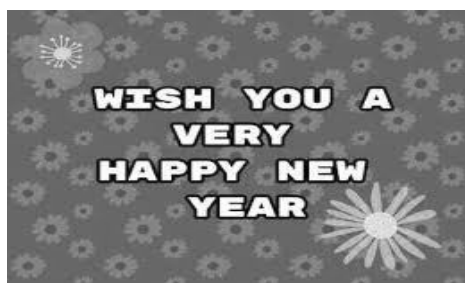


News & Views



Autumn/Winter 2020
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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 2020/2021

**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 Autumn/Winter edition of News and Views where I wish you all a happy, healthy and prosperous 5781 and 2021. I apologise for the lack of magazines this year, but as you all know, it really has been an exceptional year and I hope, for all our sakes, next year will see us all return to some kind of normality.

We have held a successful Zoom meeting for four of our students (see Social and Personal) to pass them through to full healer membership, very much a trial to see if it could be done with our modern technology and will probably be used until we settle down to some kind of normality in the future.

Our committee members, Francine Benjamin (Secretary), Harry Luck (Treasurer) and Committee members, Rita and Martin Vangelder, Teresa Smith, Pat Greenberg and myself agreed to keep our membership subscriptions to £25 for 2021 and hopefully our insurance will remain the same, which is entirely out of our control and we will have no further information until about February when the brokers advise us of their intentions. As always I thank all of our committee for their dedication and expertise throughout the year.

The British Alliance of Healing Associations still has Sheila Holmes as Chair, David Holmes as Secretary and Jim Perkins as Treasurer whom I thank for all the good work that they have done to keep BAHA abreast of all the current legal issues and the promotion of Spiritual Healing.

I wish Jennifer Jones and Lesley Summers all good fortune as they take over the Chair and Vice Chair positions of the Healing Trust and thank Gillian Clark (retiring Chair) and the rest of their Board of Management for all their hard work as Trustees.

Dear Friend

I will lay a soft carpet your feet to tread
And place a feather pillow beneath your head.

I will ease the burden from your back
And help you find the strength you lack.

I will close my lips with a seal
Never to repeat secrets you may reveal,
Always to be loyal and respect your trust -
This, in the book of rules, is a must.

I will dress the wounds upon your mind
And feed you love that you may find
God's message writ upon your heart -
Good friends stay close, never depart -

Always I am here for you to call,
Night or day, anytime at all
And if your tears, they make me low,
Dear Friend, you help my soul to grow.

Rosetta Muscatt

In this gate will come no sorrow
In this dwelling will come no trouble
Through this door will come no panic
In this area will come no arguments
In this place will be blessing and peace

Translated from the Hebrew

ISRAELI TITBITS

An Israeli start-up, Redefine Meat, announced the world's first plant-based steak created using industrial 3D printing and said it will soon start testing the alt-beef cuts at high-end restaurants in Israel. The product fully replicates the muscle structure of beef, it is high protein, no cholesterol, and looks, cooks, feels and tastes like beef.

Bayer AG, the German pharmaceutical giant, has signed a collaboration agreement to test out new drugs on human heart tissue 3D printed by researchers at Tel Aviv University. Researchers will work with Bayer to test new medication for toxicity and efficacy using the 3D printed heart tissue, and eventually with whole human 3D printed hearts.

US tech giant Microsoft said it is acquiring Herzliya-based cyber security start-up CyberX to give it an edge in helping customers secure devices connected to the internet. The Israeli firm has developed an industrial cyber-security platform to detect, stop, and predict breaches of security on internet of things networks, reducing the risks of attacks, and preventing production outages, safety failure and environmental incidents.

Tel Aviv University's free online cyber security course has been ranked the top online cyber security course in the world by Class Central, a website which compares reviews of training platforms around the world. The 'Unlocking Information Security' course which covers topics such as cryptography, security of identification systems, attacks and defences on the internet, viruses and other malware is already in use by students in 150 countries.

Researchers at the Technion in Haifa are partnering with a US company that already sells storage batteries, in order to develop a cheaper more efficient version that could

outstrip the market. The system relies on zinc and bromine, both relatively inexpensive and far cheaper than the lithium used to power devices such as phones and laptops.

