



# Link

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**For Training & Talks &  
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See BMSI NEWS**



## *Seasonal Greetings to you All*

There is a Cosmic plan whereby certain things are enacted from time to time to lead humanity forward on its path into higher light and understanding. As ages pass, the consciousness of humanity is lifted up through the many realms and dimensions as an essential part of evolution and refinement so that higher forms of life can be introduced. These enactments necessarily coincide with the birth of a great soul whose task it is to re-define and anchor an awareness of essential change upon our beautiful planet Earth, the living jewel of the Cosmos.

These highly evolved souls or Great Beings are known as Avatars and examples are Buddha, the Avatar of Light, Jesus the Avatar of Love, and currently Sai Baba, the Avatar of Unity, who teaches that there is one race – the race of humanity. He says that there is one religion, the religion of Love, the feminine aspect which holds all things together, into which comes the masculine aspect Light, which brings re-birth from the safety of the darkness of the earth or womb.

So at this time of the year, we celebrate not just the birth of Jesus, but more the ongoing energy and forthcoming events that He brought in, events that are still continuing today. The challenge of new thought brings change and throughout the passing years, the birth and gradual coming into prominence of additional souls to bring the plan to fruition. These huge changes take time and perhaps a topical example of changes in thinking, following Martin Luther King's "I have a dream" is that Barack Obama's life and potential could be part of the move to bring Unity and acceptance within the one race of Humanity, at the same time bringing beneficial change to all other things upon the Earth, animate and inanimate.

Healers have a part to play in all this. Their task is not just to offer healing one-to-one, but also to become increasingly aware that their work has unlimited possibilities, reaching out into the whole of consciousness at every level. Each one of us is but a drop in the great ocean of love, darkness and light, mind, consciousness, sub-consciousness, even the sleeping consciousness waiting to come in when humanity is ready. All is One. Throw dye into a river and it spreads and spreads – healers have the ability to contribute positively into the incoming tide of beneficial change which is inevitable as we pass from the 2000 years of the Age of Pisces brought in by Jesus and move onwards and upwards into this new Age of Aquarius, when the **spiritual** waters will flow in and wash clean.

Each one of us has to learn to be in the world but not of it. Occasionally we may be caught up in a sea of conflict but we have to be a centre of peace within it. To be a healer requires great strength, quiet determination, yet to be flexible and see both sides, to pour 'healing oil' on troubled waters and bring about a win/win situation so that the conflict is dissipated. Such strength comes from regular meditation, to listen daily to the silence of Truth, the Divinity within the cave of our heart centre, to become a receiving and transmitting station of peace and harmony.

Many are called but few are chosen; the path of discipleship demands sacrifice, discipline, balance and renunciation of the non-essential desires. When the student is ready, the teacher appears, to take them on the next step of their journey. This teacher is not necessarily a physical presence, but can be a book, or in these days a teacher on the Internet, that the student is ready to find and listen to. The teachers also are all in a refining state of growth and greater unfoldment of understanding within themselves, as they too climb the mountains of endeavour and see higher and higher views. There comes an ability to stand outside of oneself and to view from 'above'. Meditation within the power of a group can help us all to tap into the Cosmic Presence, the timelessness within Silence.

"Where two or three are gathered together, there will I be."

*As millions of hearts and minds think on these things in quiet moments over the Christmas and New Year period, I hope and pray that you too will find that peace which passes all understanding, to discover your deeper reason for coming to the Earth in these challenging times and go forward to fulfil your Destiny.*

*So be it.*

*William*

**We meet nearly every Monday at 7.30 pm (except bank holidays)**

**For dates see BMSI News**

**'HEALING FOR EVERYONE' public meetings in**

**Friends Meeting House  
Worthing Road  
Horsham  
RH12 1SL**

**Contact:  
William Lambert  
01403 255 025 or  
Brenda Richards  
01403 700 264  
Valerie Jennings  
01403 783 255**



**Monday  
15.12.08  
7.30-9.30 pm**

**YOU and your friends ARE INVITED TO OUR CHRISTMAS CANDLELIGHT MEDITATION & PARTY**



**Contact:  
Brenda,  
Valerie or William  
as shown above**

## THE NEW YEAR

**With considerable anticipation**, we wonder what challenges will come to bring out our potential and lead us further towards our destiny. We are surrounded with changes as the speeding up of the inflowing Cosmic energies demand that humanity finds a peaceful and harmonious way of living together with respect and in unity with all life upon the planet – including the planet itself. Humanity will go forward led not by head alone, but with the necessary balance with heart and listening to the Divine voice of conscience within the heart, that is the True Self speaking to us. There, even as a tiny child, we know what is wrong and what is right behaviour.

**We create our own life and body** from our thoughts, attitudes, decisions, actions and reactions.

**We have become over-involved with our physical world, but we are multi-dimensional beings with unlimited potential.** A child struggles to move ahead into a higher class each year. Yet adult humans, who have the ability to possess infinite knowledge, tend to stay in the same class for an entire lifetime, never moving on into understanding the true nature of our being – the “I am” within.

**If we can watch our thoughts, emotions and life, then who is the watcher?**

We are not even the mind – for that is a mirror that reflects all that it comes into contact with. Neither are we the many levels of consciousness. Nor are we the temporary body which passes away – that is our living temple for this lifetime.

