



# THE Link

Issue No. 22

Winter 2006

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

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## Healing Clinic:

❖ **Horsham**, Thursdays  
2.30-4.30 pm  
Unitarian Church Hall, Horsham

**Training:**  
See **BMSI NEWS**

## OBEDIENCE

He hung up His halo on a star;  
As His companions wished Him well;  
He descended to the Earth from far  
To begin His service there-  
To teach and heal and tell;  
A student of the laws of God;  
As years went by He served,  
In all humility and grace-  
The Earth-bound folk rejoiced.

One day, on looking up on high,  
He saw His halo hanging on the star;  
But as He watched, the halo floated down  
And once more came to rest upon His head;  
A beauteous thing of shining gold,  
But invisible to those around-  
Except to those with inner sight-  
They found it easy for to see-  
It brightly shone for you and me-  
Caught by the rays of the Eternal sun-  
And blest by the "Universal Presence"-  
The ever blessed one.

(Barbara M.E. Pyatt)

## THE TRAINEE

Failure doesn't mean you are a failure;  
It does mean you haven't yet succeeded.  
Failure doesn't mean you should give up;  
It does mean you should try harder.  
Failure doesn't mean you will never make it;  
It does mean it will take a little longer.

(Anonymous)

## Spiritual Revolution

**A revolution – more powerful and pervasive than any that man has undergone so far – not political, economic, scientific or technological but deeper and more basic, is now on. It is the Spiritual Revolution. It sharpens the inner vision of man so that he can see the Atmic (True Self) reality. Its impact will surely envelop and enrich all human communities and transform mankind into a stream of seekers flowing smoothly to the limitless sea of Divinity.**

(Sri Sathya Sai Baba)

*I hope you will enjoy the wisdom teachings  
chosen for this issue and pray for  
Peace and All Blessings upon you and your work,  
for Christmas and the New Year.  
With Love, Light and Healing Energies, William*

**Truth** is the very life-breath of a human being. Truth is God. Do not speak untruth. If only you follow truth steadfastly in your life, you can achieve anything. Truth is like a shield that will protect you. Truth is your support. If you give up such a noble quality of truth and speak untruth, how can you be called a human being? You should never give scope for falsehood in your life. (SSB)

**One must understand the distinction between education and educare. Whereas education is information-oriented – educare is transformation-oriented.**

(Sri Sathya Sai Baba)

## Teachers – the Beacon Light

The teacher moulds the rising generation into self-confident, self-reliant, Atma-conscious persons. S/he is the architect of happy homes, prosperous communities and peaceful nations. S/he has not only to equip her/ himself with knowledge and skills to inform and instruct, but also the vision and insight to inspire and transform. Children absorb from the teacher and elders their habits and manners, behaviours and beliefs. Therefore the teacher has to be a constant example of the ideals s/he has to implant in their hearts.

(Sri Sathya Sai Baba)

## THE HEALER

*Everyone who knows you  
Feels the Light and Love  
That comes from your faith;  
A faith that has given you  
an open heart and caring touch  
that has helped to comfort and  
support others in times of trouble,  
that sees God's blessing  
everywhere and  
His Love in every person*

(Anonymous)

## FUTURE EVENTS

Friends Meeting House,  
Worthing Road,  
Horsham

**We meet twice monthly on Mondays at 7.30**

**For dates see BMSI News & Supplement**

**YOU and your friends are invited to our MEDITATIONS**

Contact:  
Angela Savage  
01306 628008

**NEW!**  
**A season of talks and workshops Sept – Decr.**

Contact:  
William Lambert  
01403 255025 or  
Brenda Richards  
01403 700 264

*You are invited to our annual*

**CHRISTMAS CANDLELIGHT MEDITATION & PARTY**

*for members and friends  
7.30-9.30 pm,  
Monday  
11.12.06*

**Organiser:**  
Jenny Jones  
01403 266800

### Crabbit Old Woman

When an old lady died in the geriatric ward of a small hospital near Dundee, Scotland, it was believed that she had nothing left of any value. Later, when the nurses were going through her meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Ireland.

