

News & Views



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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 2019/2020

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Steve Sharpe.**

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Chairman's Report November 2019

Welcome to the winter edition of News and Views where I take this opportunity, on behalf of your committee, to wish you all a happy Chanukah, seasonal greetings and a happy, healthy and prosperous 2020. I welcome Margaret Criscuolo who has kindly offered to help us on the committee, please feel free to put yourself forward to join us, only two or three meetings a year in order to keep our charitable status.

Message from Sheila and David Holmes at BAHA.

As part of the existing British Alliance of Healing Associations ***Healing Together*** theme, and following the success of our first month's live healing circle on Sunday's, we are holding a live streaming healing circle every Sunday, so if you have access to Facebook/YouTube or know of anyone in need of healing or just wish to be part of our exciting new venture, please join our live streaming healing circle on Sunday afternoon. Try to join us around 1:50 pm for a 2:00 pm start and let us know you are there and any comments you feel might help for healing circles. Can we thank all those that sent e-mails with the positive feedback and support, it really is appreciated. Some have contacted me to say that they do not have a Facebook page so I have advised them to concentrate on the Healing Circle photo above (my apologies, I have been unable to copy the picture, just focus on a circle of people giving distant healing) and send the healing with the intention of going to the people mentioned during the live healing circle.

Please help us to make these healing circles a huge success for the British Alliance of Healing Associations because we are all healers and ***Healing Together*** for everyone, is what the Alliance is about. Please pass this on to your family and friends. Everyone welcome.

Steve Sharpe.

THE ANSWER

This is all anyone needs to know, and it's what we all need to know.

This is the answer to every problem and every question. The answer to all angst, confusion, loneliness, fear and unrest. It is the solution to all war, all conflict and all darkness. It is a gift to humanity that we must share openly and plant firmly into our own souls.

We must find each other. We must -all of us, ultimately - become friends. We must resign ourselves to truly connect and look after each other, no matter what. First we must find ourselves and do it, then we must find everyone else and do it. Hello -I love you -I'm here for you -and I'll never leave you. To gradually bind ourselves together in this way is really all we need to do and all we need to know.

As for why? There's a rabbit hole that travels deep down into the darkness inside of us. In the depths of that abyss lies absolute enlightenment: a secret we must forget if we ever see it (or we risk not coming back to this place). We are all traversing through the darkness and will one day find the light on the other side. But slowly we must go. And unless we feel an essential call, we needn't try to cross over in earthly life. Until we have become strong enough to behold it, it's dangerous to look directly into the face of the truth. It may take many lifetimes to prepare, so be patient. But know that you are the champion within; and the more you tap into the feeling that comes through your heart the more you will grow as a human being. What's at the source gives us our love. Our life. It is our consciousness. It is who we all are and it is where this message comes from. It is the greatest secret of all time and in all the universe. It can never be told to you, it can only be revealed to you from within. You are in a puzzle. And one day, when you have grown enough love, enough strength and enough wisdom, you will solve it.

And so. We must learn to find each other, as true friends, whatever it takes, no matter what. To summon the courage to reach out of ourselves into the eyes of the other. To find our light and plunge our hands into their darkness. And to stretch our hands up through our own darkness and into their light. To find and be found. To meet and be met. To hold and be held. To need and be needed. To see and be seen. To trust and be trusted. And to never ever -under any circumstances whatsoever -give up on each other. In this way we will find what we're all looking for and our species will raise itself up within nature like an indestructible web of light in the universe. This is THE answer. Do not underestimate or devalue it in any way. It is of absolute and fundamental importance. A kind of essentiality that words can never describe; it simply*must* be so. It's all of our life's purpose. It is the purpose and supreme meaning of life itself.

As for anything else...? Nothing really matters at all (and what an astonishing joke that is).

I am. You are. We are. It is.

