



# Link

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## In the beginning was the Sound and the Sound was A U M

*It has been said that there was a mistranslation in the Bible, from the Greek word 'logos' (sound) when it said "In the beginning was the Word and the Word was God" "Word" implies vibratory sound \*\*, carrying materialising power "Among words, I am the syllable AUM, the beginning, middle and end" (Bhagavad Gita)*

**A = waking state U = dream state M = deep sleep (Sri Sathya Sai Baba)**  
**A = creative rhythm U = preservative vibration M = vibratory power of dissolution (Yogananda)**  
(akara) (ukara) (makara)

**Aum (East)**  
**= Amen (West)**  
**= I AM**  
**= So Be It**

God (light) vibrates through nature as the eternal life; that life has the sound of the great Amen or AUM  
AUM is the name that most accurately defines God

The everlasting light of the Cosmic Energy is the life of all beings and lights their consciousness  
That sound will introduce man to the Cosmic Consciousness

The devotee will vibrate with creation and become more Christlike – the second coming (Yogananda)

**The purpose of singing the AUM is: to diminish the ego, to purify the mind and thoughts, to purify the surrounding atmosphere by the subtle spiritual vibrations sent forth through singing the Lord's name (Sri Sathya Sai Baba)**

**The same stream of life that runs through the world, runs through my veins night and day and dances in rhythmic measure. It is the same life that shoots in joy through the dust of the earth into the numberless blades of grass and breaks into tumultuous waves of flowers. It is the life throes of the ages, dancing in my blood this moment.**

(Tagore)

**\*\*THE CREATIVE SOUND: White noise:**  
The complexity of a sound wave can become so great that no particular pitch can be discerned = white noise, so called by analogy with white light (a mixture of all frequencies, or colours, of visible light).

Sound has velocity, frequency and intensity (energy, usually measured in watts per square centimetre).  
(Brittanica)



Hubble telescope mosaic of the Majestic Sombrero Galaxy

Hubble telescope close up of M27, the Dumbbell Nebula



Spirit as the intelligent Holy Ghost, creative AUM vibration (sound) transforms itself into matter by changing the rates of cosmic creative vibration.

Cosmic Intelligence becomes motion, or vibration of consciousness which changes into cosmic energy, which in turn changes into electrons and atoms. These change into molecules of gas, such as cosmic nebulae. These then change into water and solid matter.

When Cosmic Vibration becomes frozen into matter it becomes many – including man's body, which is part of this variously divided matter.

This Intelligent Cosmic Vibration has been simply described by Biblical writers as "the Holy Ghost" and "the Word". This vibratory sound of waves of Divine energy carries materialising power. "Holy" because it is the manifestation of Spirit, trying to create the universe according to the perfect pattern in tune with God's will.

"Logos" in Greek is "Sound" or "Word". "Logos" is masculine leading English translators to "Him". The correct pronoun would be "It".

The "only begotten Son" refers not to Jesus' body, but to His Christ Consciousness (the God consciousness in Him). Jesus speaks of His body as "son of man" and His soul or Christ Consciousness as the "Son of God".

This Christ Intelligence (Light) in all matter and living beings endowed with consciousness, self-awareness and intelligence from the causal body, is drawn back to the Creative source by beautiful evolutionary coaxings.

All who can clarify their consciousness and receive, or in an unobstructed way, contain and reflect the Christ Consciousness, can also become "Sons of God".

Spirit, pure consciousness, causes the other two sheaths of mankind – the soul and physical body.

The astral body of life forms empowers all the senses and functions of the material.

Causal (macrocosm) Astral body of man (soul) Physical (microcosm)

(William)

Sources: The Bible, Sri Sathya Sai Baba, Yogananda

## CANCER NEWS

For those interested in this subject, we recommend the magazine *ICON*, to which we are indebted for the following:

### Tamoxifen link to stroke risk

In a study published in *The Journal of Neurology*, Dr Cheryl Bushnell of Duke's University Medical Center in North Carolina reviewed nine previous studies and concluded that a woman's absolute risk of an ischemic stroke almost doubles (from 3.9 per 1000 to 7.1 per 1000) over a five year period if she is taking Tamoxifen.

