



THE Link

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Healing Clinics:

- ✓ **Crawley**, Wednesdays
3.00-5.30 pm
Friends Meeting House, 1 Field
- ✓ **Horsham**, Thursdays
2.30-4.30 pm
Unitarian Church Hall, Horsham

BMS-IHF A Summer Seminar HUMANITY AT THE BRINK

Many friends and members
enjoyed our successful event on
29th June 2003
led by Simon Peter Fuller



SPIRITUAL PIONEERING

*A pioneer is one who leads the way
Who understands the 'Laws of God',
To thus obey and open up the paths
For those that follow after;
A teacher and a master-
Who thus can teach the 'inly blind'
And heal the sick of fearful mind.
Spiritual pioneers are those
Who ever wait in silence for their Lord
To direct their ways in love, in one accord
Each unto each, to nourish and sustain
Can we in all humility fulfil this role?
Can we go forth to try to teach
To spread good news, the gift of God.
Spiritual pioneers with silent tread
Whose feet are shod with love.
Go forth to lead the children of the earth
From bondage unto their rebirth,
Clothed in true light;
Can we aspire to this great height?
The Aquarian Age dawns nigh.
Let us greet the new born age
And ever seek to multiply;
The brotherhood of man,
Holds forth our hand to those in need.
Let us give and give and give again
And scatter the holy seed.*

Barbara Puatt

The body is made up of five elements and is bound to perish sooner or later, but the Indweller ("True Self") has neither birth nor death. He has no attachment whatsoever. Truly speaking, the Indweller is verily God Himself who is in the form of the Atma (or "I am")

Telugu Poem, India

BMS-IHF AGM

This took place on 29th June. David Tenneson announced that he was proposing to sell his home, retire from full time work and buy a home in Spain. This took effect on 15.9.03. We thank him for his strong support as Vice Chairman and wish him happiness in his new life.

Sheila Leadbetter has resigned as Councillor due to many family responsibilities. We thank her for her dedicated support and hope to see more of her again later. Your Council is pleased to welcome Wendy Chatfield who was elected and welcomed as her successor.

Many souls are seeking an answer to all the chaos and confusion in the world at this time. Day by day it grows worse, but be not afraid, for things will have to get worse before they get better. A boil comes to a head before it bursts, and then all the poisons are released and are cleared away. Things have to come to a head in the world before the poisons of hate, greed, jealousy and selfishness are released and healing can take place. I need you at perfect peace within. You will find it as you keep your mind stayed on Me and can raise your consciousness, seeing only the very best. You cannot help the world situation if you allow yourself to become involved in it. You have to be immune to the disease or you too will contract it, and then you can be of no help whatsoever. I need your help. I need you free. I need you at perfect peace. Then I can use you.

(Eileen Caddy, "Opening Doors Within"
July 16, ISBN 0-905249-66-6)

Two people have been living in you all your life. One is the ego, garrulous, demanding, hysterical, calculating; the other is the hidden spiritual being, whose still voice of wisdom you have only rarely heard or attended to. As you listen more and more to the teachings, contemplate them into your life, your inner voice, your innate wisdom of discernment, what we call in Buddhism "discriminating awareness", is awakened and strengthened, and you begin to distinguish between its guidance and the various clamorous and entrancing voices of the ego. The memory of your real nature, with all its splendour and confidence, begins to return to you. You will find, in fact, that you have uncovered in yourself your own wise guide, and as the voice of your wise guide, or discriminating awareness, grows stronger and clearer, you will start to distinguish between its truth and the various deceptions of the ego, and you will be able to listen to it with discernment and confidence.

Sogyal Rinpoche, Glimpse after Glimpse
July 16, ISBN 0-7126-6237-5

YOU ARE INVITED TO OUR CHRISTMAS CANDLELIGHT MEDITATION & PARTY



To be held at Friends Meeting House, Worthing Road, Horsham

On Monday 15th December 2003 7.30-9.00pm.

Please contact the organiser: Ienny Jones

Human Beings are a part of a whole called by us the 'Universe,' a part limited in time and space. We experience ourselves, our thoughts and feelings, as something separate from the rest – a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.

Albert Einstein

Our Sacred Purpose

Helen Keller, though deaf and blind, was able to see certain things much more clearly than many people blessed with perfect eyesight. In her book, *The Open Door*, she wrote: "Security is mostly a superstition. It does not exist in nature, nor do the children of man as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or it is nothing."