I love you my friend (the wink of the universe)

ISRAELI TITBITS

Porsche the luxury car manufacturer will invest \$2 million in TriEye, a Tel Aviv – based sensing technology specialist. Founded in 2016 TriEye has developed short-wave infrared camera technology, which improves the ability of vehicles fitted with assistance systems or autonomous driving functions to see in poor weather.

Adverse drug events, harmful effects resulting from taking medication, are one of the most common and harmful categories of medical errors causing 100,000 deaths in the USA, and account for a \$21 billion drain on the American

healthcare system. An Israeli company, MedAware and Sheba Medical Centre recently announced new research validating the clinical impact of the company's machine learning-enabled patient safety platform designed to minimise medication-related risks.

Tel Aviv University researchers say they have developed a novel nano-vaccine for melanoma, the most aggressive type of skin cancer. The focus of their research is a nano-particle used as the basis for the new vaccine which has been tested and proven effective in mouse models, but also in treating primary tumours and metastases that result from melanoma.

Haifa-based biotechnology company Bonus Biogroup has developed a unique technology that promises to revolutionise the future of bone healing. The company is behind the world's first viable human bone graft manufacturing facility, where bone grafts are constructed outside the human body from the patient's own live tissue.

The team at HUJI's Edmond and Lily Centre for Brain Sciences have successfully transformed an MRI from a diagnostic camera that takes pictures of our organs, bones, and nerves into a device that can record changes in the biological makeup of brain tissue, thereby helping doctors more quickly determine the onset of diseases such as Alzheimers.

Researchers at the Weizmann Institute of Science claim they have developed an algorithm to predict the onset of infectious diseases including tuberculosis. The algorithm they have developed cannot only define the ensemble of immune cells that take part in the response to infection, it can also reveal their activity levels and thus the potential strength of the immune reaction.

Rafael Pharmaceuticals launched a phase-3 trial for pancreatic cancer managed by Sheba Medical Centre's Pancreatic Centre. The trial started at eight hospitals including Hillel Yaffe Medical Centre, Yitzhak Shamir Medical Centre, Soroka Medical Centre, Sheba Medical Centre, Rambam Health Care Campus, Laniado Hospital, Tel Aviv Sourasky Medical Centre and Shaare Zedk Medical Centre..

Stemrad, a Tel Aviv – based company have developed the AstroRad radiation protection vest in partnership with aerospace and defence giant Lockheed Martin. The AstroRad vest is personal protection equipment for astronauts to wear beyond Low Earth Orbit, selectively protecting organs and tissues most sensitive to radiation exposure. If tests are successful AstroRad could be a critical part of NASA's ambitious space exploration plans for years to come.

Harry Luck

"I am enclosing two tickets to the first night of my new play; bring a friend, if you have one."

-George Bernard Shaw to Winston Churchill

The next time a circumstance arises in which everyone would expect you to explode,
DON'T you will be as pleasantly delighted as they are.

"I didn't attend the funeral, but I sent a nice letter saying I approved of it."

-Mark Twain

My job search

This is quite clever. I wonder who thinks of all this stuff.

1. My first job was working in an Orange Juice factory, but I got canned. Couldn't concentrate.

2. Then I worked in the woods as a Lumberjack, but just couldn't hack it, so they gave me the axe.

3. After that, I tried being a Tailor, but wasn't suited for it, mainly because it was a sew-sew job.

4. Next, I tried working in a Muffler Factory, but that was too exhausting.

5. Then, tried being a Chef - figured it would add a little spice to my life, but just didn't have the thyme.

6. Next, I attempted being a Deli Worker, but any way I sliced it.... I couldn't cut the mustard.

7. My best job was a Musician, but eventually found I wasn't noteworthy.

8. I studied a long time to become a Doctor, but didn't have any patience.

9. Next, was a job in a Shoe Factory. Tried hard but just didn't fit in.

10. I became a Professional Fisherman, but

discovered I couldn't live on my net income.

