others, animals, the environment, or ourselves. Inhaling pollutants such as cigarette smoke, drugs, polluted air, among others is harmful to the lungs and respiratory system as well as to the brain, nervous system and the whole body. They should be avoided at all costs. *Sauca*, namely cleanliness, keeping our bodies, minds and surroundings clean and pure, in other words physical, mental and spiritual hygiene; and *santosha*, namely contentment, remaining cheerful with a balanced mind are 2 others that come to mind in this context.

The next 2 limbs are *asana* (postures) and *pranayama* (mostly breathing exercises) and the remaining 4 are to do with stilling the mind to reach meditation and ultimately freedom.

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Yoga For The Respiratory System

A yogi, one who practices yoga, applies all of these 8 aspects to his daily life and hence he or she lives a lifestyle conducive to maintaining health and well being.

The *asanas* help to strengthen the breathing apparatus and muscles of the diaphragm, rib cage and torso. They also keep this area of the body mobile and flexible which means that deep full breathing can take place. *Pranayama*, which includes various breathing exercises, strengthens the respiratory system and improves lung capacity. Remember that the 'tubes' that take the air into the lungs also consist of muscular tissue and the more they are exercised the more efficient the breathing. If there is a good supply of air entering the lungs there is a good transfer of oxygen to the bloodstream, which is then taken around the body to all cells, tissues, organs, etc.

Here is a simple pranayama practice to stimulate the breathing muscles and increase lung capacity

Stand upright with the feet beneath the hips, arms at the sides. Start exhaling the air from the lungs as you slowly roll the upper body down towards the floor bending the knees slightly if needed. The arms will fall towards the floor. As you start inhaling, roll the body up and at the same time bring the arms up so that the hands are together in front of the body, elbows outwards. Continue the inhalation until the arms are extended overhead, and form a Y-shape. The lungs will be full to capacity. Repeat, exhaling as you again slowly roll towards the floor, bringing the hands down in front of the body again. This exercise can be repeated 3 - 6 times. Two, or three or more times a day on a regular basis ---it is most beneficial.

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SUCCESS by Gloria Gersten

Success is the ability to have enough love, skills, faith, self-respect, and self esteem so that you can sustain yourself and your needs; then you can reach out to help others in a loving way. It means filling your mind, body, and spirit with healthy nourishment, beautiful thoughts and noble deeds.

Success means being sincere, strong, and sound in your convictions, your efforts, your desires, and your dreams. It is the ability to laugh and cry with another; it is the ability to commune with nature.

Success means not quite reaching the top of the mountain, but never stopping the climb.

Success means leaving your mark in some way to benefit mankind and and having received personal joy and zest in living. To have achieved this is to have walked with God.

Until My Eternal Home

As the shadows of age descend upon me
And my days are closing in,
Have I learned or even done enough?
Have I lived my life without sin?

Have I judged another, right or wrong?
Have I stood within their space?
Have I cared or listened to their woes?
Then lifted their hearts with grace.

Will I ever be who I long to be?
And give all I have to give.
Will I ever see what I came to see?
And live how I'm meant to live.

I cannot judge another's soul
Unless I have judged my own,
So, must tread more carefully
Till my eternal home.

Sheila Goldsmith, JASH HEALER

"You are goodness and mercy and compassion and understanding. You are peace and joy and light. You are forgiveness and patience, strength and courage, a helper in time of need, a comforter in time of sorrow, a healer in time of injury, a teacher in times of confusion. You are the deepest wisdom and the highest truth; the greatest peace and the grandest love. You are these things. And in moments of your life you have known yourself as these things. Choose now to know yourself as these things always."

—*Conversations with God - Book 1*
by Neale Donald Walsch

Smile, ---enjoy being with them, play with them, adore them, but don't mess with children ...

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head. Looking at her mother inquisitively she asked, 'Why are some of your hairs white, Mum?' Her mother replied, 'Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white.' The little girl thought about this revelation for a while and then said, 'Mummy, how come ALL of grandma's hairs are white?'

