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

*The greatest revolution of
our generation is the
discovery that human
beings, by changing the
inner attitudes of their
minds, can change the
outer aspects of their
lives. (William James,
Harvard Psychologist)*

As humanity moves into the new Golden Age all values have to be examined.

Civilization has become extremely materialistic and modern life is built on this basis. Now with the global financial crisis, it has all gone horribly wrong.

What about sharing and caring? For surely these are the values of the healer. Where should the line be drawn between sharing and caring and surviving in the material world? We all have our material commitments to meet. Each one of us will be tested and tried in every thought that we have, for this is the Time for Truth. For many people it has been an extremely difficult, hectic and chaotic year of changing values, new phases of being in or out of work, new commitments. It is necessary to give up some of the old ways. We need to remember that the New Age will bring in new ways, which depart from materialism. There are those who have forecast, seventy years ago, that the whole of the economic world would collapse. It may not be as drastic as this, but most certainly our values must change. The issue of monetary union is indirectly connected with this. Sharing and caring within the European Union is related to the new way of being. Truth is needed within global banking. Worldwide we are in uncharted territory. Evolution beckons.

This is the time now for global UNITY. Sai Baba has come to unite all races, all cultures, all religions and to teach that there is one religion - the religion of love. He says that man must be un-made and re-made. There is one race - the race of humanity. We need to search our hearts and our minds on everything that we do and to pray that we may make the right choices and find the right way.

For we have to do things a different way now. Worldwide, there will be tests, trials and challenges to bring out the new potential. With harmonization of laws and procedures, people from one European country are more able to live and work in the other European countries. This in itself brings problems of acceptance and tolerance, yet this must surely be part of the move towards unity. So we need to understand basic ways of doing our jobs that can be understood by other cultures and in different languages. There is much work for humanity to do to contribute towards this movement and need for unity, rather than being divided by national boundaries. We speak of equal opportunities for all. Where do sharing and caring stop and where does an exchange of energies start? There must be an exchange, in order to ensure that a balance is maintained. We need acceptance, change and balance in order to have harmony and goodwill.

It is a law of the cosmos that there is enough manifested for all life upon the earth. There is enough food for everyone. There is enough of everything for everyone. But if some people use too much, then there is not sufficient for those who are less fortunate. Consider what an enormous task there is for humanity in the fair distribution of the natural wealth of the earth. But if suddenly someone were to give too large a sum of money to a poor person in any country, what would they do with it? Would they know how to use it in the right way? Preparatory guidance is needed.

Each one of us reacts, responds and does things according to experience so far. That does not simply refer to this life, but to our many lives. For many hundreds or thousands of years you have been preparing yourself to become a healer, or a teacher, or whatever other duties you are doing, or service that you are giving. These more responsible tasks are not just accomplished in one lifetime - we are made ready, over a long, long period. Ask yourself, "How well have I prepared myself for this phase now? How well am I managing within it? Am I being rebellious? If so, why am I being rebellious and what is it that I am rebelling against? Is it a person, is it a system, or is it the system that the person represents?" Dissect; examine your feelings, your motives, and the feelings within you. Forget the outside things when you consider your own position within it. Ask yourself "What am I trying to do?" What is the end result? If we keep our eventual goal in mind, then many of our difficulties begin to disappear. We say, "Well, this I must do, there is no other recognizable way at the moment". Maybe it will change later, but will it be too late then to undertake what you can start now?

At whatever level we are working we have a tremendous advantage, because many of us are the pioneers. We are leading and shaping the way for those who follow. This too is part of your task - to make suggestions as to how things can be made simpler, clearer, less frightening, and less mind-boggling. We are presented now with a tremendous opportunity to help ourselves and to help the whole of the healing movement. We can also help our children and our grandchildren. We can prepare the way for a different pattern of life, not only for them, but also for ourselves to come back into, for we may return and be children to our great-great grandchildren from our present life. Many of us stay within the same family groups, friendship groups and interest groups for many lives, learning and evolving together.

It is important for us to develop our sense of global togetherness, all pulling in the same direction. For this is healing too. The effect of what we do and say grows and grows, for we are becoming more powerful. When we throw a pebble into a pool the ripples spread outwards. In the same way, our words and thoughts create ripples which travel on and on and on, into the future, when what we have thought, said and done, comes back to us. Take time to examine your attitudes and reactions, especially those to people who may not be so easy to get along with, but who have the information that you need. Your spiritual attunement and quality will help to bring events into alignment.

Do please examine your mind, your heart, and your motivations. If you are a member of a healing organization, examine whether you are in harmony with the main ideal for which we are working, so that natural healing becomes fully accepted and freely available within the National Health Service and within the structures throughout Europe. We seekers are the pioneers; we are the leaders now. We have a tremendous responsibility on our shoulders to work in the right way, thinking of the good of the whole in order to achieve the aim that has been set before us.

(William)

**We meet nearly
every Monday
at 7.30 pm
(except Bank
holidays) for
training**

**For dates see
BMSI News**

**We also offer
'HEALING FOR
EVERYONE'**

**Public meetings
fortnightly
(except Bank
holidays)
In the
Friends
Meeting House
Worthing Road
Horsham
RH12 1SL**

**For dates, see
BMSI News**

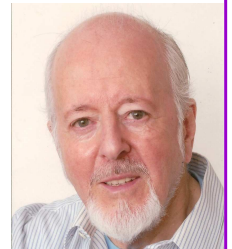
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**We don't see
things as they
are;
We see things
as we are.**

(Anaïs Nin)

**May you be blessed
as you go forward
on your journey
into the Light of
the unknown
Future. William**



REINCARNATION

One cannot see the foundations of a castle, a skyscraper. The building appears to just sit upon the ground. But down below are many rooms and passageways, for storage and other purposes.