11. Managed to get a good job working for a Pool Maintenance Company, but the work was just too draining.

12. So then I got a job in a Workout Centre, but they said I wasn't fit for the job.

13. After many years of trying to find steady work, I finally got a job as a Historian - until I realised there was no future in it.

14. My last job was working in Starbucks, but had to quit because it was the same old grind.

**15. SO, I TRIED RETIREMENT
AND I FOUND I'M PERFECT FOR THE JOB!**

TRUE CHARITY

Nobody in the village particularly liked Honesty. She was a pale fair-haired girl who always looked dreamy and she rarely partook of any of the local activities. She was very outspoken and people rarely like to hear the truth about themselves.

How, her sister, Charity, was admired for all her good works and generosity. Whenever there was a fete or bazaar, you could rely on her to assist with all the preparations and she always had a cheerful smile for everyone. It was not surprising then that Charity, with her flaming red hair and exotic personality, had all the young men in the locality fighting for her attention, whilst Honesty mostly sat at home alone. This did not worry Honesty in the least for she had not the slightest twinge of envy of her sister's popularity and could amuse herself quite well with her books and painting. And Charity, in turn, knew that she could rely on her sister for advice - she always spoke the truth. Once when Charity broke her heart over a boy she thought she loved had gone off to sea, Honesty was able to console

her. She had this knack of seeing right through people as though they were transparent. Sometimes, it frightened Charity, especially after she had predicted that this particular boy had a bad character and an article in the local newspaper some weeks later proved this to be truth.

It was only after this affair that word got around that Honesty was a wise person to consult if you had a problem for she told the absolute truth. Soon they were saying that she could even predict the future, so clear was her perception of peoples' personalities. Why, she was better than the gypsy who told fortunes when the annual fair came to the village. The people could not understand how she managed to work without a crystal ball or cards or tea-leaves, not to mention crossing the palm with silver. But Honesty had learned through her painful upbringing that it did not always pay to tell the truth. She would like to explain that she could hear voices - spirit voices and had the true gift of mediumship - but that would have spoiled their illusions and they would probably have labelled her as slightly mad, or worse still, associated her with some kind of magic, the thought of which terrified them.

Before long, it became possible for the two sisters to form a partnership. They converted their little parlour into a warm, friendly type of office with books all around the walls and two second-hand antique desks strategically placed at each end of the room. Every weekend and most evenings after work, Honesty would accept appointments from villagers who wanted a "reading" and when they dropped a few silver coins in the little bowl on the hall table, Charity would enter the takings into her account book and she was delighted to contribute the whole amount each week to some good cause.

Thus, Honesty and Charity go hand in hand; you cannot separate one from the other. If you honestly want to help people, you have to be charitable. And if you are charitable and care about other people, then it follows you will be honest.

Rosetta Muscatt

A Jewish Perspective

The writings of Judaism are a profound study for healers, as they reveal that Spiritual Healing is a golden thread which links Hebrew antiquity with today.

By Spiritual Healing we mean of course PRAYER, MEDITATION, CONTACT HEALING and DISTANT HEALING.

The Quamran Genesis Apocrophyon tells that after Sarah's abduction by the King of Egypt he suffered from an `evil spirit`.

None of his, sages or magicians could expel the demon. Abraham is brought to the King and by a series of rebukes, prayers and hands on head attunement the entity leaves.

Moses too, although basically a political leader and founder of the Nation and not generally depicted as a healer, nevertheless has a miracle cure attributed to him.

'The second century Antrapanus writes of such a supernatural happening. Moses approaches Pharaoh, following heavenly intervention which releases Moses from prison. Pharaoh angrily curses Moses's God for such a release, upon which Pharaoh falls to the ground, dead. To the astonishment of the court Moses "raises him".

Maimonides of Cordova, the twelfth century Talmudist and physician, writing on the theme of providence in his Guide of the Perplexed explains that the quality of Man's attunement with Heaven is dependent upon spiritual growth. If there is an absence of this growth then he must rely upon physical medication when ill. If Spiritual growth is highly manifest then divine healing power will flow direct from the Heavenly Source mediated through the healer.