Six Israeli firms are among the companies named by the World Economic Forum (WEF) as the 100 Technology Pioneers for 2020, including firms in fields such as artificial intelligence, environment, healthcare, alternative meat, financial access and food security. "Companies such as these think differently and stand out as potential game-changers."

Israeli defence company Israeli Aerospace Industries (IAI) has developed a model that predicts changes from one day to the next in the medical status of COVID-19 patients using artificial intelligence, big data and machine-learning technologies. "It can alert medical staff to the possible deterioration in a patient's condition, enhancing patient care and significantly improving patient outcome".

Elbit Systems has sold a unique Maritime Patrol version of its Unmanned Aircraft System, which features inflatable life rafts under its wings for rescue purposes and a combination of advanced cameras and radar to conduct long-range sea search-and-rescue missions.

A new way to make disinfectant out of water may offer a way to reduce the danger of congregating at mass events. A Carmiel, Israeli-based firm, R&D Pack, has taken the disinfectant technology developed by researchers at Bar-Ilan University and created a sanitation and disinfection tunnel that sprays visitors with the liquid. It will be piloted at Bloomfield Stadium in Tel Aviv.

Israeli scientists say they have developed a quantum electron microscope that gives the clearest picture ever of light moving in materials. Invented by Professor Ido

Kaminer, “it is an electron microscope that takes us from frozen images or very slow frame rates to extremely fast motion, and this really opens doors, allowing us to improve the way we design technology, and helps us to push electronics to its fastest and most powerful”.

Thomas Jefferson University in USA and the Israeli Innovation Authority have announced four winning Israeli companies that will take part in a joint programme to develop, test, and pilot technologies, services and devices in the health sector to address unmet medical needs. The four companies have received a total of \$1 million in funding and will benefit from testing their concepts in labs provided by the university and in its Jefferson Health hospitals.

Israel’s Teva Pharmaceutical Industries have received approval from China to market its Austedo treatment for Huntington’s disease. China is the second country in the world, after the USA, to approve Austedo, which addresses this rare and fatal neurodegenerative disease, which is characterised by repetitive and uncontrollable movements of the tongue, lips, face, trunk, and extremities.

Tactile Mobility, a Haifa -based start-up that provides smart cars with the ability to “feel the road” is joining forces with German car manufacturer Porsche to equip its cars with the company’s software and have the technology tested, to make it ”smarter, more enjoyable, and safer to drive”.

Israel’s Gamida Cell, the manufacturer of a stem cell therapy that aims to increase the success of bone marrow transplants in blood cancer patients, announced that a key late-stage clinical trial of its treatment had yielded positive results and met a major target. The international Phase III clinical trial was conducted at more than 50 centres around the world.

Researchers at the Hebrew University of Jerusalem have developed a new method to deliver chemotherapy drugs used to treat liver cancer directly to malignant cells, bypassing healthy ones. “Most anti-cancer treatments are not sufficiently specific, meaning they attack healthy cells together with the malignant ones they are trying to destroy. This leads to the many serious side effects associated with chemotherapy. Eliminating cancerous cells while leaving healthy ones alone is an important step toward reducing patient suffering”.

Harry Luck

David Hamilton

How your Mind can Heal your Body

David Hamilton gained a first class honours degree in chemistry, with a specialisation in biological and medicinal chemistry, had a Ph.D. in organic chemistry before going on to be a scientist in the pharmaceutical industry in 1995. After four years he left and has since worked as a motivational speaker, co-founded an international relief charity, co-organised a 9-day, 24-event festival of peace called Spirit Aid, and worked as a college lecturer in both chemistry and ecology. He has been featured on television, BBC radio and has been the subject of national newspaper articles. He spends most of his time writing, giving talks and leading workshops on the topics of his writing.

To give you a feel of David’s book “How your Mind Can Heal Your Body” below is the full extract of his 'Quantum Field Healing Visualisation', followed by a few questions...