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small. However the little girl insisted that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; that it was physically impossible. Undaunted, the little girl said, 'When I get to heaven I will ask Jonah'. The teacher asked, 'What if Jonah went to hell?' The little girl replied, 'Then you ask him'.

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to 'honour' thy Father and thy Mother, she asked, 'Is there a commandment that teaches us how to treat our brothers and sisters?' From the back, one little boy (the oldest of a family) answered, 'Thou shall not kill.'

The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture. 'Just think how nice it will be to look at it when you are all grown up and say, 'There's Jennifer, she's a lawyer,' or 'That's Michael, he's a doctor.' Suddenly a small voice at the back of the room rang out, 'And there's the teacher, she's dead.'

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: 'Take only ONE. God is watching.' Moving further along the lunch line, at the other end of the table was a tray of chocolate bars. There, a child had written another note, 'Take all you want. God is watching the apples...'

Submitted by David Passes.

'Time has been transformed, and we have changed; it has advanced and set us in motion; it has unveiled its face, inspiring us with bewilderment and exhilaration.'

Kahil Gibran.

DE-STRESS . . . *Naturally*

by **Daleen Totten** - in consultation with **Professor Majid Ali**

DO YOU HAVE 15 ways to fill every minute of your day?

Do you swallow without tasting, touch without feeling and look without discerning?

Dr Richard Restak, clinical professor of neurology at George Washington Medical Center, says: 'Our minds were not designed for the kind of sensory overload that comes with modern living. We're built for the fight-or-flight response to stress, but we're also built to need time to recover from it. Doing without that, lessens our ability to fight off disease and takes a toll on energy levels and vitality.'

A cave man would have experienced stress facing a lion, but he probably would not have undergone any more trauma for a few weeks. In contrast, when our stressful day, whatever we do, is over, we still have to face the traffic and shopping centres!

Chronic stress can interfere with many bodily functions such as digestion, immunity and circulation.

Professor Majid Ali (President of Medicine from Capital University of Integrative Medicine, Washington and Editor of the *Journal of Integrative Medicine*) uses the following vitamins, minerals and herbal protocols to correct the abnormal chemistry of stress in patients in his clinical practice.

He advises against readers attempting to manage their specific health disorders on their own and strongly urges them to obtain advice from an experienced professional.

First and foremost, it is important to use herbs in moderate doses and in rotation. All herbs become drugs if used in large doses and for long periods of time. Indeed, historically most drugs were isolated from herb and plant sources. • **Vitamins B complex and C** play essential roles in stress-response chemistry.

- **Valerian root** in doses of 400 - 1 000 mg taken at bedtime enhances quality of sleep. For patients with severe stress, anxiety and depression, Professor Ali prescribes 400 - 500 mg to be taken two or three times during the day. If necessary, he adds **melatonin** in doses of 1.5 - 10 mg to promote restorative sleep.
- **Chamomile** taken as tea or in capsule form is helpful in chronic stress and anxiety states. It may be safely added to prescriptions for valerian.

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DE-STRESS Naturally

He usually prescribes two cups of tea or a capsule containing 250 - 400 mg once or twice daily.

- **St John's wort** and **ginkgo biloba** in doses of 250 - 500 mg, two or three times a day, are valuable additions to his total programme for the management of unrelenting chronic stress and depression.

- **Passion flower, catnip** and **skullcap** are mild herbs that have been used extensively for managing irritability, anxiety and stress.

Professor Ali sometimes prescribes these herbs in combination and rotates with others described above.

- **Anise (licorice)** is useful for adrenal support. However, this herb should only be used under close supervision of an experienced clinician, especially when taken by people with a history of high blood pressure.

Hormonal imbalances almost always occur in chronic stress. According to Professor Ali oestrogenic overload is one of the primary health hazards facing American women. I'm sure this is the case for other women as well.