Examples of this direct spiritual healing are the cures achieved by Elijah and Elisha. Elijah resurrects the widow's son / Kings Chapter 17. verses 21/22 without any resort to herbs, concoctions, healing

crystals, or amulets “and the soul of the child came into him again” .. Elisha too is activated by this most spiritual form of healing and restores the Shunanmite’s son 11 Kings Chapter 4,verse 34 with his “eyes upon his eyes and his hand upon his hand”

Two further manifestations of healing are worthy of note as they are in the realm of distant healing dependent on faith. 11 Kings Chapter 5. Naaman, a captain of the King of Syria is quite upset when he approaches Elisha to heal him of his leprosy, as he yearns for contact healing. This is most interesting as it indicates yet again, that the climate of thought of that time accepted the 'laying on of hands' as a therapy. However, Elisha the healer is not even prepared to come out and touch him! “Surely he will call on the name of the Lord his God, and strike his hand over the place”...But no. Elisha merely sends a messenger and instructs Naaman to bathe in a minor river and not one of the great rivers of Syria! Eventually Naaman bathes in the river Jordan, the mystical seven times- and is cured.

The link between SIN - GUILT - SUFFERING - PARDON - CURE was also understood in Hebrew antiquity. Thus from the Qanram Cave 4 "Prayer of Nabonidus" .. "I was afflicted with an evil ulcer for seven years and a gaser (exorcist) pardoned my sins.

One of the most remarkable of the miracle healers in Jewish tradition was Hanina Ben Dosa of the first century` a contemporary of Jesus. By prayer, contact healing, and distant healing Hahina is credited with many cures. One of his patients was the son of the renowned Rabbi Gamaliel 11.

No Jewish perspective would be complete without reference to the Essenes. This ascetic community existed for 400 years (200BC to 200AD). They were a branch of the much maligned Pharisees and aspired after the highest degree of purity and holiness.

The book The Essenes by Ginsberg quotes from the autobiography of Flavius Josephus, historian and writer

(born 37AD). Josephus actually became a member of the brotherhood and he commends their system of communal self-help and self-sufficiency.

The labour involved in the harmonious running of the commune was diversified into seven categories.

The Essenes also known as the “Dead Sea” or the “Quamran” sect have gained enormous publicity since 1947 when their hidden scrolls were first discovered near Jericho.

The book *The Dead Sea Scrolls* by *Allegro* stresses the importance that healing the sick had in the community.

There was a place which... "served as a hospital where the sick could receive treatment at expert hands. "The Essene teaching was quite modern in application in that it sought to heal the soul as well as the body. The healing training was of a very exacting nature and the end products were outstanding cures bordering on the miraculous.

The healing techniques were many and included prayer, meditation, incantation, herbs, crystals, and anointing with oil. Josephus believed that the Essenes had access to the secret writings of Solomon, who gave instructions on supernatural cures and the combatting of evil spirits by the use of amulets. Josephus claims that during his discipleship at Quamran he had actually seen demons driven out of the afflicted.

"We have to remember that in those days healing was a religious exercise, since all sickness was attributed to the possession of the patient by demons"...*Allegro*.

Kabbalah is the inner and mystical aspect of Judaism. It flourished from the 13th century to the 16th century. In the definitive book *Kabbalah by Zev ben Shimon Halevi* there are references to the trans-migration of souls. The Hebrew term is Gilgulim, the cycle of reincarnation over a series of lives in order to fulfil a spiritual mission, and as a learning process. While Kabbalah does not specifically teach that disease is karmic in origin, there was a sect of Judaism which taught..."that we ourselves are the cause of our

fortunes and receive what is evil from our own inconsiderateness"...This is a teaching of the Sadducees who were contemporaries of the Essenes.

Basic to Kabbalah is *The Tree of Life* "this was impregnated with forces so harmonious and beneficial that it healed every illness" *Alvanov*.