"Let's say you have a specific disease or illness, condition, pain etc. Visualise the part of your body or organ and then imagine going inside it, as if you were taking a camera inside so you could see the bones, muscle, flesh, tendons

and joints. Now go inside the part until you see the cells that it's made of. Now go inside the DNA and see the atoms that it is made of. Pick an atom and go inside it. See the subatomic particles -protons, neutrons, electrons and others. Imagine them as stars in the night sky.

The quantum field is a field of energy from which particles condense, analogous to the way in which raindrops condense from clouds. The particles begin their life in the quantum field. So, rather than imagining you are going inside the particles, go to their source -the quantum field itself. Image the quantum field as a place in deep space of total stillness. Imagine this in any way that you want. It can be helpful to imagine it as a totally still lake of energy, like a still pond or lake early in the morning.

Now imagine the waves (vibrations) of disease and then mentally remove them, symbolically removing the disease. Eventually say, 'Reveal the waves (or vibrations) of __.(State the name of the disease if you know it, or just call it 'the disease). You are asking your unconscious mind to symbolically reveal the waves. See the vibrations in any way that comes to mind. I usually see them as stormy seas.

Mentally affirm 'Cancel!' and watch the waves collapse and disappear. You are now back to your place of total stillness and have just cancelled the disease.

Next put new vibrations in its place. Imagine dropping a pebble into the still lake only it is a pebble of light which represents your intention. It may either be white or any colour that comes to mind. In the state of higher awareness that QFH brings you may see colours or even symbols. You can imagine pebbles of anything you want and be as general or specific as you wish. For my intent I sometimes use 'perfect health' or 'healing' and I usually

add one or two extra qualities as well. For instance, I often add pebbles of peace, love, compassion, kindness or forgiveness, or any other emotional or behavioural quality that I would like to see, think would help, or sense it's relation to the disease.

Imagine dropping the first pebble into the energy lake. Be aware if you hear any sounds, even just the sound of the splash. A 'peace' pebble, I find, often makes a 'ping' or 'Om' sound in my mind.

Watch the pebble make a small splash and then see light (of your colour) fanning outwards in the energy lake. These are waves of 'perfect health' or 'peace' or whatever your intention.

Now drop in the next pebble and observe the same process. You can add as many or as few pebbles as you wish and spend as much or as little time as you wish, adding several pebbles with the same intention.

So you have now removed the waves of illness and replaced them with waves of health. The healing is technically done, but I like to further cement it, so to speak. Now we gradually return to where we started, noticing along the way that things are different because there are different waves at source. This reinforces your belief that the healing is done.

Imagine coming back out from the quantum field to see the subatomic particles. Mentally say 'Reveal that it is done'. This is giving you confirmation that the healing is complete. Imagine something slightly different from before, for example, instead of particles being white like stars in the night, see them take the colour of the pebbles of light that you added. Thus they are particles that make up the new healed body. You may even wish to watch them shimmer or imagine a fine blanket of light ripple across the

sky, a bit like the northern lights (aurora borealis).

Now come back out of the atoms, mentally say 'Reveal that it is done'. Once again, see the DNA shimmer in the colours of the pebbles of light that you added. You might even see some healing genes light up with great brightness.

Come back out of the cells and say 'Reveal that it is done'. Watch the cells shimmer with the colour of your pebbles of light.

Now come back out of the actual body part and say 'Reveal that it is done.' Again, watch it shimmer in your chosen colours and you don't need to see just the shimmering colours at every stage. You can imagine a change in any way, maybe as your atoms or the DNA flexing like you flex a muscle. Maybe your cells will do the same, as they breathe with new life.

If you wish, at this stage you can visualise the disease being eradicated -a tumour dissolving, a virus leaving your body, or an organ or tissue regenerating. You can add an appropriate visualisation (available in Appendix II of the book). It is not necessary to add a visualisation at this stage, but some people like to do so as if they are visibly watching confirmation that the healing is complete.

Finally, see your whole body and say, 'Reveal that it is done,' and see it enveloped with colours that you choose. You might even see yourself flexing your body in perfect health.

To close, mentally say, 'Thank you. It is done. It is done. Take a few breaths and open your eyes. "It is done!"

What caused you to leave the pharmaceutical industry to concentrate on the mind-body connection?