- **Folic acid** is recommended to prevent troublesome hot flushes and other oestrogen-related symptoms in dosages of 10-15 mg daily.

- A natural progesterone preparation, such as one derived from **Mexican wild yam** is valuable for providing a counterbalance to oestrogenic overload. Professor Ali usually recommends the application of 1/4 to 1/3 of a teaspoon of natural progesterone cream to the skin of the upper chest or face at bedtime for a period of 2 weeks before the menstrual period. For post-menopausal women, he recommends the use of progesterone cream during the last 2 weeks of the month.

Exercise is a great way to de-stress. If you've been inactive for a long period, start walking. You'll find that your energy levels increase and you will sleep better too! Gardening reduces tension and helps to restore emotional and physical health. Visit places that make you feel at home in the world. Remember that physical touch is often a primary treatment for stress, as touch works on so many levels. Be mindful of managing your stress levels all year round and not only during the holidays.

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‘All truth passes through three stages. First it is ridiculed. Second it is violently opposed. Third it is accepted as being self-evident.’

Arthur Schopenhauer.

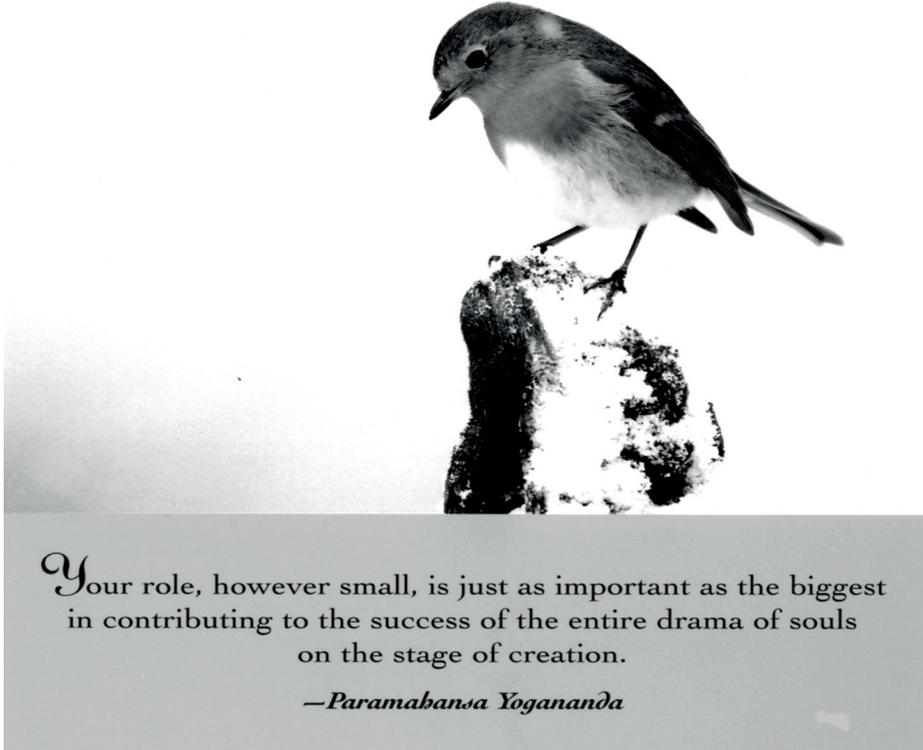
Social and Personal ...

Congratulations to the Duke and Duchess of Cambridge who are expecting their first child.

We also send our best wishes for a speedy and complete recovery to Gerald Cane who was JASH Treasurer for 40 years. He underwent heart by-pass surgery and heart valve replacement 6 weeks ago and is doing very well.

JASH was represented at the Gateway 2 Wellbeing show in Elstree, Sunday 18th November 2012, the stand we had was manned by our Chairman and other JASH healers throughout many members of the public received healing during the show and got to know about the work that we do.

Do let us have information for inclusion in .



TIPS ON HEALING FOOD ... *From www.NaturalNews.com -USA*

(Remember ... Always check with your doctor and use common sense, when experimenting with your health)

Could hot cocoa be the next 'wonder drug' for High Blood pressure?