The Kabbalistic tree is a map of a person and can be used to balance vital energies as in acupuncture. But this healing is not for the individual alone as it contributes to the healing of the whole world.

Today *The Tree of Life* is also being understood as a map of consciousness and is found to have great relevance in restoring body-mind harmony and maximising creative potential. One of the greatest exponents of Kabbalah was the eighteenth century mystic the Baal Shem Tov, the term means Master of the Good Name and was applied to outstanding healers.

From early childhood in Okupy, Poland the Baal Shem would roam for many hours in the woods contemplating nature. He developed a fund of spirituality which led in his 36th year to a divine revelation. Soon after he became a Kabbalistic healer using prayer, incantations, and centuries old healing formulae. He gathered together a group of followers known as the Hasidim (pious ones). By means of parables and sayings the Baal Shem taught that God and man were best served by a joyful prayer, full heart by song and by dance and not through asceticism, sadness and intellectual study... My master lived in the hourly presence of God: and of the patriarchs, and the prophets and all who sought to bring God's Kingdom on earth".... From the time of Abraham to the present century the golden thread of Spiritual Healing has illumined the tapestry of daily life. The newspaper *The World Doctor* (August 18th 1936/ gives a glowing account of the healing work Of Rabbi Joseph Shapotshnick in London's East End. The Rabbi was well versed in Kabbalah because he understood his gift of healing to be a means of furthering

an even greater aspiration, the healing of the whole world!
In 1935 he proposed a League Of Religions representatives
of the 300 world religions.

The League “would form a Parliament and work in perfect
harmony to arbitrate in international disputes. No single
nation dare defy it”.

The World Doctor.

L'Chaim, was the journal of the North American Chapter of
J.A.S.H. (Jewish Association of Spiritual Healers) in one
issue *Healer Rabbi Dr Luckens* outlined his concept of
Spiritual Healing. Again there is the profound teaching
that the healing of the individual is but a step towards
*Tikkum Olam the regeneration of the whole world and the
creation of a paradise on earth.* The healer is thus a co-
worker with God. We are uniquely spirit/mind within a
physical body. When healing takes place, it is God. “via the
soul releasing the life-force throughout your entire
physical body”.*Luckens.*

The Jewish Perspective indicates that Spiritual Healing is
for all, irrespective of Race, Religion, Creed, Belief or
Unbelief.

ALL BLESSINGS & SHALOM (PEACE).

Harold Hyatt.(sent in by our patron Aubrey Rose)

Me and my shadow

Me and my shadow, always together
My shadow comes with me, whatever the weather.
My shadow likes summer...it is always around.
On dull days in winter, it can never be found.
My shadow is my companion.. following me when I walk,
But cannot answer me when I talk. *Cheryl Perlow*

The Common Cold

Man has invented the car and the plane,
The phone, radio and TV.
Man is the greatest,
So we've been told

But—he still can't cure,
The common cold

Man has conquered the mountains and the seas,
Has flown to the moon and back,
He's adventurous and daring,
Brave and bold,
But—he still can't cure
The common cold.

Man can replace vital organs,
Liver and kidneys and heart.
He's given us anti-biotics
That cause bacteria to fold
But he still can't cure (viruses)
And the common cold

So we take to our beds
And we splutter and sneeze,
Drink hot lemon as we do as we're told
And we hope and pray
That perhaps one day
They will cure the common cold.

Yetta Powell

Reprinted, with kind permission, from her book My Mum's Chicken Soup

Today's Affirmation: Today, I will focus on happiness, whatever that means to me. I will choose not to dwell on the negative, and I will think about the positive.

Sleep Debt

Chronic sleep deprivation is a problem most people suffer from and scientists have found that sleep deprivation affects your cognitive and physiological processes. In

2008 scientists at the Karolinska in Stockholm found that it took over a week of really good sleep (8+ hours) to begin to recover from five nights of poor sleep.