I was fascinated with the placebo effect. So many people get better in drug trials because they believe they're

receiving drugs and often it's just chalk or sugar. I had wanted to leave for a while but hadn't mustered the courage or self-belief. But I was at a seminar in 1999 led by Tony Robbins, where he led us through a visualisation about doing what we really wanted to do. I realised that I owed it to myself to follow my heart so I resigned on my next day back at work.

We have been conditioned for decades to rely on others to fix our illnesses, yet it is clear from your book that we have the ability to do it ourselves. What is being done to disseminate this vital information to doctors and the masses?

There are other authors as well as myself who are writing books on the subject and this helps, especially when they are doctors or scientists themselves. Many health professionals read the books and incorporate some of the new knowledge into their practices. I frequently find doctors in attendance when I give talks.

Do you believe that visualisation and meditation techniques will transform the way our national health service helps people maintain health in the future?

Yes. It is only a matter of time before these techniques are taken very seriously in medicine as a way to aid the recovery process. It is great that new scientific discoveries are adding weight and credibility. For instance, no one can dispute now that meditation causes physical changes in the brain and impacts over 1,500 genes, some of which help to counteract stress damage to cells. When you have that degree of scientific evidence, mainstream medicine takes notice.

You note in your book that it takes 21 days for a new brain map to become dominant – should this be the first technique applied to help depressed people 'rewire' their thinking, and heal?

It might be that this actually happens when depressed people take drugs. Their belief in the drugs contributes over 80% of the effect and might be why it usually takes around 21 - 28 days for the drugs to kick in. The belief, or hope, helps form the new brain maps. Therefore, if they were helped to direct their thinking in some positive way, perhaps through believing in something or visualising, it would help new brain maps form.

Healers are taught to `let the energy go where it's needed and not try to influence the process` - freewill however- could a person with good intention use the Quantum Field Healing Visualisation to positively `affect` another person's health status?

Yes. And maybe we're being guided to use the visualisation, that the inspiration is flowing into us? That's the way I look at it. We're all connected so I believe that good intention flows to whom we intend.

Do you think children could or should be taught visualisation techniques at school as a `basic life skill`?

Yes, I do. The mind-body connection is a natural thing and science has now fully established it. Children can be taught meditation, visualisation (I have had kids in my workshops who draw their images), and even how to focus their mind on achieving, with an understanding of how it works.

With that in mind, might you write a book specifically for children in the future?

I have thought about that. So maybe, but it would be more about having a positive attitude and not so much about healing disease. I think if children learned how their thinking could affect their health, their happiness, and their success in life, and also how this is so, then we would be producing a generation much more in tune with

themselves and taking much more responsibility for their lives and the world.

What research projects are you currently working on?

I'm not doing any practical research. Outside of talks and workshops, I spend most of my time writing, which involves a great deal of reading through medical, neuroscience, psychology, and sociology journals. So I am researching, not in a lab, but the scientific literature, specifically topics for my next book, which is about how connected we all are.

What would be your 'dream' research project?

For a large sample of people using visualisation for serious illness (plus medicine) to be compared with a matched sample using medicine only and we use 'gene-chip' analysis to follow changes at the genetic level in addition to monitoring overall health improvement. If I had the funding I'd link up with a top university and get it done. Then we'd categorically show the impact of visualisation because we'd have indisputable genetic evidence of the changes.

Have you ever had hands-on healing and if so, what did you think of it?

Yes. I've received Reiki treatments, which were great. I loved the gentleness, the deep sense of care, compassion, and feeling of wholeness. I actually trained in Reiki myself about 10 years ago, partially out of curiosity but also because, at the time, I had only recently left the pharmaceutical industry. I wanted to dive, experientially, into some of the healing arts to gain some experience so that I wouldn't just be speaking intellectually about healing but be able to talk from experience.

You mentioned earlier that you believe we are all connected,

do you think you may be being 'guided' with your research?

Yes. I believe that we share a collective intelligence deep within us. When we intend to do something, say, good in the world, I think we receive guidance from that intelligence on how we can best use our skills to do that. That comes as intuition, ideas, inspiration, and motivation, and we are also drawn to certain people, books, and information.

