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SUMMER,

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

**OUR
ANNUAL GENERAL
MEETING:**

**TUESDAY 9.6.09
FRIENDS MEETING
HOUSE, HORSHAM**

7.30 – 9.00 pm
(This will be the only
notification)

Obituary

With considerable sadness, we have to report the passing to higher life, of **Dyan Wilson**, daughter of one of our senior healers Florence Oliphant. A 'Ceremony to Honour her Life' took place at Buxted on 1.5.09, when many people attended, including 6 BMS-IHF members

UNDERSTANDING THE ATMA OR "I AM" TRUE SELF

At present, our body is undoubtedly the centre of our whole universe. We associate it, without thinking, with our self and our ego, and this thoughtless and false association continually 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, and the entire illusory, dualistic world we never stop projecting around us looks ultimately solid and real.

When we die, this whole compound construction falls dramatically to pieces.
(Sogyal Rinpoche "Glimpse After Glimpse" ISBN 0-7126-6237-5)

*God is the resident in your heart; is your conscience; your Atma;
All are different names of the same Reality.
Develop constant awareness of the Atma;
It is only the body that dies; the Atma is eternal and changeless.*

*Truth is everywhere, it cannot be seen because it has no form;
it is the manifestation of God.
Every human being is the embodiment of Truth.*

*Creation emerges from truth and merges into truth;
There is no place in the cosmos where truth does not exist.
It is present in every grain of sand, stone, pebble, boulder, rock, tree, seed, atom;
sun, moon, water, air, ether.*

*Mind has no form, it can be said to be woven of the desires.
The ATMA shines in the heart, whether the heart is pure or impure.*

When you dive deep into a problem and *enquire from your heart* whether your proposed action is good for your society, your conscience shall give you the right answer. All actions must be pre-examined as to whether they will lead to good or bad results. When discrimination is not exercised, the mind becomes blind. It is the Atma that activates the mind and illuminates the intelligence.

You are not one person but three:

Body: the one you think you are (physical, servant, messenger);
Mind: the one others think you are (your personality, character, knowledge)
Spirit: and the one you really are ("I and my Father are One", True Self, I am, Atma)
Man has three identities – physical, mental and spiritual.

His spiritual identity indicates man's oneness with God.

In the same way, Hanuman said to Rama:

"Oh Lord! At the physical level I am Your servant;
at the mental level I am a part of You;
and at the Atmic level, You and I are one."

Every human being needs to think in this manner. Firstly, he needs to consider himself as a messenger of God, taking the path of Karma or work to serve God wholeheartedly, engaging in actions which are good and noble. This is the path of spirituality. It includes serving, singing, chanting and penance. The path of knowledge which leads to wisdom is the ultimate path.

The three 'W's denote Work, Worship and Wisdom. Wisdom is the ultimate goal.

God is present everywhere. He is not limited to a particular place, church, or centre. He is in you, with you, above you, below you and around you.

He will become visible when we make proper efforts.

Listen, maintain silence and be quiet; talk only as much as is necessary.

Show reverence to your elders, parents, teachers; treat them with humility and courtesy.

Develop love; love in man is the special grace which God bestows upon him.

Love is God, God is Love.

Meditate on the heart centre. Know Thyself! Surrender!

(Excerpts from the 2009 discourses of Sri Sathya Sai Baba)

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)

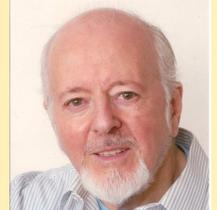
**In the Friends Meeting House
Worthing Road
Horsham
RH12 1SL**

For dates, see BMSI News

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Gaelic Blessing:

Deep peace of the running waves to you
Deep peace of the quiet earth to you;
Deep peace of the silent hills to you;
Deep peace of the flowing air to you;
Deep peace of the shining stars to you;
Deep peace of the Son of Peace to you.



William

SYNCHRONICITY

There are too many coincidences in life for it to be by accident.

Life seeks for answers; our thoughts and needs are linked in to the universal consciousness, all is One. Transmission can be instantaneous; alternatively, sufficient time needs to pass so that we can learn essential lessons. When we are feeling frustrated by delays, we could perhaps **meditate** on "What is best for my highest good?"