But if you know that you are going to have a series of disturbed nights you can plan to recover more quickly by “banking” extra sleep a week before. Have ten hours a night for a week, then when you go through a sleep deprived patch you will be able to recover full mental function more rapidly when things go back to normal again!

From the internet.

Alcohol and Allergies

If you struggle through the allergy season you may want to lay off the alcohol for a while! Studies have found that alcohol can cause or worsen symptoms of asthma and hay fever as this is because beer, wine and liquor contain histamine, a complex chemical produced by yeast and bacteria during the fermentation process. Histamine sets off the allergy symptoms. Wine and beer also contain sulphites which are another group of compounds known to provoke asthma and other allergy-like symptoms. A study published in the journal “Clinical and Experimental Allergy in 2008” found that having more than two glasses of wine a day almost doubles the risk of allergy problems.

From the internet.

The life force

Energies from the Sun, the Earth and the Cosmos set the electrons in living systems resonating.

When we eat these living structures and combine them with oxygen, we act as antenna resonating with life creating energies. “As above so below but in a different fashion.”

In growing cells there is a dipolarity between the electrically positive nucleus and the electrically negative

cell membrane. This facilitates the flow of the electrons which provides the energy for cell division replacement and growth.

Our bodies are in a constant re-growth process, when this process is interrupted we begin to die. In other words, when our systems become clogged up and polluted they can't operate properly and begin to shut down. They can no longer harmonise with the life force, no longer support its energy flow.

Anything alien to the body affects this metabolic process and accelerates aging.

From the internet

SAD

Seasonal affective disorder is a condition brought about by too little sunlight.

In the winter when the Ultra Violet content of sunlight falls, plants switch off and to a certain extent so do we. Many people become depressed and dejected by the lack of "brightness", suicide rates go up and generally speaking there is a glum feeling around. Fortunately, it's now possible to buy lamps that give out a spectrum of light similar to a summer's day and these give relief to the stressful feelings. Full spectrum light used for short bursts in the morning and evening can cheer you up considerably. Cheap and effective! UV light stimulates the production of melatonin, a hormone which has a role both in health and mood protection. If you lack melatonin, get a sun-light.

From the internet

A Precious Gift

A baby sleeps,
Resting in its mothers arms
No thought of fear or sorrow,

It lays in peace, warm and fed,
No thought about tomorrow.

“What are your dreams?” Oh little one,
With slow soft breaths, no sound,
And then a twinkle of an eye
“Where’s your future bound?”

Your lovely smile as you awake
And chirpy, gurgling noises,
You kick your little feet up high
In many different poises.

Your lovely plump and rosy cheeks
Those lips so precious too,
Your lovely and endearing smile,
I love the little you.

Sheila Doffman Goldsmith

Reprinted by kind permission from “Messages from the Realms of Spirit”

Aka Threads

The Huna religion was taught in Hawaii by the Kahunas until the 19th century when the American missionaries forbade its practise. Gradually, their knowledge was lost. It was only thanks to the patience and scholarly research of Max Freedom Long that the Huna wisdom was recovered. This has been documented in his fascinating books “The Secret Science” and “The Secret Science at Work”. The Hunas had evolved an entire cosmology which included instant healing, a system of psychology, and a proficient use of magic but, for the purposes of this article, only their teaching on Aka threads will be considered.

Aka threads are conceived of by the Hunas as tiny filaments, formed by the thoughts and emotions which link human beings. As soon as any contact, either mental

or emotional, is made between two people, Aka threads are projected from the solar plexus of one to that of the other.

The link is at first thin and tenuous but thought and emotion strengthen the thread, giving it increasing significance in the lives of both people. Hate, just as much as love, envy, just as much as compassion, form the threads, feeding or sapping both the thinker and the thought of.

There is great potential beauty in this concept. If we are so clearly linked with one another, we can help, at no matter what distance, those whom we love. We can also develop telepathic communication with them through what the Hunas term "thought clusters". These they envisage as small bunches of grapes which can be directed along an Aka thread, for the power of thought, especially when accompanied by a strong emotion, is enormous.

