



# THE Link

Issue No. 18

Autumn 2005

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**Auditor** Mrs J. Jakeman

**Healing Clinic:**  
✓ Horsham, Thursdays  
2.30-4.30 pm  
Unitarian Church Hall, Horsham

**Training:**  
See BMSI NEWS

## Our life is what our thoughts make it (Marcus Aurelius 121-180 AD)

What was once thought, can never be un-thought  
(Friedrich Durrenmatt, b.1921 Swiss)

We make a living by what we get, But we make a life by what we give  
(Sir Winston Churchill 1874-1965)

The purpose of life is to matter – to count, to stand for something,  
To have it make some difference that we have lived at all (Leo Rosten, b. 1908 – Polish)

At present, our body is undoubtedly the centre of our whole universe. We associate it, without thinking, with our earth self and ego, and this thoughtless and false association continuously reinforces our illusion of their inseparable, concrete existence. Because our body seems so convincingly to exist, our "I" seems to exist, and "you" seem to exist, the entire illusory, dualistic world that we never stop projecting around us, also looks ultimately solid and real. When we die, this whole compound construction falls dramatically to pieces. (Sogyal Rinpoche, 'Glimpse After Glimpse' April 25)

### Self Realisation:

I am God and you are God,  
the difference is that I know it and you don't  
(Sri Sathya Sai Baba)

### Self Responsibility: Our future depends upon the decisions we make and the work and service we give.

True success will not come unless we make an effort and deserve it and show that we can handle the ensuing workload (William Lambert)

### Divine Right Order:

In the quote above from Sogyal Rinpoche, he speaks of the illusory, dualistic world. There is no duality, all is One. All is contained within the primordial sound "AUM" (see leading article in Link 17, page 1)

In accordance with the Laws of Karma (cause and effect) and Dharma (opportunity for right living) we ourselves shape our physical and spiritual destinies. Physical: You are what you eat, drink and do

Spiritual: You are what you think and how you live

Fatalism: An unacceptable submissive attitude to events

I often hear people say "Everything will work out in Divine right order" – it is obvious that some understand it while some do not – those people sincerely think that they have to do nothing because the Divine will step in and do it for them. This simply is not true. As you are part of the Divine, you help to shape it. It is your self-responsibility to make decisions, take action and indicate the direction in which you wish to go. Until you do so, the collective higher Divine will not step in *because it has delegated to YOU, self-responsibility and free choice (or free will)*. If you do nothing, the Divine will respect that choice and leave you in peace and quite likely boredom, to contemplate your navel! Do not fritter your allotted life span away. Wasting time is wasting God. *God helps those who help themselves*

A car does not move until the driver puts the key in the ignition, starts the engine, uses the brake, gears and accelerator in order that the car may move in the direction and speed chosen by the driver. *It is the same with the Divine. We have to make decisions, take action in order to indicate the goal we wish to achieve. If it is right, the collective wise Divine will help to make it happen. If it is wrong, progress will be difficult and you will be shown that you have chosen the wrong direction. You, the Divine practical mystic, are the driver of your life.*

(William Lambert)

There cannot be Discipleship without Discipline and Deep Commitment  
(William)

## OUR EVENTS at Friends Meeting House, Worthing road, Horsham

Thursday

17 Nov 05  
7.00-10.00pm

HOLISTIC HEALTH EVENING

30 min. taster treatments

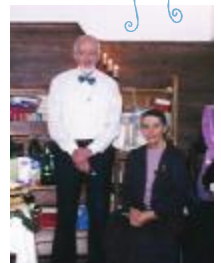
Contact: Louise Nadim

01403 252784



Monday 12.12.05  
7.30-9.30 pm

YOU and your friends are invited to our CHRISTMAS CANDLELIGHT MEDITATION & PARTY



contact: Jenny Jones  
01403 266800

## Healing with Colour by Christine Day

**PAMELA Blake-Wilson** gave an inspiring presentation on the healing powers of colour at Horsham Park Barn on Sunday, May 22. The all-day seminar was in support of BMS International Healing Federation and preceded the AGM.

Pamela is Colour Director of the Centre of New Directions in Tunbridge Wells, Kent, formerly the College of Psychotherapeutics founded by Ronald Beesley who in the Sixties pioneered research into healing with light, colour and sound. He developed a distant healing treatment applied directly into the subtle energy systems upon which the physical and psychological states depend.

For twenty years Pamela, an international lecturer and practitioner, has been on her own journey into healing with light and colour. Her in depth knowledge is fascinating and inspirational.

She commenced the presentation by asking everyone to come forward and select the colour they were most attracted to from a cascade of silks, satins and other materials arranged on the floor. She asked them to wear the colour, to experience a response and feel into the divine quality within the vibration.

