

News & Views



Winter 2018

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**THE JEWISH ASSOCIATION OF SPIRITUAL
HEALERS** (non denominational)

**A HEALING ORGANISATION FOR PEOPLE OF ALL
FAITHS**

Registered Charity No. 275081

**FOUNDER MEMBER OF THE BRITISH ALLIANCE OF
HEALING ASSOCIATIONS**

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Committee for 2018/2019

Francine Benjamin, Harry Luck,

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

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Chairman's report

Welcome to the winter edition of News and Views, where I take this opportunity to wish you all, on behalf of your committee, a happy Chanukah and seasonal greetings for a happy and healthy 2019. Please remember to renew your subscription to the Jewish Association of Spiritual Healers as near to 1st January as possible, in order to save our Secretary and Treasurer the headache of having to send out reminders.

The British Alliance of Healing Associations held its Annual General Meeting in September where Sheila Holmes remains as Chair, David Holmes was re-instated as Secretary, Jim Perkins remains as Treasurer although he feels that it would be helpful if somebody could shadow him as he is thinking of retiring in the not too distant future, any volunteers, please contact David Holmes secretaryforbaha@gmail.com . Clive Lambie, Chris Reeves, Tony Gillett and myself continue to make up the remaining members of the Executive Committee. JASH is just one of the 39 organisations within BAHA representing around 2,000 healers.

The Healing Trust held their AGM the following week, where Helen Beck stepped down from being Chair, allowing Gillian Clark to become the new Chair.

The Healing Awareness week, promoted by BAHA, UK Healers, Confederation of Healing Organisations and the Spiritualist National Union will take place 6th to the 12th May 2019 as stated in my last report, this is just a reminder!

I thank our committee for their time and expertise in keeping JASH at the forefront of the healing movement.

Dear Friends

“Dear friends around the world, the events of this day cause every thinking person to stop their daily lives, whatever is going on in them, and to ponder deeply the larger questions of life. We search again not only for the meaning of life, but the purpose of our individual and collective experience as we have created it and we look earnestly for ways in which we might recreate ourselves anew as a human species, so that we will never treat each other this way again. The hour has come for us to demonstrate at the highest level our most extraordinary thought about who we really are.

There are two possible responses to what has occurred today. The first comes from love, the second from fear. If we come from fear we may panic and do things, as individuals and as nations, that could only cause further damage. If we come from love, we will find refuge and strength, even as we provide it to others. This is the moment of your ministry. This is the time of teaching. What you teach at this time, through your every word and action right now, will remain as indelible lessons in the hearts and minds of those whose lives you touch, both now, and for years to come. We will set the course for tomorrow, today. At this hour. In this moment. Let us seek not to pinpoint blame, but to pinpoint cause. Unless we take this time to look at the cause of our experience, we will never remove ourselves from the experience it creates. Instead, we will forever live in fear of retribution from those within the human family who feel aggrieved, and likewise, seek retribution from them.

To us the reasons are clear. We have not learned the most basic human lessons. We have not remembered the most basic human truths. We have not understood the most basic spiritual wisdom. In short, we have not been listening to God, and because we have not, we watch ourselves do ungodly things.

The message we hear from all sources of truth is clear: We are all one. That is a message the human race has largely ignored. Forgetting this truth is the only cause of hatred and war, and the way to remember is simply: Love, this and every moment. If we could love even those who have attacked us, and seek to understand why they have done so, what then would be our response? Yet if we meet negativity with negativity, rage with rage, attack with attack, what then will be the outcome?

These are the questions that are placed before the human race today. They are questions that we have failed to answer for thousands of years. Failure to answer them now could eliminate the need to answer them at all. If we want the beauty of the world that we have CO-created to be experienced by our children and our children's children, we will have to become spiritual activists right here, right now and cause that to happen. We must choose to be at cause in the matter. So, talk with God today. Ask God for help, for counsel and advice, for insight and for strength, for inner peace and for deep wisdom. Ask God on this day to show us how to show up in the world in a way that will cause the world itself to change and join all those people round the world who are praying right now, adding your Light to the Light that dispels all fear. That is the challenge that is placed before every thinking person today. Today the human soul asks the question: What can I do to preserve the beauty and wonder of our world and to eliminate the anger and hatred and the disparity that inevitably causes it in that part of the world which I touch?