The risk of any kind of stroke was 10.6 per 1000 over the five year period. Tamoxifen is currently taken by 20,000 women in the UK.

### White bread bad, apples good

French scientists at the French National Institute for Health and Medical Research in Strasbourg reporting at the American Association for Cancer Research in Seattle have shown that procyanidins in apples help prevent changes that can lead to colon cancers. Apples also contain antioxidant polyphenols.

In another study at the same conference American researchers have shown that people who eat three or more servings of vegetables a day - not including potatoes - had a 40 per cent reduced risk of colon cancer. Finally, in a third study, the incidence of eating white refined bread and colon cancer were found to be statistically linked.

### More serious research needed

Professor Leslie Walker of Cancer Research UK has carried out trials over the last 25 years to show how the quality of life can be improved by therapies such as relaxation therapy, hypnotherapy and guided imagery.

Now he is studying reflexology and scalp massage and wants more serious research on the whole subject. (Ed: Hear, Hear!)

"Relaxation techniques involve muscular exercises. Some patients like to imagine a battle scene between the cancer and the drug treatment; others prefer to imagine a healing process like a white light promoting well being and a return to health."

### New theory of cancer

Stem cells are "parent" cells. They differentiate to become any and all of the 200 or more different types of cell in the body. From eyes, to toes and nerves to skin.

Professor Timothy Wang and his team at Columbia University reported in *Science* (Nov 2004) that genetic changes in these stem cells prevent their differentiation. So they remain fast growing cells that do not die, and can develop into cancers.

However, when studying stomach cancer, Wang discovered that the actual problem was not gastric stem cells but bone marrow cells, which normally circulate freely around the body dealing with and healing inflammation and injury. This theory would mean the orthodox textbooks on the causes of cancer would need re-writing.

Interestingly, in studies with mice, the bone marrow cells were attracted to a location suffering from inflammation.

### Drink a pint of milk – and risk cancer?

As we have repeatedly told our readers: The white stuff isn't necessarily the right stuff.

Now Swedish researchers, publishing in *The American Journal of Clinical Nutrition*, have tracked 61,000 women between the ages of 38 and 76, for a period of 13 years. Their conclusions? Women who consumed a lot of dairy products had a significantly higher risk of ovarian cancer. Those drinking more than a pint of milk a day had double the risk. It has long been known that cow's milk can contain high levels of pesticides and hormones. Another possible risk factor is Insulin-like Growth Factor (IGF1) which in the early 1990's was linked to hormonally driven cancers like breast, prostate and ovarian by US scientists.

**ICON** (Integrated Cancer and Oncology News)  
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Go forth in spite of all difficulties with infinite faith that He who is within you, He who is the life of every body cell, is supporting you.  
(Yogananda)

When you teach yourself to concentrate on your real Self, and thereby rise above body – and breath – consciousness, the whole world becomes your expanded Self.  
(Yogananda)

Do not make a separation in your consciousness between meditation and activity - that is one of the most common mistakes devotees make on the spiritual path.  
(Yogananda)

Regardless of what mental and spiritual disturbance assails you, I tell you truthfully that it can be overcome by meditation.  
(Yogananda)

Look at the flowers – they know nothing of criticism and gossip. They just attract you by their beauty and fragrance and you love them.

Wherever you go, be a beautiful soul-flower.

(Yogananda)



Be the living expression of God's kindness;

Kindness in your face,  
Kindness in your eyes,  
Kindness in your smile,  
Kindness in your warm greeting.

(Mother Teresa)



**PRINCIPLE OF GOODWILL**  
March and April 2005

Goodwill is the key to relationships: selflessness and self-forgetfulness are the doors to perfect harmony in the family, nation and world.