Pamela then worked through the spectrum, describing the qualities of each colour and how they could be used therapeutically.

**Red**, she explained, links with the base chakra. It is hot, creative and powerful. It energises and grounds and is good for the circulation. It works on sexuality, appetites, survival. Red is a good colour to use for weight problems, she stressed, because it speeds the metabolism.

**Orange** is warm, expansive, creative.

"The more you open your mind," explained Pam, "the more creative you become. The more you seek the more you find. You can't find solutions if your thoughts are cramped. If something is not moving and open, how on earth is it going to function? Orange aids digestion because it opens up the system and allows assimilation. It is a nourishing vibration and links with the sacral chakra. Orange is healing, balancing and humane, like a gift. It also works with the muscular system.

**Yellow** works with the nervous system and gives us clarity and our identity. It links with the solar plexus chakra.

**Green** links with the heart chakra. It helps create balance and harmony, and works on the heart and lungs.

**Blue** links with the throat chakra. This energy contracts and contains information. It is good for bringing down temperatures and is a very calming energy. It influences self-expression and how we express our truth."

Pam sees **indigo** as a very mysterious colour. It is a sympathetic vibration, she said, and links with the brow chakra (third eye). It works on the endocrine system. Lastly she spoke about **violet** which links with the crown chakra and the spirit and soul coming into life. She rounded off an enlightening day by answering a series of questions from the floor.

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### NEW COLOUR COURSE:

The seminar proved such a great success that Pamela has agreed to give a two-and-half day **LIGHT & COLOUR FOUNDATION WORKSHOP**

At **Warnham Church Hall**  
on **4<sup>th</sup>, 5<sup>th</sup> and 12<sup>th</sup> November 2005**

To book a place contact Angela Savage on 01306 628008 or email: [angescorpio@aol.com](mailto:angescorpio@aol.com)

### IMPORTANT – NEW ADDRESS

(The White Lodge property has been sold)

**Centre of New Directions**  
PO Box 168,  
Tunbridge Wells,  
Kent. TN2 9BB  
Tel: 01892 750624

Email: [info@lightcoloursound.com](mailto:info@lightcoloursound.com)  
Website: [www.lightcoloursound.com](http://www.lightcoloursound.com)

The UK future programme will be available soon

**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.

## Simon & Jacque Blackwell

A tea party was held at the home of Valerie Jennings for Simon and Jacque.

Jacque and the twins returned to her home in USA on 31.7.05. Simon will follow in October. After settling into their new home, they plan to set up a

BMSI USA Centre near Chicago.

Simon has resigned from the Chairmanship of BAHA. He will continue as BMS-IHF Membership Secretary

### An Irish Blessing

May the road rise to meet you,  
May the wind be always at your back  
May the sun shine warm upon your face  
And the rain fall soft upon your fields,  
And until we meet again  
May God hold you in the hollow of His hand.



### BMS-IHF Membership Benefits

#### Link Newsletter, Quarterly

All the latest BMS-IHF news and views. Reports on recent events and future activities.

#### BMSI News

Our Training and meetings dates, plus clinics, contact groups, helplines, etc.

#### Healing Today

The full colour magazine for Healers and all those interested in Healing.

#### The Alliance Review

The magazine of the British Alliance of Healing Associations.

#### Insurance

Healers Public Liability Insurance arranged by BAHA at very favourable rates. Members should make immediate contact with BMS-IHF Head Office, Horsham for advice on how to proceed as soon as they become aware of any intended action.

#### Recognition

Our Healer Members have the option to be included on the BMS-IHF & UK Healers national Referral Registers.

#### Access to high quality training

The BMS-IHF training programme is fully up to the UK Standards. Our Full Members already meet these standards issued by UK Healers, the healing movement's self-regulatory body.

#### CPD - Continual Professional Development

Further optional training is offered - please ask for the brochure. This will meet the ongoing needs of experienced healers.

Please visit our websites:

[www.geocities.com/bmsiuk/ihf](http://www.geocities.com/bmsiuk/ihf)

& NEW: [www.bmsihf.co.uk](http://www.bmsihf.co.uk)

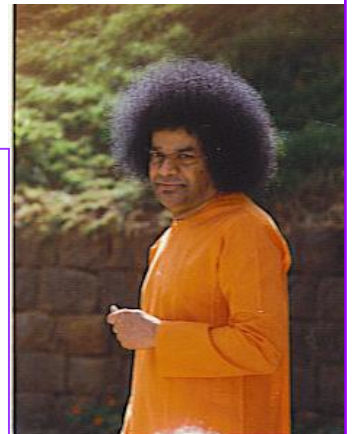
from which there are links to our German and other healing organisations' websites.

### 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*

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

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



Spirituality is  
an activity.  
It is an activity of  
the Divinity within.  
(Sri Sathya Sai Baba)