From the internet

A bit of light reading

*It is with great sadness that I have to mention the loss
of a few local businesses:*

A local Bra Shop has gone bust.

A mining company has gone under.

A manufacturer of food blenders has gone into liquidation.

A dog kennels' has had to call in the retrievers.

An origami book company has folded.

An aerial installation company has called in the receivers.

A key company has gone into lockdown.

A watch-smith has wound down and called time.

An Iceland store has had its assets frozen.

A shoe factory has been soled and employees given the boot.

*The Heinz factory has been canned as they couldn't ketchup
with orders.*

The tarmac company has reached the end of the road.

The bread company has run out of dough.

*And finally the AA Recovery Service are on their way to a
breakdown.*

A smile relaxes all the major facial muscles. It also sets off an emotional chain reaction that invariably helps you feel good.

THOUGHTFULNESS

A little thought goes a very long way. The sort of thought, we mean, of course, is that which involves the well-being of others. It is not just good enough to think of others in mellowed terms. One has to follow thought with action.

The quality of thoughtfulness is a priceless gift. It removes all trace of personal egotism, points the way to outward instead of inward thinking.

How can thoughtfulness be used to best advantage?

By remembering other peoples' anniversaries.

By visiting the sick and infirm.

By tending to the needs of the poor.

By solicitude for the bereaved.

Thoughtfulness is, in essence, a training of the mind to embrace other people's activities as well as our own. It is the art of reminding oneself, from time to time, that oneself is not the only person in the world!

That odd telephone call, the longer-than-usual letter to a loved one, the little gift bought on the spur of the moment-such actions personify conscious and active thoughtfulness.

At every moment of the day our minds are engaged on the business of living our own lives. Sometimes it is not easy to realise that everyone is inter-dependent upon others in order that life should revolve and resolve itself satisfactorily.

We are the first to complain when others forget to think of us. The missing present, the delayed letter, the forgotten phone call, the broken promise-all these sins of omission cut us to the quick.

Bearing this in mind, should we not, therefore, make a determined effort, from this day onward, to see to it that these sins of omission are not laid at our doors'?

Remember to think Of :

That sick friend,

That book you borrowed,

That money you owe.

That message you promised to deliver.

That generous gesture you decided to make.

Thoughtfulness is something we can apply every hour of every day. By not making too much noise. By being pleasant to friends and family. Above all -by praying for others that their way of life may be made as easy as we wish others to make ours.

Gilbert Oakley

Social and Personal

Congratulations to Bhavna Kotecha-Abel, Kathryn Lane, Melanie Simpkins and Rhianna Ellicott having completed their two year training programme and passed their panels with flying colours.

Mazeltov to Richard Benjamin on reaching 70 years young and to Francine and Richard Benjamin on their grandson's Barmitzvah.

The human body is composed of trillions of atoms all in constant motion and held together by an unseen force that physicists call electro – magnetism and Teilhard de Chardin calls “Love”

DO YOU REALISE

Do you realise
That we live
From beneath the breath?
That within each
And every breath
We experience
Both life and death!

We take each breath
For granted
As we naturally inhale
But we are very temporary
And we are very frail

Every breath
Is given
To each one of us
Throughout our lives
Let's be grateful
And appreciate
The one who lets us thrive.

Yetta Powell

Treat the earth well. It was not given to us by our parents.

It was lent to us by our children.

Zucchini Drop Scones

Ingredients are variable, you can swap the vegetables around, use a parsnip instead of courgette for example.

I don't know how it would turn out using wheat flour. 1 cup = 16 tablespoons (it's better to use a set of baking cups) that's the trouble with American recipes. Happy baking!

1 Courgette – grated

1 Small Carrot - grated

1 Small Onion - grated

1 Cup Almond Flour

1/4 Cup Coconut Flour

1/4 Cup Parmesan Cheese - grated

3/4 Cup Cheddar Cheese - grated

1/4 Tsp Salt

1/4 Tsp Baking Powder

Black Pepper

Chilli Flakes

2 Eggs, lightly beaten

Set oven to 400F/200C or Gas Mark 6

Mix all the grated vegetables in a bowl, add the grated cheeses and mix together then add the beaten eggs.