**So how can this watcher or witness help us in our physical life in the coming year? Sai Baba says:**

“Whatever talents a person has should be dedicated to the service of the rest of humanity, indeed of all living beings. Therein lies fulfilment.”

“The atmosphere of Love should not be disturbed by any uncharitable remarks.”

“The destiny of a country is decided by the ideals implanted by the teachers.”

“You must be concerned only to see whether your actions are pure and selfless according to your conscience.”

May you experience the Divine Presence as it spreads joyously throughout creation to restore the evolutionary plan. Peace and harmony will follow close behind when humanity recognises its own creative power for all that is good and that it has the ability to meet the challenges and bring out the potential as it faces re-birth – with the incoming and transforming higher energies from the 5<sup>th</sup> dimension – the direct intuition, beyond the psychic phenomena of the passing age of Pisces. But the higher energies cannot come in until each individual has made himself or herself ready. Self-discipline becomes Discipleship. Then we come to understand that we ourselves are the True Self – the “I am” – the Watcher. To see as ‘God’ sees.....

We have now entered the Aquarian Age when Unconditional Love will bring great change and global Unity between all life forms in and upon the earth.

*William*

**BMS-IHF complies with the new**

**Consumer Protection Regulations 26.5.08**

**Our members strictly abide by the UK Healers & AHA Codes of Conduct (being updated 11/08)**

**Our healers balance energies**

**so as to encourage beneficial changes in the**

**Physical, Emotional, Mental and Spiritual states.**

**In every culture and in every medical tradition before ours, healing was accomplished by moving energy**  
*(Albert Szent-Gyargyi, Nobel Laureate in Medicine)*

### THE DATA PROTECTION ACT

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

BMS-IHF & BMSI are registered with the Data Protection Register. BMS-IHF Registration Number is PZ656262X

BMSI Registration Number is PZ6562587

Please visit our websites from which there are links to our German and other healing organisations' websites:

[www.geocities.com/bmsiuk/ihf](http://www.geocities.com/bmsiuk/ihf) & [www.bmsihf.co.uk](http://www.bmsihf.co.uk)

**Mind** has now become the dominant creative force on this planet. The whole panorama of change on this planet, started as an idea in Mind. A brave new power of creativity is at Life's fingertips. And we, the products of its evolution, have now become conscious participants in the continuing unfolding of Creation. *(Peter Russell)*

**The Imagination** is a creative activity, producing definite inner changes. Upon this you can depend, for it is one of the forces influencing substance itself. The imaginative quality of the soul, implementing desire and steadily becoming a higher creative faculty, eventually invokes the energy of the mind. The mind, plus the imagination, becomes in time a great invocative and creative agent. *(Djwhal Khul)*

**Time and Thought**, experience and experiment, study and practice, initiation and instruction are all needed to teach a man how to distinguish between the final Truth and its countless counterfeits. With growing enlightenment and increasing confidence, he becomes more expert.

*(Paul Brunton, Notebook 5)*

**God is only a witness** to the chain of causes and consequences. The way to escape this predicament is by dedicating every act to God in a spirit of detachment.

**One's actions decide one's destiny.** It is of no avail to blame others for one's misfortune and misery. Nor is it correct to blame God as being partial or cruel. When one plants a seed of a bitter fruit, one can only expect a bitter fruit to grow.

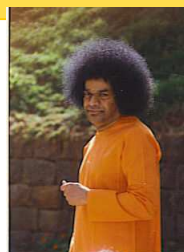
**The desires** that cling to the mind are the blemishes that tarnish man's inner consciousness. Control the senses; do not yield to their insistent demands for satisfaction. When the senses are negated, the mind too disappears. Then, delusion dies and liberation is achieved. All the joy you crave for is in fact within you, but you suffer like a man who has vast riches in the iron chest, but who has no idea where the key is. With proper directions, dwelling upon them in the silence of meditation, it is possible to secure the key, open the chest and be rich in joy.

**The difference between the head and the heart**

is that the head will carry out temporary obligations.

The heart is concerned with what is permanent.

*(Sri Sathya Sai Baba)*



### NEW YEAR RESOLUTIONS

Every soul has to learn self-discipline, and the earlier it is learnt in life, the easier it is. To begin with, it can be a real effort because you have to make yourself do things that the lower self kicks against. You have to learn to say “no” to yourself, but the firmer you are, the more quickly will peace reign within. It is good every now and again to take yourself in hand and see where you are being weak and self-indulgent. This takes great honesty and not to make excuses. It may even help you to write down the places where you feel you need to change. Then do something about them. If you feel incapable of overcoming certain weaknesses, I AM always there to help you. Why not call upon Me?

*(Me = God)*

*(Eileen Caddy,*

*“Opening Doors Within”)*

### Subscriptions & Fees + Insurance

due annually on 1st April

*If not paid within 3 months, it is illegal to display a BMS-IHF certificate*

	Subs	Ins.
Full Contact Healer	£20.00 +	£4.65
Distant Healer	£20.00 +	£4.65
Trainee Contact Healer	£20.00 +	£4.65
Trainee Distant Healer	£20.00 +	£4.65
Practitioner/Therapist	£20.00 +	Own ins.
Friend Member	£10	Nil ins.
Initial Registration	£8	

*Please send Cheques to the*

*Subscriptions Secretary,*

*payable to BMS-IHF.*