Please seek to answer that question today, with all the magnificence that is YOU. What can you do TODAY... this very moment? A central teaching in most spiritual traditions is: What you wish to experience, provide for another. Look to see, now, what it is you wish to experience, in your own life, and in the world. Then see if

there is another for whom you may be the source of that.
If you wish to experience peace, provide peace for another.
If you wish to know that you are safe, cause others to
know that they are safe.

If you wish to better understand seemingly
incomprehensible things, help another to better
understand.

If you wish to heal you own sadness or anger, seek to heal
the sadness or anger of another. Those others are waiting
for you now. They are looking to you for guidance, for help,
for courage, for strength, for understanding and for
assurance at this hour.

Most of all, they are looking to you for love.

My religion is very simple. My religion is kindness.

Dalai Lam

Looking at the atrocities around the world on a daily basis,
especially where places of worship are attacked for
example, one wonders if man will ever learn to live in
peace with his/her fellow man/woman!

PEACE

The warmth and love, the being, the peace.

It is not in some distant space.

You do not need to only dream.

Such wonder is within you.

The power of peace.

Quiet your mind's talk, go deep in your soul
and feel it there.

PEACE

Danielle AuraSkie Knight-Barrie

The Rainbow Healing Centre

The Rainbow Healing Centre is affiliated to JASH. We have been offering healing for over thirty years, and are still helping people from all walks of life. During this time we have established a regular two year professional spiritual healing course.

In the early years, myself and Vedant Wood offered healing at the centre. We helped many students to enjoy the skills of giving healing. Vedant worked at St. Luke's Hospice during these years where he used his many complementary talents alongside healing to help the clients. His life's journey and work have taken him farther afield, we miss his great presence and wish him all the very best for the future.

The later years we have continued the healing courses. Again, myself and my colleagues Karen and June, are enjoying the transformation taking place within our new healers, and students. We as healers, have a great capacity to share our love and intent.

The gentle, but powerful energy of spiritual healing has no boundaries. Along with patient listening, not judging, and support. Many clients have benefitted as they journey through life. Our honest, and open approach, is that we cannot offer any guarantees. But we do say. "We will do our very best to help you."

If you would like to meet us and try healing for the first time. Take those small brave steps and sample the relaxing peace that healing offers you and as many clients have shared with us on their next visit "A really good night's sleep." Both centres are non-denominational

surviving only by donations towards paying the rent.

If you feel that you are drawn to learning the art of spiritual healing, please contact us. We are non-denominational. Our courses run one Sunday a month. For more information about our courses contact Pattie on 07905221640.

The Rainbow Healing Centre is open Wednesdays. 2-5 pm At St Johns Church, Hallowell Road, Northwood, HA6 1DN, contact Pattie on 07905221640.

Angel Quest Healing Centre is open every Thursday evening. 7-9 pm in the Community Centre, Falconer Road, Bushey, WD23 3AD, contact June 07796914830 or Karen 07866048086.

Pattie Greenberg member of JASH.

ISRAELI TITBITS

The US semi-conductor giant Intel Corp has confirmed plans to invest into extending its Kiryat Gat production plant through to 2020. As part of the plan Intel will buy over NIS \$3 billion worth of products from local suppliers and employ an additional 250 people. It is an important strategic investment for Israel and the first significant investment by a multinational in Israel since President Trump's tax reforms.

Researchers at Ben Gurion University of the Negev, Cincinnati Children's Hospital Medical Centre, and Hadassah Medical Centre in Jerusalem, have developed software to predict blood pressure instability in intensive care patients. The software monitors vital signs and applies algorithms to predict impending episodes of haemodynamic instability such as haemorrhagic shock, potentially up to several hours before symptoms first

appear on currently available monitoring systems. Haemodynamic instability is considered to be one of the most critical events that require effective and prompt intervention in intensive care patients.