In a separate bowl sieve the flours and other dry ingredients and mix together.

Add the dry ingredients to the vegetable and cheese mix and stir together.

Form dough into approx 20 balls and place on baking sheet lined with parchment paper.

Bake 20 minutes or until brown. Cool on wire rack.

WE ARE THE WIND BENEATH THY WINGS

Angels on the Earth Plane seek to walk with and help all who ask for their help with sincerity. They walk beside you night and day if your intentions are for the good of everyone and everything. They love to watch over you while you do your day's work, for while you think of them with goodness of heart, they will always help and guide you when it is necessary. They love to watch you recover from any mistakes made because you in human form cannot help making mistakes, that is how you learn to give and take from each other in love and peace.

Be bold as you push forward in love and light for all humankind and nature alike knowing that you are never alone even when you think you are. Not anyone on Earth can be perfect in mind, thought and Spirit but that should always be your aim. We love and watch over you as you continue to do your best and give with the goodness of heart, seeking nothing for yourself, for when you become selfless you are working as you are meant to. You will feel the happiness when we share the happiness with you.

As you walk your pathway with your head held high so that others are able to see your light shining out into a better world for all of life and passing back to life, unto eternity.

*Reprinted from "Guidance from the Realms of Spirit" by kind permission
from Sheila Doffman Goldsmith.*

Pomegranates

The appeal of the pomegranate has endured for centuries, its history as colourful as its glistening, jewel-like seeds. With their deliciously sweet red 'ruby' seeds, pomegranates are versatile and exotic, with a symbolism as rich as the fruit itself. The pomegranate has been thrilling palates and inspiring legends all over the world for centuries. This crimson beauty

originated in Persia (modern day Iran and Afghanistan) but its appeal and its myths soon spread far and wide.

In Ancient Greece you couldn't move for legends and stories attached to the beautiful, lush fruit. One story has it that Aphrodite the Greek goddess of beauty, planted the first pomegranate tree in Cyprus, her statues and images are often portrayed with her holding a pomegranate. Hera, wife and sister of Zeus, the mother of gods and protector of marriage and childbirth, also has strong associations with the fruit. In her temple in Argos Greece, her golden statue is holding a pomegranate in her right hand, signifying fertility and abundance. Athenian women wanting to fall pregnant would tuck into pomegranates to boost their child bearing chances and they were on to a good thing as modern research has found that pomegranate juice can boost fertility by balancing female hormones.

In another Greek legend, a beautiful young woman called Persephone-whose father was Zeus-caught the eye of her uncle, Hades, God of the underworld.

The besotted God kidnapped Persephone in his chariot and swept her away to the bowels of the earth. Locked away in the Hall of Hades in the underworld, Persephone refused all food because she'd heard that anyone who ate anything in Hades would be forced to live in the dark hell forever. But after a week, she cracked in the face of a pomegranate and ate six of its seeds. Luckily, her smooth-talking cousin Hermes persuaded Hades to allow Persephone to live above ground for six months of the year if she married him. From then on, Persephone's mother, Demeter, would make the flowers bloom in spring when her daughter came back to her. Then, when Persephone had to return to the underworld in the autumn, Demeter would let the crops die until spring and so, legend has it, the seasons were born.

The magical associations given to pomegranates by the Greeks were so strong that the fruit still holds a special place in the country's customs and beliefs. Many Greeks

include a pomegranate motif in the decoration of their home, associating it with joyous times, good fortune and prosperity. The fruit is a popular house-warming gift for the same reasons. Pomegranates are also broken on the ground at Greek weddings in order to spill the seeds that symbolise a fertile marriage for the happy couple.

Because of the tragic story of Persephone's voyage into the underworld, the pomegranate is also known as the fruit of the dead and many Greeks commemorate the passing of their loved ones with a *kollyva*, a sweet dish made from wheat mixed with pomegranate seeds, raisins, almonds and other sweet fruits, often decorated with icing sugar and decorative silver balls.

Drawings of pomegranates have been found on ancient coins from Jerusalem and the fruit crops up in many religious images and paintings.