The old lady's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the North Ireland Association for Mental Health. A slide presentation has also been made based on her simple, but eloquent, poem. And this little old Scottish lady, with nothing left to give to the world, is now the author of this "anonymous" poem winging across the Internet

OOO

What do you see, nurse? What do you see?  
What are you thinking when you're looking at me?  
A crabbit old woman, not very wise,  
Uncertain of habit, with faraway eyes?  
Who dribbles her food and makes no reply  
When you say in a loud voice, "I do wish you'd try!"  
Who seems not to notice the things that you do,  
And forever is losing a stocking or shoe?  
Who, resisting or not, lets you do as you will,  
With bathing and feeding, the long day to fill?  
Is that what you're thinking? Is that what you see?

Then open your eyes, nurse, you're not looking at ME!  
I'll tell you who I am as I sit here so still,  
As I do at your bidding, as I eat at your will.  
I'm a small child of ten, with a father and mother,  
Brothers and sisters, who love one another.  
A young girl of sixteen with wings on her feet  
Dreaming that soon now a lover she'll meet.  
A bride soon at twenty, my heart gives a leap,  
Remembering the vows that I promised to keep  
At twenty-five now, I have young of my own,  
Who need me to guide and a secure happy home.

A woman of thirty, my young now grown fast,  
Bound to each other with ties that should last.  
At forty, my young sons have grown and are gone,  
But my man's beside me to see I don't mourn.  
At fifty once more babies play round my knee,  
Again we know children, my loved one and me.

Dark days are upon me, my husband is dead,  
I look at the future, I shudder with dread.  
For my young are all rearing young of their own,  
And I think of the years and the love that I've known.  
I'm now an old woman and nature is cruel;  
'Tis jest to make old age look like a fool.  
The body, it crumbles, grace and vigor depart,  
There is now a stone where I once had a heart.

But inside this old carcass a young girl still dwells,  
And now and again, my battered heart swells.  
I remember the joys, I remember the pain,  
And I'm loving and living life over again.  
I think of the years all too few, gone too fast,  
And accept the stark fact that nothing can last.  
Open your eyes people, open and see,  
Not a crabbit old woman; look closer –  
... SEE ME!!

**Remember this poem when you next meet an old person who you might brush aside without looking at the young soul within..... we will all, one day, be there, too!**

Please visit our websites:  
[www.geocities.com/bmsiuk/ihf](http://www.geocities.com/bmsiuk/ihf)  
& [www.bmsihf.co.uk](http://www.bmsihf.co.uk)  
from which there are links to our German and other healing organisations' websites.

The eye of soul reflects the hopeful light of worlds.  
Harkening to spirit, wisdom speaks in human hearts.  
The Father's everlasting love sends the Son to earth, who full of grace sheds light of heaven on human paths

OOO

In the God-core of the world,  
in the spirit of the world-  
in the soul of the world  
I will find myself:  
will rest in it,  
live in it,  
have my being in it

OOO

My 'I' consciously steps out of vessels of earthly existence,  
to rest in the essence of worlds.  
It strives towards-  
The Divine.  
Soul – attain this realm,  
the Spirit's glorious ocean  
of light's radiant forms.

OOO

Through the year the seasons pass  
from summer's growth to resting winter earth-  
And in our own life too,  
from waking strength-  
We pass to sleep's deep peace.  
and yet,  
through both sleep and waking, lives the spirit-filled soul.  
And so too does the soul of earth  
Live spiritually in all changes from summer to winter time.....

OOO

(Rudolf Steiner)

**DATA PROTECTION ACT**  
BMS-IHF & BMSI WILL NOT SANCTION PERSONAL DATA BEING PASSED TO OUTSIDE BODIES OTHER THAN HEALING RELATED ORGANISATIONS eg BAHHA CHO OR UK HEALERS

BMS-IHF & BMSI are registered with the Data Protection Register.  
BMS-IHF Registration No. 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.