Medial EarlySign, an Israeli start-up, has developed machine learning - based software that analyses standard blood test results to identify patients at high risk of colon cancer. The product called ColonFlag does not directly diagnose colon cancer, but is currently being used to flag patients at high risk of the cancer, enabling the system to be proactive in getting those patients tested. It can tell health providers which patients to focus on, which patients would benefit from an early intervention and how best to do this.

Researchers at the Hebrew University of Jerusalem said they have developed a new biological drug that had a 50% cure rate for lab mice with acute leukaemia. Acute myeloid leukaemia is one of the most aggressive cancers but there has been little encouraging news for patients for the last 40 years until this development. The rights to the molecule have been taken over by US Pharma firm BioTheryX with whom the researchers will continue to work to further develop the medication and apply for FDA approval or phase 1 clinical trial studies on humans.

PepsiCo Inc is acquiring Israel's SodaStream for \$3.2 million in cash. PepsiCo chairman said that PepsiCo and Sodastream are an inspired match. The Israeli company makes great tasting beverages while reducing the amount of waste generated which is in line with PepsiCo's philosophy of making more nutritious products while limiting the environmental footprint.

The US Food and Drug Administration has given the green light to Jerusalem based Brainsway Limited to market, in the US, its non-invasive medical device for obsessive compulsive disorder. Brainsway's technology uses Deep Transcranial Magnetic Stimulation (TMS) to stimulate nerve cells in the brain to treat the disorder. The FDA permitted the marketing of TMS as a treatment for major depression in 2008, and expanded the use to include treating pain associated with certain migraine headaches in 2013.

A private Israeli hospital in Haifa will start to use IceCure Medical Ltd's tumour freezing technology within the next few months to fight benign breast tumours and cancerous kidney tumours without the need for surgery. In May IceCure reported the results of a breast cancer trial that showed a low rate of cancer recurrence after treatment. The trial conducted in 18 clinics in the US consisted of 146 patients with low-risk breast cancer, with only one patient showing a recurrence of cancer after treatment. 76% of patients returned to full daily activities 48 hours after treatment and 95% of patients and doctors reported satisfaction with the cosmetic results.

US army veterans can now get a smoother ride on their wheelchairs thanks to technology developed by a Tel Aviv start-up that is giving a high tech twist to the wheel. The US Department of Veterans Affairs has already approved the supply of 361 wheelchairs fitted with wheels developed by SoftWheel, which have a flexible shock absorption system built into the wheel, allowing better stability and smoother ride. An additional 1639 wheelchairs will soon make their way to other US veterans, as part of a deal to supply 2000 sets of wheels over a 3 year period.

The Israel Innovation Authority, the Ministry of Economy and Industry, and the National Cyber Directorate, have announced a new \$24 million, 3 year programme to boost Israel's cyber industry. The funds will be earmarked to support long-term ground-breaking new technologies that have significant potential to influence the global market and add to the future foundation of the industry in Israel.

The Northern Health Science Alliance (NHSA), a healthcare partnership across the North of England that unites hospitals, academic science networks and residents, have signed a memorandum of understanding with the UK Israel Tech Hub to bring Israeli health and medical technology innovations to the North of England. The accord will support Israeli healthcare companies that set up research and activities in the North of England.

A group of researchers at Ben Gurion University of the Negev have developed a new molecule that they say inhibits the growth of cancer cells and also re-programmes them to be non-cancerous. The new treatment is based on inhibiting the production of a protein of which highly increased levels are found in many solid and non-solid tumours. This protein regulates the mitochondria that control cell metabolism, and cancer cells are known to have a very active metabolism. The researchers thus developed a molecule, which when applied to the cells, was found to stop the growth of cancer cells. When applied to mice with tumours, it not only caused the tumour to shrink but the cells returned to their normal state.

Researchers at Tel Aviv University say they may have found the basis of what could become a treatment for the devastating neurodegenerative Lou Gehrig disease, or amyotrophic lateral sclerosis (ALS) which causes muscles

to atrophy and produces permanent disability in patients. There is no cure, at the moment, for the illness and life expectancy averages 2-5 years from diagnosis. Their research highlights, for the first time, the importance of toxic muscle-secreting molecules in the pathology of ALS. Whilst not a cure it certainly moves the field forward and may be the basis of a future drug.