But if good can travel along these threads, so can bad. We must therefore exercise great discrimination about the people with whom we associate, however superficially. Once we have come into contact with them, it is only through an act of precise will that we can free ourselves of them. Once the thread has been formed -a link created -we have become part of their psyche and their emotional field, as they have become part of ours. This interaction applies equally to the film we see and the books we read, and to both the inanimate objects and all manifestations of nature with which we surround ourselves. The existence of these threads, which are a visible fact to the clairvoyant eye, shows us how clearly we are all the time creating our own life. Thoughts, events and people are drawn to us by what we have already allowed to form within us. We must therefore be highly conscious of admitting only those ideas and emotions that are appropriate to our path, remembering that the more our sensitivity develops, the

more alive and receptive our Aka threads become.

As we progress in our transformational journey, it usually becomes necessary for us to cut certain ties between ourselves and certain people, ideas or feelings that we have, until now, considered quite acceptable ~ or anyhow tolerable. This act the Hunas envisaged as a clear severing, so that the Aka thread was disempowered, prevented from further binding or limiting us.

The question now arises as to how we can prevent someone attaching himself to us for nefarious purposes, or how we can stop negative and violent emotions being directed at us along an Aka thread. As they can be formed without our knowledge, especially if the person emitting them is physically strong, how can we negate their draining and destructive effect on us? One of two solutions can be adopted. Either one must protect oneself by various psychic means, or else become so strong that no unwanted Aka thread can be grappled on to them.

Another aspect of our inter-connectedness, which is well illustrated by the Huna concept, is the idea that there exist threads not only between our “middle selves” or personalities, but also between our “higher selves” - that part of us which the Hunas saw as being directly connected with God and therefore immortal. They believed that, by establishing a “middle self” connection, we simultaneously create one between the higher selves. We can thus reinforce each other at a higher level, help each other on our journey.

This idea again stresses the necessity for great care when creating relationships: the more we attach ourselves to people who are striving towards spiritual goals, the more we will be imperceptibly lifted and lightened. On the other hand, if we frequent those whose goals are heavily earthbound, we will deliberately retard our progress.

To shut our eyes and try to envisage the web of Aka threads surrounding us can be very helpful. Are the knots and tangles of our old relationships and thought patterns a thicket obstructing new shapes and patterns? Must we forever travel along the same threads, cluttered and influenced by the past? Or has the time come to get out our scissors and snip away the obsolete threads so that there is space in which for us to grow?

From the internet by Lorna St.Aubyn.

If you are already having trouble making sense of life, fogging your senses with alcohol or un-prescribed drugs certainly won't make you see any clearer.

Meditation, clean living, prayer and clear sobriety just might.

When you are alone and lonely, think of all the sad people who are missing out on having your company. Isolation doesn't mean you aren't good to be with, only that the person who would like to share with you,

Hasn't caught up with you yet.

Be patient.

Worry and Stress

The fatal combination

Worry never solved any situation and it invariably makes you feel worse, so why worry? You may find the following listed suggestions helpful if you are a worrying type. They were originally published in Australia by the New South Wales Department of Health.

- 1. *Talk it out.*** Share your worry with someone else; go halves on it. It's amazing how much better you feel if you can talk to somebody.