According to recent estimates, nearly 1-in-3 American adults has high blood pressure, but for the Kuna Indians living on a group of islands off the Caribbean coast of Panama, hypertension doesn't even exist. In fact, after the age 60, the average blood pressure for Kuna Indian islanders is a perfect 110/77. Is it because they eat less salt? No. Kuna Indians eat as much, if not more salt than people in the US. Is it due to genes? No. Kuna Indians who move away from the islands are just as likely to suffer from high blood pressure as anyone else! So, what makes these folks practically immune to hypertension - and lets them enjoy much lower death rates from heart attacks, strokes, diabetes and cancer?

Harvard researchers were stunned to discover it's because they drink about 5 cups of cocoa each day. That's right, cocoa!

Studies show that flavonols in cocoa stimulate your bodies production of nitric oxide - boosting blood flow to your heart, brain and other organs. In fact, one study found cocoa thins your blood just as well as low-dose aspirin. But that's not all. A Harvard Medical School professor claims cocoa can also treat blocked arteries, congestive heart failure, stroke, dementia, even impotence!

Painless cholesterol cure works in just 7 days -

Want to lower your cholesterol so fast it'll make your head spin? Well, it's a breeze, just eat guacamole - (avocado) or any dish containing avocados!

Most health experts and nutritionists will tell you this rich, delicious Mexican dish is BANNED from any cholesterol-watcher's menu. But not Dr Steven Pratt. That's because new research shows eating avocados can lower your cholesterol even faster than drugs And without the side effects! One study found after just 7 days on a diet including avocados, LDL ('bad') cholesterol and triglyceride levels dropped by 22%. Meanwhile HDL ('good') cholesterol shot up 11% - something most cholesterol-lowering drugs won't do!

The cinnamon cure for high blood sugar.

Sprinkle a little cinnamon on your toast, cereal, oatmeal or sliced apples. It not only tastes good, it lowers your blood sugar. In a recent study, people reduced their blood sugar levels by as much as 29% in just 40 days. That's with NO drugs, NO diet changes - just plain old cinnamon!

The fat that blasts away cancer.

You've been told that cancer runs in families. You've been told what to eat and what not to eat - including LESS fat.

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TIPS ON HEALING FOOD

You've been told what to eat and what not to eat - including LESS fat. Yet, Dr Steven Pratt says there's one fat you should eat MORE of. It's the monounsaturated fat called oleic acid, found in olive oil. It comes as no surprise. After all, olive oil is a staple of the Mediterranean diet, and people in Spain and Greece are far less likely to develop cancer than in the US.

But what's really interesting is how olive oil not only prevents cancer, it blasts away cancer cells that already exist. So, if you're even the slightest bit worried about cancer, this is one Super Food you don't want to be without!

Knock out an ulcer with broccoli?

About 25 million Americans will suffer from a peptic ulcer at some point in their lives. To get rid of the ulcers, most will take an antibiotic like amoxicillin. Pretty tame stuff, right? Wrong! Amoxicillin can bring with it unwanted side effects like fever, nausea, stomach pain, diarrhoea, headache, even a yucky condition called 'hairy tongue'! And if you think that is bad, according to the Centres for Disease Control (CDC), the cost of treating an ulcer with antibiotics over an average 17-day period can run up to \$1,000.

Fortunately, there's one unconventional treatment with NO side effects Dr Pratt swears by. "Eat broccoli", he says. Why? Broccoli contains a remarkably potent compound called sulforaphane, that kills off the *Helicobacter Pylori* bacteria that cause most ulcers. Not only can it knock out an ulcer, eating one serving a day for a month will cost you very little a fraction of the cost of drugs.

New prostate-protecting champ trumps tomatoes!