Dutch consumer electronics giant Philips Electronics NV have signed an accord to buy EDP Solutions, an Israeli maker of cardiac imaging and navigation systems for the treatment of heart disorders. EDP Solutions, based in Caesarea, has developed technology that allows image-guided procedures to treat cardiac arrhythmias and heart rhythm disorders. EDP's cardiac imaging and navigation system helps electro-physiologists to find their way to the heart, creating detailed 3D images, while also monitoring the location of catheters during procedures to detect and treat cardiac arrhythmias.

Fiddling with your phone is generally frowned upon at a Broadway show but a new app for your smartphone encourages you to do just that. The GalaPro app, created by Herzliya based start-up Gala Prompter, provides smartphone users with multilingual subtitles, dubbing and amplification services, allowing theatre lovers, especially those who are vision or hearing challenged, or who don't speak English, to follow what is happening on stage. According to agreements with theatre organisations, its services will be made available at all Broadway theatres by the end of 2018.

The start-up nation is taking aim at helping the elderly make the most of their increased life expectancy with what is a 'first ever' Innovation Lab designed to boost

technologies to meet the challenges facing senior citizens. The recently completed lab in Beersheva will simulate the living environments of seniors, enabling start-ups to test their developing technologies in a real life environment. The so-called living lab offers a fully furnished home with a bedroom, a living room, and a kitchen.

The US Food and Drug Administration has approved a first-of-its-kind nasal implant that aims to dramatically reduce the number of operations for millions who suffer from chronic sinusitis, or inflamed sinuses. STS Medical Ltd, an Israeli company of the Trendlines Group Ltd, has developed a self-expanding tube that can be inserted into the nasal passage to prevent common post-surgical complications such as inflammation and scarring.

Italy's energy giant Enel is partnering with Israeli drone-developing start-up Percepto to use its Sparrow drone system, which has the ability to be fully autonomous, to oversee operations and maintenance at one of its power plants in northern Italy. Powered by computer vision and AI technology, the Sparrow drone carries a payload of regular and night vision cameras enabling 24 hour operation, including the collection of aerial video, snapshots and data that can be transmitted to Enel personnel in real time. The drone will fly in automatic mode under the supervision of an operator who can take control at any time.

City Transformer, based in the moshav of Kfar Netter is seeking to ease traffic jams by creating a car that can constrict or expand according to need. The vehicle it is developing has four wheels and a chassis that can expand from 1 metre to 1.44 metres in width, transforming itself from a motorbike-like vehicle to a more stable small car,

and vice versa. Four such vehicles could fit into one standard parking space.

Whether you are Donald Trump, who was recently offered a 24 carat gold toilet by the Guggenheim, or you have a throne made of standard white porcelain, keeping it clean is an age-old challenge. However that difficulty may finally have met its match, thanks to two Haifa based entrepreneurs who have created a robot capable of cleaning a toilet without further human intervention, they say.

Harry Luck

“Healing is the restoring of harmony to the living whole.”

Sir George Trevelyan

MY LAW TIEME RANAPIRI

The sun may be clouded – yet ever the Sun
will sweep on its course till the cycle is run,
and when into chaos the system is hurled-
Again shall the Builder reshape a new World.

Your path may be clouded; uncertain your goal,
Move on – for your orbit is fixed to your Soul,
and though it may lead into darkness of night,
the Touch of the Builder shall give it new Light.

You were – You will be! Know this while you are,
Your Spirit has travelled both long and afar,
It came from the Source-to the Source it returns,
The spark which was lighted - eternally burns.
It slept in a jewel – It leapt in a wave,
It roamed in the forest – it rose from the grave.
It took on strange garbs for long eons of years
And now in the Soul of yourself it appears.

From Body to Body, your Spirit speeds on,
It seeks a new form when the old one has gone,

And the form that it finds is the fabric you wrought
On the loom of the Mind, from the fibre of Thought.

As dew is drawn upwards, in rain to descend,
Your thoughts drift away, and in Destiny blend,
You cannot escape them...for petty or great,
Or evil or noble ~ they fashion your fate.

