



# Quarterly Newsletter of Body Mind Spirit International Healing Federation

BMS-IHF is a member of AHA (Alliance of Healing Associations) Registered Charity No. 284546

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



## THE Link

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

**Training:**  
See BMSI NEWS

**Jewels of Knowledge: The 16 Celestial Arts**  
1: Winning friends; 2: dealing with others; 3: reforming; 4: refreshing; 5: developing;  
6: remaining happy and contented; 7: keeping others happy; 8: organising;  
9: leadership; 10: administration; 11: learning and teaching; 12: enjoying work and  
leisure; 13: speech and letter writing; 14: thinking and creating; 15: social service and  
spiritual welfare; 16: concealing and revealing. (Raja Yoga Centre, London)

**"Do unto others as you would have them do unto you"**  
*Everything we think, say and do contributes into the whole of ourselves and life all around us. This is then reflected back to ourselves and often challenges us yet again. So is the Law of Cause and Effect, or Karma. If you make things difficult for others, difficulties will be placed in your path by this Law. There is no escape from this evolutionary principle. Life itself is our teacher. If there is a lesson you need to learn, Life will present it to you again and again and again until you handle it in a more positive way; the way of progress. Our earth life is full of challenges to bring out our full potential; no-one escapes from this. Do all you can to fully co-operate with others; meet them at least halfway.*

**"Ask and ye shall be given"**  
*Communicate and co-operate with Life and Life will co-operate with you. Put negative thinking aside, it will only attract more negativity. Do not worry others until you have tried to help yourself. Try to change your own arrangements before asking others to do so. When you cannot see how to overcome a problem, put your earth ego aside. Ask for help every night before sleep, then one morning the answer will come. Think positively, learn to trust and have faith in your own higher self and guidance. Amazing things can suddenly happen to enable you to do what is right for your evolutionary progress and the highest good of all concerned. Life is an ever changing jig-saw puzzle! People and situations come and go like clouds passing across the sky. As Wordsworth wrote:  
.....For oft, when on my couch I lie, in vacant or in pensive mood  
They flash upon that inward eye which is the bliss of solitude.  
And then my heart with pleasure fills – and dances with the daffodils.*

*I hope you will know the joy of meditation and learn to dance the dance of Life. (William)*

The present is a product of the past, but it is also the seed of the future. (Sathya Sai Baba)

**Just for Today, be Kind to Others**  
*When we are kind to ourselves, we have compassion, respect and acceptance for who we are. Our ability to be kind to others is a reflection of our mutual love and respect for one another. Being kind is being loving. We all reflect something of ourselves in others and ultimately we are all part of one Universe coming from one Source. In our time-pressed world, people often forget to be kind to each other. An act of kindness does not take much effort: a smile, a kind word, praise, a word of encouragement, a word of appreciation, a simple "thank you", an acknowledgement, a helping hand, being considerate, or even just being there to listen without saying much at all. We often are our harshest critics, behaving unkindly towards ourselves. If we compare ourselves to others, we will often find discrepancies and shortcomings usually within ourselves. We will feel inadequate as we imagine others to be better than us. Competition separates us from our true selves and separates us from others, making us feel "less than" and them "better than" we are. Each person is unique and as such valuable just as they are at any given time. We do our best at any given moment. All we need to know is that being good enough is all that is required of us. Be tolerant of who you are. Treat yourself with kindness, love and compassion. Be understanding and forgiving towards yourself. Accept yourself as you are now. When we treat ourselves with kindness, we can return this kindness to others. When we treat others as we like them to treat us, the world becomes a kinder, more considerate and happier place in which to live.*

(copyright; Janice Trachtman)

A man's well-being depends upon his degree of contentment. (Sathya Sai Baba)

**Announcement:**  
BAHA, our umbrella organisation, is now international and has changed its name to AHA (Alliance of Healing Associations)  
see new logo above

### FUTURE EVENTS

We meet every Monday at 7.30 pm  
For dates and venues see BMSI News

**NEW!**  
A season of talks and workshops  
Jan - March  
Contact:  
William Lambert  
01403 255025 or  
Brenda Richards  
01403 700 264

YOU and your friends are invited to our MEDITATIONS  
Contact:  
Angela Savage  
01306 628008

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### OTHER NOTICES:

The Annual General Meeting of our BMS International Healing Federation will be held on 28.6.07 in Friends Meeting House at 7.30 pm

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Membership renewals of BMS-IHF are due on 1.4.07. An unavoidable increase to £18.50 has occurred, due to outside circumstances

**ALL MEMBERS PLEASE READ CAREFULLY:**

**HEALERS' INSURANCE**

Trainees are insured from the date of joining BMS-IHF, so long as they have signed the standard declaration provided.