If you wish to be in abundance, give to others (WPL)

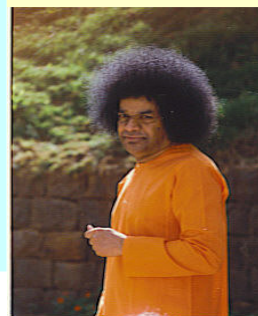
Doing nothing for others is the undoing of one's self.  
We must be purposely kind and generous or we miss the best part of life's existence.  
The heart that goes out of itself gets large and full of joy.  
We do ourselves most good by doing something for others.  
(Horace Mann 1796-1859 USA)

It is one of the most beautiful compensations to help another without helping himself.  
(Ralph Waldo Emerson 1803-1882 USA)

### Useful websites:

Body Mind and Spirit Directory (Worldwide):  
<http://members.nuvox.net/~on.source/>  
[www.apnt.org.uk](http://www.apnt.org.uk) Assoc. of Physical & Natural Therapists  
[www.art4healing.co.uk](http://www.art4healing.co.uk) Art assisting healing process  
[www.bahahealing.co.uk/index.htm](http://www.bahahealing.co.uk/index.htm)  
[www.canceractive.com](http://www.canceractive.com)  
[www.care2.com/channels/solutions/home/888](http://www.care2.com/channels/solutions/home/888) Healthy Home  
[www.confederation-of-healing-organisations.org](http://www.confederation-of-healing-organisations.org)  
[www.em-hazard-therapy.com](http://www.em-hazard-therapy.com) Electromagnetic Hazards  
[www.foe.co.uk](http://www.foe.co.uk) Friends of the Earth  
[www.harryedwards.org.uk](http://www.harryedwards.org.uk)  
[www.healing-echo.org](http://www.healing-echo.org)  
[www.iconmag.co.uk](http://www.iconmag.co.uk)  
[www.ihn.org.uk](http://www.ihn.org.uk) International Health Network  
[www.mvc.co.uk](http://www.mvc.co.uk)  
[www.naturalproducts.co.uk](http://www.naturalproducts.co.uk)  
[www.parliament.uk](http://www.parliament.uk) House of Lords, Science & Tech. Committee re "CAM" (Complementary and Alternative Medicine)  
[www.sussexac.free-online.co.uk](http://www.sussexac.free-online.co.uk)  
[www.ukhealers.info/](http://www.ukhealers.info/)  
[www.vegoc.org](http://www.vegoc.org) Vegetarian Society info healthy diet  
[www.wellnessgoods.com/messages.asp](http://www.wellnessgoods.com/messages.asp) Miraculous Messages from Water  
[www.westsussexcarers.org.uk](http://www.westsussexcarers.org.uk)

*You identify yourself with the body out of delusion and say 'I'. But that is not your real self. You are not the body. As long as you identify yourself with the body, you remain at the level of the individual self. Once you get rid of that delusion, you become one with the Supreme Self. Hence, give up attachment to the body. Human body is only an instrument to perform actions (Karmas) in this world. One has the right only to perform Karma. Karma in fact, is instrumental in the conduct of the Cosmic Drama. (Sri Sathya Sai Baba)*



*We may have to face sorrows and difficulties, but we should remain undisturbed by them. When we control our sorrows, then our strength will increase. These ideals are eternal and timeless*

### Surrender

*If you give up and surrender to the Lord, He will guide you and guard you*

*If some people say there is no God, it only means that they are at too great a distance to be aware of Him*

*Each man carries his destiny in his own hands*

*Love knows no fear and so love needs no falsehood to support it*

*Discipline is the mark of intelligent living (Sri Sathya Sai Baba)*

### 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	£17 + £4.65
Distant Healer	£17 + £4.65
Trainee Contact Healer	£17 + £4.65
Trainee Distant Healer	£17 + £4.65
Practitioner/Therapist	£17 + Own ins.
Friend Member	£10 Nil ins.
Initial Registration	£8

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

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Body – Mind – Spirit International



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*William*

*invites you to our annual*



*CHRISTMAS CANDLELIGHT MEDITATION & PARTY*  
*at the Friends Meeting House, Worthing Road, Horsham.*

*Monday evening, 11th December 2006 7.30 pm until 9.30 pm*

*This popular event is organised for ALL trainees, healers, their families and friends. Members of the public are also welcome.*

*Entrance contribution £5.00 Please bring food or drinks to share.*

*RSVP:*

*If you have not already booked your place, please telephone:*

*\*Jenny Jones on (01403) 266800 who will also advise you on what to bring. Thank you!*

*Sending you Love, Light & Healing Energies for Christmas & the New Year*