A suitable theme to make our mind receptive might be to imagine that we are sitting by gently moving water, be it the sea, lake or river. Alternatively, that we are slowly walking in the woods in spring, with the sun shining in a blue sky through the fresh, pale green leaves, bringing sunbeams down onto the forest floor, carpeted with sweet smelling bluebells, nodding their heads in a warm and gentle breeze. Another way might be to imagine that we are floating freely, away from the earth into a night sky, brilliant with millions of stars.

Then we can ask our questions and wait patiently for the answers. There will be times when we do not even need to ask; answers can come into our mind spontaneously; sometimes another person will say what we need. Be prepared for it to come from many varied sources. **Listen!** The timing is perfect. By asking, or even having the thought that we need an answer, we are giving those who serve the Cosmic Presence permission to inspire us. To intervene, they need our karmic consent. The more you meditate, the quicker will be the answers from the loving souls who serve in the higher regions and who are waiting to be helpful to us in our sometimes chaotic and frustrating journey through our life on earth. **However, always remember that challenges come to bring out the best in us, to release our full potential.** (William)

MORE ON REINCARNATION:

On that momentous night when Buddha attained enlightenment, it is said that he went through several different stages of awakening. In the first, with his mind "collected and purified, without blemish, free of defilements, grown soft, workable, fixed and immovable," he turned his attention to the recollection of his previous lives. This is what he tells us of this experience:

"I remembered many, many former existences I had passed through, two births, three, four, five...fifty, one hundred.....a hundred thousand, in various world periods.

I knew everything about these various births; where they had taken place, what my name had been, which family I had been born into, and what I had done. I lived through again the good and bad fortune of each life and my death in each life, and came to life again and again. In this way I recalled innumerable previous existences with their exact characteristic features and circumstances. This knowledge I gained in the first watch of the night.

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

**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
to encourage beneficial changes in the
Physical, Emotional, Mental and Spiritual states.
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, CHO, or UK Healers

BMS-IHF & BMSI are registered with the Data
Protection Register.

BMS-IHF Registration Number is PZ656262X
BMSI Registration Number is PZ6562587

**The only
really
valuable
thing
is intuition.
(Albert Einstein)**



**Service to man
is service to God,
for God is in every man,
every living being,
every stone and stump.**

(Sri Sathya Sai Baba)

*An un-investigated life is not worth
living.* (Socrates)

*The only journey worth taking is
through oneself.* (Yeats)

*Every day you may make progress.
Every step may be fruitful.
Yet there will stretch out before you
an ever-lengthening, ever-ascending
ever-improving path. You know you
will never get to the end of the
journey. But this, so far from
discouraging, only adds to the joy
and glory of the climb.*

(Winston Churchill)

On meditation....

Whatever thoughts and emotions arise in meditation, allow them to rise and settle, like waves in the ocean. Whatever you find yourself thinking, let that thought rise and settle, without any constraint. Don't grasp at it, feed it, or indulge it, don't cling to it, and don't try to solidify it. Neither follow thoughts nor invite them; be like the ocean looking at its own waves, or the sky gazing down on the clouds that pass across it.

You will soon find that thoughts are like the wind; they come and go. The secret is not to 'think' about the thoughts but allow them to flow through your mind, while keeping your mind free of afterthoughts.

On wisdom:

Reflection can slowly bring us wisdom. We may, of course, fall back into fixed and repetitive patterns again and again, but slowly we can emerge from them and change.

(Sogyal Rinpoche, *Glimpse After Glimpse*)

You have earned this human body by the accumulated merit of many lives as inferior beings (animals, beasts, birds, reptiles, etc.) and it is indeed a great pity if you were to fritter away this precious opportunity in activities that are natural only to those inferior beings. Utilise your life for the purpose of rising higher into divinity.

The destiny of a country is decided by the ideals implanted by the teachers in the minds of the boys and girls entrusted to their care.

The most desirable subject for study is the secret of the soul, which is immortal.

We are repaid for our deeds in some way or the other, whether we know it or not, and in the same coin.

Through love one can approach God and stay in His presence, for God is Love, and when one lives in Love, he is living in God.

Subscriptions & Fees + Insurance

are 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	+ £4.89
Distant Healer	£20.00	+ £4.89
Trainee Contact Healer	£20.00	+ £4.89
Trainee Distant Healer	£20.00	+ £4.89
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.*