Unless you've been asleep under a rock for the past decade, you've heard the news about tomatoes. They contain a potent antioxidant called lycopene that's been proven to reduce the risk of certain cancers - in particular, prostate cancer. A famous Harvard study back in 1995 found that out of 48,000 men surveyed, those who ate 10 or more servings of tomatoes a week reduced their risk of prostate cancer by more than one-third. What's more, they lowered their risk of aggressive prostate tumours (the kind that are really tough to treat) by HALF! But before you reach for that slice of pizza or bottle of ketchup, listen up. What if I told you about a sweet, refreshing food Dr Steven Pratt recommends that's even better for your prostate than tomatoes?

This NEW prostate protecting champ is watermelon! Ounce for ounce, watermelon is even richer in lycopene than tomatoes. And since you probably eat more watermelon in one sitting than you do tomatoes, you don't have to gorge on it 10 times a week in order to slash your cancer risk! Just a few times a week should do it.

Reprinted by permission from Issue 109 of The Sussex Healer.

Why are we here ?

We are here to love, we are here to learn, we are here to be
And remember that our sojourn is but temporary
Yes, there will be anguish, sorrow, but joy too,
For to experience happiness is up to you.

We look in all directions 'til we're weak and worn
But joy's within us always from the day we're born
The love that flows within us so abundantly free
Just let it flow to all, whoever they may be.

Give love to friends and strangers, everyone you meet
The small child crying, bent old lady in the street
Your wife, your husband, children, family
Just everyone needs love so desperately.

Give love to animals who give us so much
Give love with words, a smile, a look, a touch
Give love with hugs and kisses, laughter too
And please remember to give love to you

Love must be sincere and given free
A thousand fold returning you will see.
© *Y. P.*

Who am I?

Who am I? A person who is given an opportunity to exist, to be.
Your life is a book with many pages, but all blank, and you have a pen.
Write in this book what you want to write, but do so carefully.
Be articulate, but place your commas well, because space is needed in life.
Respect your full stops. Don't put too many and don't put too few. In every paragraph of life, resolve all conflicts. Make it read well, because this is your book.

Prem Rawat.

Venues where members of J.A.S.H. Practice healing

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56, Chase Side, Southgate, N14 5PA**

Contact Francine 07956 261 738

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Also available by appointment

PINNER VILLAGE HEALING CENTRE

**Pinner Village Hall, Chapel Lane, Pinner, HA5 1BA
(rear of car park)**

Contact Steve 0208 866 9332

Thursdays 2.00 pm - 4.30 pm

STANMORE HEALING CENTRE

Glebe Hall, Glebe Road, Stanmore, HA7 4EL

Contact Bernard 0208 958 9565

or

Steve 0208 866 9332

Wednesday 7.00 pm - 9.00 pm

RAINBOW HEALING CENTRE NORTHWOOD

St. Johns Church, Hallowell Road, Northwood, HA6 1DN

Contact Pat 0208 866 9084

or

Vedant 0208 863 0261

Wednesday 2 pm – 4.15 pm

Quotes to inspire

"Until one has loved an animal,
part of their soul remains un awakened."

*May you always have love to share,
Health to spare, And friends that care*

‘Darkness may reign in a cave for thousands of years, but
bring in light, and the darkness vanishes as though it had
never been.

Similarly, no matter what your defects, they are no longer
when you bring in the light of goodness.’

PARAMHANSA YOGANANDA.

‘He who knows best knows how little he knows.’

THOMAS JEFFERSON.

‘Holding anger is like grasping a hot coal with the intent of
throwing it at someone else; but you are the one who gets
burned.’

BUDDHA

‘A loving heart is the beginning of all knowledge.’

THOMAS CARLYLE.

‘Though we travel the world over to find the beautiful, we
must carry it with us or we find it not.’

RALPH WALDO EMERSON.

*‘Being deeply loved by someone gives you strength,
while loving someone deeply gives you courage.’*

LAO TZU.

"Never doubt that a small group of thoughtful, committed
citizens can change the world. Indeed, it is the only thing
that ever has."

MARGARET MEAD.