As well as being linked with fertility, the fruit's hundreds of seeds have given it a strong association with resurrection, including Christ and in the legend of Persephone, of nature coming back to life after a long winter. The ancient Egyptians buried pomegranates with their dead and painted the fruit on tombs to ensure a safe journey to the afterlife.

In Wiccan tradition, the fruit is eaten at Samhain (Halloween), the seeds representing the blood of life that lives on, even through the cold season. Wiccans have also long used pomegranates in fertility magic.

Hoping to get pregnant? Bury pomegranate seeds in the earth, under a new moon, while making a wish for conception to occur, then eating the rest of the fruit.

In the 21st century, the appeal of the pomegranate has not only endured but soared, with its super-food seeds used to jazz up many sweet and savoury dishes, along with drinks. If you'd like to try its life-enhancing properties yourself, there are a couple of recipes available that really make the most of this legendary fruit.

THIS MAY BE A "Little" DIFFICULT FOR ALL WHO ARE OVER 60 .THOSE YOUNGER THAN THIS WILL HAVE NO HOPE AT ALL.

DEMENTIA QUIZ

FIRST QUESTION:

YOU ARE A PARTICIPANT IN A RACE. YOU OVERTAKE THE SECOND PERSON. WHAT POSITION ARE YOU IN?

ANSWER : IF YOU ANSWERED THAT YOU ARE FIRST, THEN YOU ARE ABSOLUTELY WRONG! IF YOU

OVERTAKE THE SECOND PERSON AND YOU TAKE HIS PLACE, YOU ARE IN SECOND PLACE!

TRY TO DO BETTER NEXT TIME.

NOW ANSWER THE SECOND QUESTION,

BUT DON'T TAKE AS MUCH TIME AS

YOU TOOK FOR THE FIRST QUESTION, OK?

SECOND QUESTION:

IF YOU OVERTAKE THE LAST PERSON, THEN YOU ARE....

ANSWER: IF YOU ANSWERED THAT YOU ARE SECOND TO LAST, THEN YOU ARE.....

WRONG AGAIN. TELL ME SUNSHINE, HOW CAN YOU OVERTAKE THE LAST PERSON??

YOU'RE NOT VERY GOOD AT THIS, ARE YOU?

THIRD QUESTION:

VERY TRICKY ARITHMETIC! NOTE:

THIS MUST BE DONE IN YOUR HEAD ONLY.

DO NOT USE PAPER AND PENCIL OR A CALCULATOR. TRY IT.

TAKE 1000 AND ADD 40 TO IT. NOW ADD

ANOTHER 1000 NOW ADD 30.

ADD ANOTHER 1000. NOW ADD 20 .. NOW ADD ANOTHER 1000.

NOW ADD 10. WHAT IS THE TOTAL?

DID YOU GET 5000?

THE CORRECT ANSWER IS ACTUALLY 4100...

IF YOU DON'T BELIEVE IT, CHECK IT WITH A

CALCULATOR!

**TODAY IS DEFINITELY NOT YOUR DAY, IS IT?
MAYBE YOU'LL GET THE LAST QUESTION RIGHT....
MAYBE...**

FOURTH QUESTION:

MARY'S FATHER HAS FIVE DAUGHTERS:

1 NANA, 2. NENE, 3. NINI, 4.. NONO, AND ???

WHAT IS THE NAME OF THE FIFTH DAUGHTER?

DID YOU ANSWER NUNU? NO! OF COURSE IT ISN'T.

HER NAME IS MARY! READ THE QUESTION AGAIN!

OKAY, NOW THE BONUS ROUND,

I.E., A FINAL CHANCE TO REDEEM YOURSELF:

**A MUTE PERSON GOES INTO A SHOP AND WANTS TO
BUY A TOOTHBRUSH.**

**BY IMITATING THE ACTION OF BRUSHING HIS TEETH
HE SUCCESSFULLY EXPRESSES HIMSELF TO THE
SHOPKEEPER AND THE PURCHASE IS DONE.**

**NEXT, A BLIND MAN COMES INTO THE SHOP WHO
WANTS TO BUY A PAIR OF SUNGLASSES; HOW DOES
HE INDICATE WHAT HE WANTS?**

IT'S REALLY VERY SIMPLE

HE OPENS HIS MOUTH AND ASKS FOR IT...