Let us unlock the doors of selfishness self importance and realise that every human being believes he has a right to live in harmony and peace in our world.

**Keythought:**

Only by sacrificing our own desires and preferences when the need of others is greater, will we establish a joyous world for all.

**THE LAW OF GROUP ENDEAVOUR**  
May and June 2005

Groups of people from all walks of life gather in an atmosphere of peace, joy and expectation. Let us recognise this positive approach to group relationships.

When people strive and work and achieve, how much greater the achievement in group formation!

**Keythought:**

Whether in family or business or entertainment, let the group be the centre of our lives and the challenge to our success!

**World Unity and Service Trust**

**Dedication is not a uniform to wear on special days and then put down again**

*(Sri Sathya Sai Baba)*



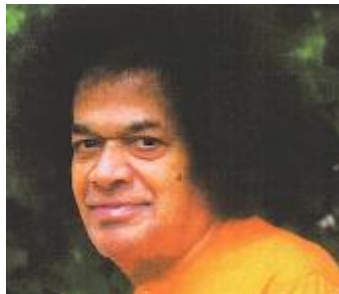
People today neglect the elders considering them of little worth. This is not correct. In fact, the energy and will power of the elders are not to be found in the youth. When you wish to undertake a new task, you should seek the guidance of the elders to achieve success in it. The age of 60 years is considered as the age of retirement from service. But man's full potential develops at this age only. Retired scientists are highly valuable to society. None can match their intelligence and acumen for new inventions.

*(Sri Sathya Sai Baba)*

WHEN prayer is habitual and really fervent, its influence becomes very clear. It is slightly comparable to that of an internal secretion gland, as for example the thyroid gland or the suprarenal gland. It consists in a kind of mental and organic transformation. This transformation operates in a progressive way. One might say that in the depths of consciousness a flame is kindled. Man sees himself as he is. He discovers his egoism, his cupidity, his errors of judgment, his pride, He bends himself to the accomplishment of moral duty. He endeavours to acquire intellectual humility. Thus there opens before him the Kingdom of Grace . . . little by little an inward appeasement is produced, a harmony of the nervous and moral activities, a greater endurance in regard to poverty, slander, worries, the capacity for enduring without enfeeblement the loss of dear ones, pain, illness, death. A doctor who sees a patient give himself to prayer, can indeed rejoice. The calm engendered by prayer is a powerful aid to healing.

Prayer, it seems, lifts men above the mental stature which belongs to them by their heredity and their education, This contact with God impregnates them with peace, And peace radiates from them. And they carry peace wherever they go. Unhappily there is at present in the world a very small number of people who know how to pray in an effective way.

*(DR ALEXIS CARREL)*



**Atma is the ocean, nature is a wave of that vast, ageless, boundless ocean and the individual is just a drop of that wave. You cannot give up the wave nor the ocean. Once you enter the depths of the ocean, it is all peace; agitation, noise, confusion are only the outer layers.**

**So also in the innermost recesses of the heart, there is a reservoir where you must take refuge.**

*(Sathya Sai Baba)*

Love is the only wealth that does not diminish.

It is the property of God. Therefore, cultivate pure and selfless love. God's love will always follow you wherever you are and will protect you at all times. Do not ever consider that money alone constitutes your wealth. In fact, love is your real wealth. The wealth of love always grows; it never diminishes.

Only those who realise the principle of love will be able to understand this truth.

**There can be no match for the accomplishments of the elders after they cross the age of 60 or 70.**

**Their intellectual acumen and divine qualities can show a new path to mankind.**

**When you realise their great qualities, it will bring about a transformation in your own life.**

*(Sri Sathya Sai Baba)*



The enthusiasm, dynamism and mental strength increase after a person crosses 70 years. It is only after attaining the age of 70 years that man's will power and Atmic strength develop in full measure. Prior to that, he behaves like ordinary human beings and does not strive to set an example to others. But after the age of 70 years, man's mental faculties and divine power blossom to the highest extent and prompt him to set new goals in life. Consequently, such elderly persons ponder and explore new secrets of life.