2. **Write it out.** Try writing it on paper and then cutting it down to size. If a worry goes round and round in your mind it seems much bigger than it is when you have actually written it down in words on paper.
3. **Laugh it off.** Dissolve it with humour. Let's face it, it's more difficult to be worried if you're laughing.
4. **Shrug it off.** Try raising your shoulders and then dropping them; relax yourself. This works because often when you are worried the tension goes straight to your neck and your shoulders and you find yourself with hunched shoulders.
5. **Breathe through it.** Breathe slowly from your abdomen and calm yourself. The more worried you become the worse your breathing gets and the worse your breathing gets the more tense you feel. If you start to control your breathing by breathing slowly and easily that will make you feel much better.
6. **Balance it.** Count your blessings and be thankful because, no matter how bad your situation is at the moment, there must be something good in your life and it's easy to focus on the negatives rather than some of the positives. Try balancing it with some of the positive things that are going on. Add up the possible good consequences of your situation.
- 7.
8. **List practical options.** Don't just sit there and worry about it. Worrying is not going to solve the situation at all. Weigh up the situation, make a decision and act. Do something about it.
9. **Distance it.** See the situation from five years ago and then, if you can, project yourself five years forward. Once you can see your problem, from behind and from in front, you sometimes get a completely different perspective on it.
10. **Delay it.** Find a time, perhaps first thing in the

morning or last thing at night, when you are going to sit down and do nothing except worry about this problem. When you've worried about it for fifteen minutes say "Right, that's the end of it, I've worried about it enough, I've given it sufficient time for today, I'm not going to think about it again!"

11. Work it off. Do something physical. Go and clear your head. Too many of us are sedentary: we drive to work, sit in an office, come home and sit in front of the television. We never actually do any exercise and if you're worried you start to get tense. Walk the dog, cut logs, take up aerobics, anything like that where you are doing something physical because it will help you.

12. Win through it. Close your eyes and instead of imagining the worst, see yourself winning, see yourself beating the problem and imagine yourself coming through it.

13. Cancel it. Think positive thoughts; neutralize the negative.

14. Exaggerate it. Imagine the very worst that can happen and then ask yourself, 'how likely is that?' The funny thing is, often when you've imagined your worry as the very worst that can happen, when you actually get back to the worry in reality it seems far smaller than it was originally.

15.

14 Hold it. Say to yourself "Stop, pause". When you pause, take a fresh look, because often you spend your time worrying about a situation, but never think about anything else. Sometimes if you take a break from worrying about it - if you go and do something else - you think about something else; when you go back to it afterwards you'll suddenly see a completely different solution which had not occurred to you before.

15 Escape it. Notice something nice around you

and get into the present. Live in the present. Don't spend your entire life filled with remorse, or guilt about what has happened in the past and don't worry about the future, because in the process you miss the most important time of all- the present. You can spend your life filled with remorse about what's happened in the past and worrying about what hasn't happened in the future and in the process forgot to live.

16. Transfer it. Make it somebody else's problem, at least until you're stronger. This happens often with my patients; perhaps they've become ill because there's been some great worry or stress in their lives, or perhaps it's somebody who has financial problems and is trying to sort themselves out. Make it somebody else's problem - ask an accountant or somebody else to sort out your financial problems, at least until you are strong enough to deal with it yourself.

17. Reverse it. Do the very opposite and see how that feels.

18. Welcome it. Do the opposite and see how that feels.

19. Pincer it. Think like a doer and act like a thinker.

20.

Social and Personal

Mazeltov to Rita and Martin Vangelder on becoming great grandparents.

Mazeltov to Francine and Richard Benjamin on becoming great grandparents as well.

Latkes

6 medium potatoes

1 onion

2 eggs lightly beaten

60g/2oz fine matzo meal or plain flour

1 teaspoon salt

Pinch ground white pepper

Vegetable oil for frying

Apple sauce or sour cream for serving

In a food processor fitted with grater attachment, grate potatoes and onion. Drain in a colander, pressing to squeeze out as much liquid as possible. Place in a large bowl and beat in remaining ingredients except oil and accompaniments (work as quickly as possible so potatoes do not turn brown.)

In a large heavy frying pan over medium to high heat, heat about 2.5cm/ 1in vegetable oil or just enough to cover pancakes. Drop batter by tablespoonful into hot oil and cook until underside is browned, 2 minutes. Turn and cook until second side is browned, 1 to 2 minutes longer.

Remove to a serving platter and keep warm.

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

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