**DOES YOUR EMPLOYER ACTUALLY PAY YOU TO
THINK??**

**IF SO DO NOT LET THEM SEE YOUR ANSWERS FOR
THIS TEST!**

BORN 1925 - 1955

The best years to be born in the history of Earth we were fortunate enough to experience it all. Thank God for all the times, the adventures, wars won, technology developed. Generations after future generations will never experience (to our knowledge) what we have seen.

What a generation we turned out to be!

At the end of this email is a quote of the month by Jay Leno. If you don't read anything else, please read what he said.

TO ALL THE KIDS WHO SURVIVED THE 1930's, 40's, and
50's!

First, we survived being born to mothers who may have smoked and/or drank - While they were pregnant.

They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.

Then, after that trauma, we were put to sleep on our tummies in baby cribs covered with bright coloured lead-based paints.

We had no childproof lids on medicine bottles, locks on doors or cabinets and, when we rode our bikes, we had baseball caps, not helmets, on our heads.

As infants and children, we would ride in cars with no car seats, no booster seats, no seat belts, no air bags, bald tyres and sometimes no brakes.

Riding in the back of a pick-up truck on a warm day was always a special treat.

We drank water from the garden hose and not from a bottle.

We shared one soft drink with four friends, from one bottle, and no one actually died from this.

We ate cupcakes, white bread, real butter, and bacon.

We drank lemonade made with real white sugar and we weren't overweight.

WHY?

Because we were always outside playing...that's why!

We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

No one was able to reach us all day ...and, we were OKAY.

We would spend hours building our go-carts out of scraps and then ride them down the hill, only to find out that we had forgotten about brakes. After running into the bushes a few times, we learned to solve the problem.

We did not have Play Stations, Nintendo and X-boxes.

There were no video games, no 150 channels on cable, no

video movies or DVDs, no surround-sound or CDs, no cell phones, no personal computers, no Internet and no chat rooms.

WE HAD FRIENDS and we went outside and found them! We fell out of trees, got cuts, broke bones and lost teeth and there were no lawsuits from those accidents.

We would get spankings with wooden spoons, ping-pong paddles, or just a bare hand, and no one would call child services to report abuse.

We ate worms, mud pies made from dirt, and the worms did not live in us forever.

We made up games with sticks and tennis balls, and although we were told it would happen, we did not poke out very many eyes.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them.

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment.

Imagine that!!

The idea of a parent bailing us out if we broke the law was unheard of ...They actually sided with the law!

These generations have produced some of the best risk-takers, problem solvers, and inventors ever. The past 60 to 85 years have seen an explosion of innovation and new ideas.

We had freedom, failure, success and responsibility and we learned how to deal with it all

If YOU are one of those born 1925-1955,
CONGRATULATIONS!

You might want to share this with others who have had the luck to grow up as kids before the lawyers and the government regulated so much of our lives for our own good.

The quote of the month by Jay Leno:

"With hurricanes, tornadoes, fires out of control, mud slides, flooding, severe thunderstorms tearing up the country from one end to another, and with the threat of bird flu and terrorist attacks, are we sure this is a good time to take God out of the Pledge of Allegiance?"

From the internet

LIGHT UP YOUR LIFE

Light your candle of love for any wrong doings that are weighing you down when you think of past errors. The only way to fix your problems or sadness is to send out love, compassion and healing to surround your planet with that healing light for yourself and others in your circle of life. Let the candle of light lift your fears and worries so that you are able to live your lives as you meant to.

Living with worries, sadness and fears will only wear you down so that you are unable to communicate with us in the Higher Realms because, only when you do with a good heart and open mind will we be able to communicate and help you. Keep your heart and mind open for we'd love to help and guide you to better days.

SVELTE TASTE

You only get fat from what is familiar! Taste governs familiarity. By changing your diet/habits and tastes you can change your shape

Keith Foster, FLS

"Overcome your uncertainties and free yourself from dwelling on sorrow. When you delight in existence, you will awaken and become a guide to those in need, revealing the path to many"

Buddha

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