Somewhere on some Planet – sometime or somehow,
Your Life will reflect your Thoughts of your now.
My Law is unerring, no blood can atone
The structure you build, you will live in alone
From cycle to cycle, through time and through space
Your lives with your longings will always keep pace,
And all that you ask for, and all you desire,
must come at your bidding, as flame out of fire.

Once list' to that Voice, and all tumult is done...
Your Life is the Life of The Infinite One.
In the hurrying race, you are conscious of pause –
with Love for the purpose, and Love for the cause.
You are your own Devil, you are your own God,
You fashioned the pathways your footsteps have trod,
And no-one can save you from error or sin,
Until you have hark'd to the Spirit within.

Attributed to a Maori

Simplicity Itself

C.O.J.

CONFIDENCE • OPTIMISM • JOYFULNESS

will bring health, and will sustain the health process.
This maxim with which to greet the day is basic, positive
and economical with words. We can all create our own
texts. Not the tedious convoluted wordage that one comes
across so often. I remember once peeping into a University
library book that my daughter was studying. No wonder
she had a furrowed brow, poor girl! Some of the sentences

were so long that by the time you reached the end you had forgotten how the sentence had begun. The pedants do love juggling with their own jargon.

Not so the really genuine Greats. Their writings ring with the truth, and are easily and naturally applied because their teachings are motivated by Love. They are simplicity itself.

Any health programme depends upon the patient's ability to receive, but first there must be relaxation. Inability to relax is the curse of modern life. Many are the courses, books, tapes, and videos which claim to reveal the secret. Yet relaxation is easily available through one's bedroom window!

Are you sitting comfortably? Then just look for ten minutes at the beauty of the slowly moving clouds. (The operative word is slowly). Notice their changing because of shape, colour, size. . . If clouds only appeared once a year we would call it World Cloud Day and have a national holiday to celebrate. But they appear almost every day. How the good Lord spoils us. Dreaming dreams, visualisation, and the power of imagination are vital sign-posts. These help lead to the attaining, and to the maintaining, of health. One can project imagination and visualisation backwards as well as forwards. The exercise can be one of nostalgia, but it must not dwell on the "might have been". Instead, seek out the thrill and achievements, and happiness of past events. These then become a springboard for present endeavours. The dominant theme must be love and service, the desire to be of use no matter in how small a way.

Spiritual healing is not magic, but a spiritual science. It is not an alternative therapy, but a complementary one, to be used together with medication and self-help. It is best described as "telescopic", bringing betterment nearer and quicker. What a lovely expressive word is 'betterment'. This was coined by Harry Edwards, the champion healer and

wordsmith. It was he also who suggested the health benefit of looking forward with great anticipation to the simple things of life: the afternoon cuppa, a chat with friends, one's favourite TV or radio programme, etc.

To return to C.O.J. A morning maxim such as this is best said when the mind is free from the coming day's thoughts and problems. You are preparing yourself, mentally and physically for a good day.

“Confidence — Optimism — Joyfulness...” must be accompanied by your acting the part of a happy person, even if you don't feel that way. This, of course, is the whole point of the exercise!

CONFIDENCE. OPTIMISM. JOYFULNESS

Therefore hum, whistle, sing. Smile at yourself in the mirror. You will be amazed how soon your entire being will respond. Clothe yourself in positive thought. Say good-bye to corrosive negative thinking. I remember my early days as a probationer teacher. “Never teach by a negative” was one of our many guidelines. Thus, a teacher seeing a child running down the school corridor should not shout “Don't run!” The teacher should instruct, “WALK along the corridor!” This is because of the two words ‘don't’ and ‘run’, it is the word ‘run’ that will stick in the child's mind, and will reinforce wrong behaviour. Such teaching has relevance to the dismal power of negativity and hence the retarding of healing.

Some years ago I heard of a lady who developed eczema. It was incurable until her medication was reinforced by spiritual healing, prayer, and meditation. Delighted with her condition she decided to visit her estranged father who was an atheist. Scornfully, he dismissed the incredible cure as pure coincidence, despite his daughter's protests. She was shaken to the core. A few days later the eczema returned. Clearly, then, a negative attitude can be powerful in the wrong way. Fortunately, positive thoughts can be a tremendous power for good in the right way.