It is the same with the human mind and many levels of consciousness, we have a vast and hidden history of long forgotten events and previous lives, causing attitudes and reactions now. The foundations of this current life are laid deep in the past, in lives already lived by you and in the lives of the families who nurtured you and nations to which you have belonged.

Your current life is also coloured by the people you have associated with this time; your family, teachers, co-workers, friends – like attracts like.

So this life is rather like being in a big city, with crowds crossing a street in opposite directions, inter-mingling and being affected by all that is around. In a conversation, our thoughts are often interrupted and things are left unsaid.

It can also be, that as we pass through the seasons of this life, so previous lives or seasons can pass close by like clouds across the sky, bringing back memories and talents – and then sometimes when enough has been remembered and learned, the phase is interrupted, fading away and closed as deeper purposes are brought in, to shape us and help us to find our true way. Friends change with the different phases. There are times when hard choices must be made, in order to fulfil the destiny of our coming to the earth.

Our body is impermanent; our True Self is eternal.**

Think of the challenges and choices that Jesus faced.

What a long history He must have had before being ready to come into that life that continues to beneficially affect millions now?

How much of His stories are myth, superstition, and truth?

What feels right?

How are your previous lives colouring this one now?

Where have you been? What have you done? Why have you come?

Take the hard path, accept the challenges, the easy way is not permitted.

Become the practical mystic.

(The above is a précis of William's meditation for the Horsham Christmas Party)

**None of us can change our yesterdays;
but all of us can change our tomorrows.** (Colin Powell)

THE PRINCIPLE OF GOODWILL

Goodwill is the key to joyous relationships; selflessness, self-forgetfulness and truth for perfect harmony in family and world relationships.

We need to acknowledge the truth and be honest with ourselves.

Let us open wider the doors to truth and goodwill; then every human being can enjoy the right to live in peace and harmony in our world.

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

BMS-IHF complies with the new

Consumer Protection Regulations 26.5.08

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

Our healers balance energies so as to encourage beneficial changes in the Physical, Emotional, Mental and Spiritual states.

HOWEVER, HEALING HAS NOT BEEN SCIENTIFICALLY PROVEN

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 & UK Healers.

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 & www.bmsihf.co.uk

There will be no summer seminar this year. Instead a coach trip is being planned for Sunday 14.6.09 See separate details

IMPORTANT NOTICE

Subscriptions & Fees + Insurance are due annually on 1st April

If not paid within 3 months, it is illegal to display a BMS-IHF certificate & YOU WILL NOT BE INSURED

	Subs	Ins.
Full Contact Healer	£20.00 +	£4.90
Distant Healer	£20.00 +	£4.90
Trainee Contact Healer	£20.00 +	£4.90
Trainee Distant Healer	£20.00 +	£4.90
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.

E G O

Imagine a person who suddenly wakes up in a hospital after an automobile accident to find that she is suffering from total amnesia. Outwardly, everything is intact: she has the same face and form, her senses and her mind are there, but she doesn't have any idea or any trace of a memory of who she really is.

In exactly the same way, we cannot remember our true identity, our original nature. Frantically, and in real dread, we cast around and improvise another identity, one we clutch with all the desperation of someone falling continuously into an abyss.

This false and ignorantly assumed identity is "ego".

(Sogyal Rinpoche, "Glimpse After Glimpse" ISBN 0-7126-6237-5)

THE ATMA (True Self)**

The Atma, when cognized in the consciousness, flashes like a streak of lightning; in a second, it will reveal its brilliance and splendour. It is impossible to grasp its full majesty. Mind is the cloak of the Atma; it conditions the Atma or rather appears to. So, it seems to be very close to the Atma, and makes you believe that it attains it; but it is incapable of doing so. Since it is closest, the aspirant imagines that his mind has realised the Atma and yearns for the experience again and again. This of course is good, for it fosters the search for the merger with the Lord.

ENJOY ETERNAL BLISS

Everyone of us is the very embodiment of divinity.

Your true being is Existence, Knowledge, and Bliss. You have forgotten this truth. Remember it now, and take the holy and powerful name of the Reality until your mind disappears and you stand revealed as Truth itself, and enjoy that eternal bliss which never exhausts itself.

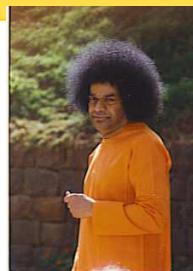
TRUTH IS ONE

There cannot be two;
for two can only be One, occurring twice.

MAY ALL OF YOU LEAD A BLISSFUL LIFE IN THIS NEW YEAR!

May you fill your life with love. May you develop unity and friendship. True bliss lies in unity.

(Baba)



MATTER is not permanent; it does not symbolise truth. Whatever the eyes see is impermanent, including our body. **"I am not this"** is the fundamental principle of wisdom.

I am the eternal Atmic principle.

Every human is a spark of divinity. Such being the case, how can man be called a mere mortal? Every human being is a divine incarnation; you should not think that God is separate from you. Every individual is the embodiment of God; you are in God. All forms are aspects of divinity; unity in multiplicity and diversity.

Atma is present everywhere, in you, with you, above you, below you, around you. All is One.

Develop sacred love in your heart and earn the Grace of God.

(Baba)