They are advised to follow these guidelines:

1. They should have attended sufficient training both in theory and the act of healing, and passed assessments covering the act of healing before they give healing on their own without a full healer in attendance.
2. Towards the end of the second training year, they will obtain testimonials from patients, again with a full healer in attendance. Sometimes, with those who are competent, this can be arranged in our public healing clinic.
3. Such trainees are sometimes asked to help at Exhibitions, but a full healer must always be physically present in the room.

**Some insurance scenarios:**

**Patient trips/falls to/from chair/couch at healer's house:**

1. (a) Is the healer covered by the healer's House Insurance? **NO!** Liability is arising from the treatment situation rather than as being a householder (even if for no fee). Always tell your householders insurers if anything has changed – i.e., you are setting up a healing practice and people may come in and out. Your insurers might deem this a material fact that could affect their perception of the risks insured. Balens can advise members if necessary.

(b) Is the patient covered by AHA/UKH Healers block insurance? **YES** – providing the healer was actually legally liable! Any allegations, even if not liable, will be dealt with by Balens.

**Healer goes to patient's home to give healing.**

**Patient trips/falls to/from chair/couch.**

2 (a) Is the healer covered on their own House Insurance? **NO!** See above

Some people do not understand the power of the Divine magnet. They argue "If there is attraction power in the magnet, why is it not able to attract us?" It is not the fault of the magnet. The fault lies with the iron. How can a magnet attract an iron piece which is full of rust and dust? When the rust and dust are removed, the magnet will attract the iron piece at once. Likewise, the human mind is rusted with many evil qualities. You should remove the impurities of your mind in order to be attracted by Divinity. (Sai Baba)

You are born again and again, seeing, doing and experiencing what you have already seen, done and experienced. You should realize you are born not to be born again. You should see and experience that by which your life will find fulfilment – the Oneness of the True Self principle. Once you have experienced the True Self, you do not need to experience anything else. Each of you has a different form and behaviour. But the True Self effulgence that shines in all of you is one and the same. (Sai Baba)



All is One. The goal is One. This is conveyed in the statements: 1: "I am in the Light"; 2: the Light is in me; 3. I am the Light". 'I' symbolises devotion; Light stands for wisdom. 1: means devotion is contained in wisdom. 2: reflects that wisdom is contained in devotion. 3: you have to understand the unity of wisdom and devotion. 4: One knows the reality by devotion. Develop love and then transform it into wisdom. (SSB)

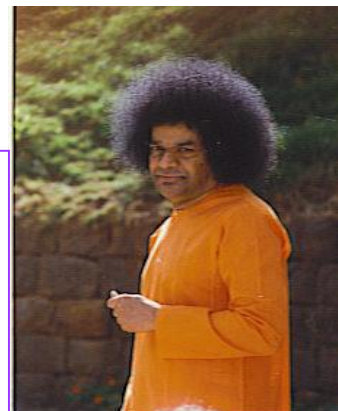
**THE DATA PROTECTION ACT**  
 THE BMS-IHF COUNCIL & BMSI COMMITTEE WILL NOT SANCTION PERSONAL DATA BEING PASSED TO OUTSIDE BODIES OTHER THAN, POSSIBLY, HEALING RELATED ORGANISATIONS eg BAHA or CHO.  
 BMS-IHF & BMSI are registered with the Data Protection Register.  
 BMS-IHF Registration Number is 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.

**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	£18.50 + £4.65
Distant Healer	£18.50 + £4.65
Trainee Contact Hlr	£18.50 + £4.65.
Trainee Distant Hlr	£18.50 + £4.65
Practitioner/Therapist	£18.50 + Own ins.
Friend Member	£10 Nil ins.
Initial Registration	£8

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



*If the mind of man is not reformed and purified, then all the plans to reform the world will be futile. (Sri Sathya Sai Baba)*

**A Tribute to Eileen Caddy**

*This highly spiritual and totally dedicated lady, one of the founders of the Findhorn Foundation, Scotland, passed over on Wednesday 13 December 2006, aged 89.*

*I once met Eileen in a centre in Beare Green, Dorking and was impressed by her shy, retiring and humble nature; she just sat as a healing presence at the back of the meeting, allowing others to take the lead and speak. In this way, her needs were met with divine help verging on the miraculous. Many were the seeds sewn by her in thousands of people on their spiritual quest.*

*We can read of her abundantly, glorious fruitful life in her book "Flight into Freedom and Beyond" written in conjunction with Liza Hollingshead in 2002. Her book "Opening doors Within", a perennial diary, contains selected inspirational and practical messages, one for each day of the year.*

*Both books published by Findhorn Press and available from Cygnus Books co.uk (William)*

**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**

Magazine of the Alliance of Healing Associations.

**Insurance**

Healers Public Liability Insurance arranged by AHA 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.