*(Sri Sathya Sai Baba)*

**A joyful time for all at the festive Christmas Candlelight meditation and party. December 2004**



**Miscellanea**

**GM in animal feed**

While for the most part, GM food stays out of our shops and fields, GM Soya and maize continue to be imported into the UK for animal feed. For more information, see [www.greenpeace.org.uk/GM](http://www.greenpeace.org.uk/GM)

**Dolphins**

90 metres is the width of the mouth of Sea bass trawl nets  
 30 years is the age that *can* be reached by a common dolphin; but will it? because:  
 10,000 is the numbers of dolphins and porpoises killed in the English Channel and Celtic Sea every year.  
[www.defendingoceans.com](http://www.defendingoceans.com)

Ego is the absence of true knowledge of who we really are, together with its result: a doomed clutching on, at all costs, to a cobbled together and makeshift image of ourselves, an inevitably chameleon charlatan self that keeps changing, and has to, to keep alive the fiction of its existence.

In Tibetan, ego is called *dakdzin*, which means "grasping to a self." Ego is then defined as incessant movements of grasping at a delusory notion of "I" and "mine," self and other, and all the concepts, ideas, desires, and activities that will sustain that false construction.

Such grasping is futile from the start and condemned to frustration, for there is no basis or truth in it, and what we are grasping at is by its very nature ungraspable. The fact that we need to grasp at all and to go on grasping shows that in the depths of our being we know that the self doesn't inherently exist. From this secret, unnerving knowledge spring all our fundamental insecurities and fears.

*(Sogyal Rinpoche "Glimpse After Glimpse" Feb 10)*

As we follow the teachings and as we practice, we will inevitably discover certain truths about ourselves that stand out prominently: There are places where we always get stuck; there are habitual patterns and strategies that are the legacy of negative karma, which we continuously repeat and reinforce; there are particular ways of seeing things — those tired old explanations of ourselves and the world around us — that are quite mistaken yet which we hold on to as authentic, and so distort our whole view of reality.

When we persevere on the spiritual path, and examine ourselves honestly, it begins to dawn on us more and more that our perceptions are nothing more than a web of illusions. Simply to acknowledge our confusion, even though we cannot accept it completely, can bring some light of



More of the BMS-IHF healing team at the **Good Health Show Live** in Brighton, 20<sup>th</sup> to 21<sup>st</sup> November 2004. Thank you all for your support.

understanding and spark off in us a new process, a process of healing.

*(Sogyal Rinpoche "Glimpse After Glimpse" Feb 17)*

The secret of the man who is universally interesting is that he is universally interested.

*(William Dean Howells)*



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

*If not paid within 3 months, it is illegal to display a BMS-IHF certificate and you will no longer be insured.*

Full Contact Healer	£16 + 4.65
Distant Healer	£16 + 4.65
Trainee Contact Healer	£16 + 4.65
Trainee Distant Healer	£16 + 4.65
Practitioner/Therapist	£16 + Own ins.
Friend Member	£10 Nil ins.
Initial Registration	£8

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**Komikal Kids**

Their teachers asked them to write stories on the sea.....

My mum has fish nets, but doesn't catch any fish. (Laura age 5)

I think sharks are ugly and mean, and have big teeth, just like Emily Richardson. She's not my friend no more. (Kylie age 6)

When you go swimming in the sea, it's very cold, and it makes my willy small. (Kevin age 6)

On holiday my Mum went water ski-ing. She fell off when she was going very fast. She says she won't do it again because water shot up her bottom. (Julie age 7)

**Find a purpose in life so big it will challenge every capacity to be at your best.**

*(David O. McKay)*