Despite the world being awash with wickedness there is a great deal we can do to cope and conquer and make sure that righteousness will prevail. We must feast our minds on goodness, avoiding media mayhem like the plague. We are not compelled to watch scurrilous items on the television, nor read the gross evil in the Press. All this can be avoided by discrimination.

A world famous figure once complained of the immorality of the day. The crime, the lack of respect of youth for the older generation, falling standards in society, and the rising despair throughout the land. This was said by Socrates! The antidote then, as now, is the Golden Rule of good neighbourliness, plus the pursuit of everything which enhances the human spirit. Also the conviction that we are eternal beings, destined to triumph ultimately over adversity because of the support of the everlasting arms of God.

There is a charming yet profound story in the Talmud, the ancient book of Jewish tradition. A certain rabbi was not best pleased with his congregation because they were always quarrelling. Each one believed that he, or she, had more troubles than anyone else in the synagogue. One day he turned up with a large pile of sacks. Silently he handed them out to the puzzled worshippers. When everyone had a sack he mounted he pulpit. "Friends, you all believe you have the world's troubles on your shoulders. Here is your chance to get rid of them. Put all your troubles in the sack, and exchange them."

"This man has the wisdom of Solomon!" they chorused.

Next Sabbath they trudged up the synagogue steps.

"Well?" said the rabbi. "Why so miserable?"

They sighed. "Rabbi, when we got home we opened our sacks. We found troubles. Different from our own, but just as bad. Rabbi, please can we have our own sacks back?"

I do believe that the good Lord has tucked away amidst the Omnipotence and the Omniscience, another crock of gold: a sense of humour.

This is a blessing indeed.

So when everything goes wrong --- you know the kind of day I mean --- then just laugh. It will clear the air of those pestilential mischievous gremlins.

CHECKLIST

1. Each morning say your chosen health text.
2. Try to act the part of a happy person.
3. Relax with the clouds.
4. See the funny side of things.
5. Go to it!
6. Dream dreams. Think positive.
7. By word and deed, help illuminate the world.
8. It's not what you eat, it's what's eating you.
9. "God is with, within, and all round me."
10. ALL BLESSINGS.

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Just Think! --- Your Amazing Body

Contains 60 trillion cells (6 with 13 zeros after).

Has 600 plus muscles and 206 bones (280 at birth, many fusing together).

It takes 40 muscles to frown and only 17 to smile.

The heart beats 72 times each minute, that's 100,000 times a day and 30 billion in a lifetime!

8 million blood cells die every second and are replaced.

It takes 20 seconds for a blood cell to circle the entire body.

If all the blood vessels were laid in a line they could go around the world twice!

We blink 12 times a minute.

We breathe 9 million times in a year.

Air moves in and out at 5 miles per hour.

When we cough the air moves out at 60 m.p.h.

A sneeze can be expelled at 100 m.p.h.

The nervous system controls your whole body.

There are 100 billion neurones, if you were to count them all at one per second this would take 3,171 years!

The brain is like a computer, but it never switches off and organises everything. The brain sends electrical impulses down the spinal column then through the nerves to every organ, tissue and cell. These signals travel at 300 m.p.h.

Light pressure on nerves reduces the transmissions by up to 40%. When our nervous system is working correctly we are healthy.

Reprinted by kind permission Dr. Richard Cook,

LOWLANDS Family CHIROPRACTIC CLINIC

How to Boost Your Brain Power!

Here are some easy ways to improve your brain's function - and who doesn't want a better memory or more intelligence?

The brain weighs only 4 lbs (1.5Kgs) yet uses 25% of our blood oxygen! So, anything that improves oxygenation and circulation will help. Gentle exercise such as walking, with controlled breathing is useful, so is good nutrition - get on a balanced diet with care to obtain adequate vitamins and minerals, but avoid animal fats.