Our spiritual journey, then, represents a reversal of direction while the material person's instinct is to move away from what is troublesome, the spiritual seeker moves intuitively toward the truth behind the trouble. This shift from perceiving the daily thwartings of our desires, to recognising the divine message behind them - i.e. that we are the ones to be changed - is at the heart of our spiritual awakening. There might be said to be three stages, or levels of practical experience, to this difficult but divine work of using outer events to do inner work on ourselves. These successive stages might all be reached immediately, or only one or two of them attained, depending on our karmic burden and the degree of our receptivity. I am convinced that with time and practice we can achieve the deepest level more and more often.

James Ballard, Self Realisation Magazine, Summer 2003

The root of all phenomena is your mind. If unexamined, it rushes after experiences, ingenious in the games of deception. If you look right into it, it is free of any ground or origin, In essence free of any coming, staying or going.

Jamyang Khyentse Chokyi Lodro

BMS-IHF Subscriptions & Fees + Insurance due annually on 1st April

If not paid within 4 months, it is illegal to display a BMS-IHF certificate

Full Contact Healer	£15 + 3.57
Distant Healer	£15 + 3.57
Trainee Contact Healer	£15 + 3.57
Trainee Distant Healer	£15 + 3.57
Practitioner/Therapist	£15 + Own ins.
Friend Member	£10 Nil ins.
Initial Registration	£8

Please send Cheques to the Membership Secretary, payable to BMS-IHF.

"Through changing our attitude to life's problems, we no longer need to experience them as surprise attacks, but can approach them as mysterious opportunities"

The word "problem" generally has a negative connotation; we seldom say, "I've got a big problem!" in a joyful manner. Maybe my problems weren't the problem. The dictionary defines a problem as "a question to be answered." By solving math problems I had learned to do maths. By solving life problems, we learn to live. Life becomes one blessed problem after another.

Robert Gerson, Self Realisation Magazine Summer 2003

Speech

Silence is the only language of the realised. Practise moderation in speech; that will help you in many ways.

Most misunderstandings and factions arise out of carelessly spoken words. When the foot slips, the wound can be healed; but when the tongue slips, the wound it causes in the heart of another will fester for life. The tongue is liable to four big errors: uttering falsehood, scandalising, finding fault with others and excessive speech. All these have to be avoided if there has to be peace for the individual as well as for society. The bond of the brotherhood will be tightened if people speak less and speak sweet.

Gossip

One should not revel in idle gossip, or spreading slander and scandal and wound others and pollute oneself.

Examine the word before the tongue pronounces it; is it true, will it hurt, is it necessary? Warn the tongue against relishing falsehood, or indulging in outbursts of vilification and the life. Adhere to the Truth, Sathya, at all costs. It is the basic human value.

Sathya Sai Baba

Weight Control
Recommended by a sports trainer on BBC Radio:
Breakfast :
Eat like a King
Lunch:
Eat like a Prince
Supper:
Eat like a Pauper

THE DATA PROTECTION ACT

THE BMS-IHF COUNCIL & BMSI COMMITTEE WILL NOT SANCTION PERSONAL DATA BEING PASSED TO OUTSIDE BODIES OTHER THAN, POSSIBLY, HEALING RELATED ORGANISATIONS eg BAHA or CHO.

BMS-IHF & BMSI are registered with the Data Protection Register.

BMS-IHF Registration Number is PZ656262X
BMSI Registration Number is PZ6562587

We are required to inform members annually that personal details are held on our database. Should any member object, their details can be removed. For further information please contact William P. Lambert.

The lights have to be switched on in the heart of man, rather than in the house where the image of the Lord is installed and worshipped.



However high a bird may soar, it has sooner or later to perch on a treetop, to enjoy quiet.

Sathya Sai Baba

"You are the embodiment of peace, truth and love.

Experience love, attain peace and follow the path of truth."

Sathya Sai Baba

To see a face of love is to feel

A heart of peace

Sai Chintan

MEDICAL LAUGHS

* Benign: what you be after you be eight.

*Labour pain: hurt at work.

*Minor Operation: somebody else's

*Red Blood Count: Dracula

Client Records

Client records play a vital role in any treatment claim.

Protect yourself by keeping good records.

When a claim is made relating to a treatment all the relevant case documentation has to be produced and insurers complain that the detail is often sketchy and incomplete. A complete documented case history is vital for the healer's protection whether it be to determine a claim or as protection in a prosecution.

Records showing consultation notes, contraindication, treatment decisions, performance and results and client comment and reactions clearly recorded in chronological sequence will all contribute towards establishing a healer's care and competence. This task is not easy, particularly when surrounded by the demands of a busy clinic. An accident is often defined as 'AN UNSCHEDULED HAPPENING.' A good and complete set of records will go a long way to prevent a healer being blamed.