Try cross crawl for 45 seconds in the mornings, to wake you up and unscramble your neurological wiring. This involves marching on the spot with your opposite arm and leg moving to touch the right elbow to the left knee, then the left elbow to the right knee. Do this at a fairly brisk pace and count each contact till you reach the count of 60. Drink plenty of water, 6-8 glasses each day will assist your circulation by thinning the blood easing the load on the heart, and of course avoid anything that interferes with blood flow such as smoking.

Keep your mind active - do something challenging every day, the Times crossword, a quiz or read up on a topic or learn a new skill; anything to create more brain connections.

Keep away from harmful chemicals the heavy metals, dioxins, pollution and over-indulgence in alcohol. Try not to become too stressed - relax and have a positive frame of mind.

Above all get regular chiropractic treatment, this will maintain your nervous system at peak efficiency and get some cranial manipulations which keeps the vital fluids within the brain flowing around preventing premature senility.

Reprinted by kind permission Dr. Richard Cook,

“When I look at the Solar System and see the Earth at the right distance from the sun to receive the proper amount of heat and light, I know this did not happen by chance”

Isaac Newton

GRANDMA

Grandma please tell me

What is this all about

Does anyone know?

As we live our lives

And we come and go

Is life all blind chance

Or a Divine Plan

That arranges the destiny

Of every man?

Is our journey planned
Before our birth
To learn certain lessons
When we come to Earth?
My dear child
So many scientist and thinkers
Have tried throughout history
To answer your questions
Which remains a mystery
Charles Darwin in his theory
Showed how we as animals evolved
But there is so much more
That he had never solved
It's true that we are animals
But we are also much more
A wonderful element
Darwin chose to ignore
We are given these bodies
So that we can live on this Earth
But within our hearts
Is a gift of infinite worth
Each Human heart

Is blessed from above
With a Divine spark
Of eternity and love
But Grandma
There is so much here
That is really bad
Cruelty, greed and violence
That makes me feel so sad
If we all have this spark
Then how can it be
That some people behave like this
And not let others be?
Dear child
Their true nature
Some choose to ignore
They choose darkness not light
For free Will is Earth Law
But Grandma
How can we be so sure
For we are all so small
That there is a Divinity
That looks after us all?

Dear Child

Look at the wonder of a tiger, a dolphin a bird of paradise
So many wondrous creatures living with us on this Earth

Marvel at the moon, the sun, the infinite stars

And the miracle of birth

Look at a tree with branches reaching to the sky

As if in prayer

Look at the mountains, oceans, forests and the senses
we're given

Open your eyes and be aware

So Dear Child is all this then all due to blind chance?

Or is it a Divine loving plan

Be grateful and enjoy this gift of love and life

Given freely by the Creator to every man.

Yetta Powell

LETTING GO

"To forgive is to set free and discover that the prisoner was you"

Lewis B. Smedes

We spent last weekend in Stratford-upon-Avon. We did all the touristy things like going on an open-air bus around the area. The guide was extremely entertaining and told us that in the 16th century, ale was drunk instead of water and men were allowed eight pints a day (hence we say one over the eight) whilst babies had a small measure called a tod. He believed that is why we now call young children toddlers.

During the afternoon we saw snippets of Shakespeare's plays, reinforcing how many of our everyday phrases come from them, such as vanish into thin air, fair play and more fool you. One in particular I found interesting was forget and forgive from King Lear.

When someone does me a bad turn I try to forgive them. This doesn't mean I condone or accept their behaviour in any way but I try not to bear a grudge and hold resentment. I've discovered that forgiveness is about what the act does for me, rather than the other person. When we forgive someone, we're releasing anger and bitterness. Without forgiveness, the poison stays within and, like any weed, its roots gather strength and continues to grow. I have recently been involved with an exciting new venture that has given pleasure to hundreds of people. Sadly, it has now had to close down as someone with a grudge has succeeded in ruining it for everyone. I can't begin to imagine how this man felt, whose knot of hatred must have resonated inside until it could fester no longer. Please don't think that I'm advocating you all forget every wrong deed that's ever been done to you; far from it. I think Thomas Szasz got it right when he said "The stupid neither forgive nor forget; the naïve forgive and forget; the wise forgive but do not forget".

My friend had an affair and in a fit of conscience she confessed all. Horrified, her husband asked why. In an uncontrolled outpouring she told him how they'd grown apart emotionally and physically. He had to agree they lived mainly separate lives but neither wanted to end their marriage. Together they went to marriage counselling and now they are again very much in love. Her husband has forgiven the affair but will never forget the reasons for it. One of my poems is about two sisters who don't speak and how the argument has now gone down the generations to the cousins. No one can remember what the argument was about but it has been contaminated with layer upon layer

of bad feeling. Sadly. I reckon it's a pretty safe bet that this situation is repeated in your own or your friends' families. The poem ends by saying "How can we hope for a world that's at peace /when a woman won't speak to her sister or niece".

We are healers and know that emotions affect our general well-being. How do we begin to heal someone who's full of anger and resentment? Perhaps we need to listen to them, to hear their story.

I've explained to clients that there are people on the outside edge of my life who I rarely think about. When I do it is generally pleasurable and then I simply move on. If I were to bear a grudge against one of them, it would be rather like an old vinyl record with a scratch where the needle stays in the same groove endlessly repeating the same fragment of the tune. Why would I want to waste that much energy on someone I don't care about?

Surely the person I were to bear a grudge against wouldn't be suffering, so who would I be hurting? That's it. Me. I talk to clients about how being willing to forgive can bring a sense of peace. After all, we say things like *I'm sick and tired of it, I can't stomach him anymore and it's eating away at me when we are stuck* in this Groundhog Day way of thinking

We may not mean them literally but our mind, bodies and spirits are intrinsically interconnected. Our thoughts are so powerful that they create physical symptoms and as healers we work holistically and try to heal the mind as well as the body.

I hope that wasn't too hard to swallow but I had to get it off my chest!

I'll leave the final benefit of forgiveness to Oscar Wilde "Always forgive your enemies- nothing annoys them so much".

Judy Karbritz,

(Poet, healer, writer, trainer and bereavement counsellor.

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Social and Personal

Congratulations to Kanchana and Parminder Dost on the occasion of their daughters' wedding and we wish Nakita and Tom every happiness for a long, happy and healthy future.

Friend...

If one day you feel like crying ...
Call me.

I don't promise that I will make you laugh,
But I can cry with you.

If one day you want to run away ---
Don't be afraid to call me.

I don't promise to ask you to stop ...
But I can run with you.

If one day you don't want to listen to anyone,
Call me.

I promise to be there for you,
And I promise to be very quiet.

But if one day you call
And there is no answer ...

Come fast to see me.
Maybe I need you.

Anonymous

“Everything you think, creates, through energy.

You have within you the most remarkable machines,
the entirety of consciousness.

You have the power that creates life, and when the power is drawn up intentionally, it will create reality. All you have to do is give it the pattern you want.” *RAMTHA*

VENUES WHERE J.A.S.H. HEALERS CAN BE FOUND
BUCKHURST HILL

CONTACT RITA 020 8257 9325

BUSHEY

**BUSHEY YOUTH AND COMMUNITY CENTRE,
FALCONER ROAD, BUSHEY, HERTS. WD23 3AD.**

THURSDAY 7 PM TO 9 PM

CONTACT KAREN 07866 048086 OR JUNE 07796 914830

NORTHWOOD

**RAINBOW HEALING CENTRE,
ST. JOHN'S CHURCH, HALLOWELL ROAD,
NORTHWOOD, HA6 1DN.**

WEDNESDAY 2 PM TO 4-15 PM

CONTACT PAT 07905 221640

PINNER

**PINNER VILLAGE HEALING CENTRE
PINNER VILLAGE HALL, CHAPEL LANE,
PINNER, HA5 1BA (REAR OF CAR PARK)**

THURSDAY 2 PM TO 4-45 PM

**CONTACT STEVE 020 8866 9332
SOUTHGATE**

CONTACT FRANCINE 07956 261738

STANMORE

**STANMORE HEALING CENTRE, GLEBE HALL,
GLEBE ROAD, STANMORE HA7 4EL**

WEDNESDAY 7 PM TO 9 PM – CONTACT STEVE 020 8866 9332