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Quarterly Newsletter
Body Mind & Spirit International
Healing Federation
www.bmsihf.co.uk



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HONORARY TRUSTEES:

Chairman & Editor
Mr William Lambert
PO Box 134, Horsham
West Sussex, RH13 5FG UK
Phone: (0) 1403 255025
(0) 1403 268898

Email:
wlambert.bmsi@tiscali.co.uk
websites:
www.bmsihf.co.uk
www.bmsi-eu.net

PLEASE ADDRESS
ALL UK CORRESPONDENCE TO
PO BOX 134, HORSHAM
WEST SUSSEX, RH13 5FG, UK
Asst. Membership Secretary:
Mrs Angela Savage
Phone: (0) 1306 628 008
Email: angescorpio@aol.com

Membership Secretary,
Healer Referral, Database &
Website:
Mr Simon Blackwell (USA)
Email: simon@pdspirit.com

Treasurer:
Mrs Nicola Shute
Phone: (0)1403 267 799

Subscriptions & Minutes
Secretary:
Ms Catherine Evans,
Phone: (0)1825 723 173

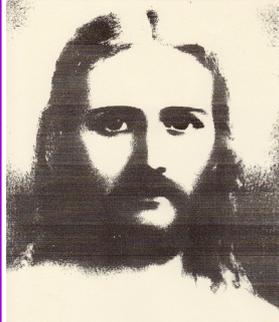
Councillor & Leader of
Healing Practice:
Mrs Brenda Richards
Phone: (0) 1403 700 264

Councillor & Assistant Leader
of Healing Practice :
Mrs Valerie Jennings
Phone: (0) 1403 783 255

Councillor Mrs Jennifer Jones
Phone: (0) 1403 266 800
Councillor
Mrs Maggie Walton-Thenet
Phone: (0) 1403 241 894
Co-opted Councillor
Mrs Louise Nadim

Training Advisor
Ms Kirsty von Bock
Phone: (0) 1293 552 600
Email
kirsty.von_bock@virgin.net

Accounts Independent
Examiner: Faye Batchelor



It is said that an American photographer was sent on an assignment to photograph Sai Baba. With his last film for 24 prints in the camera, which was on the ground, whilst agreeing with SSB as to where He should stand, the photographer said, "I wish I could have photographed Jesus".

The camera immediately clicked through 24 times. The photographer was aghast and thought he would lose his job. However, when the film was printed, on it were 24 pictures of Jesus- said to be the true likeness. The picture can be distinguished from others by the fact that the eyebrows are not very curved.

You, the "I Am", came from and belong to the stars and cosmos. You are, because God is. You are where you are, because God is where you are.

You are an individual, because God has individualised or fragmented Himself.

You are part of the One great ocean of Love, Light and Energy.

You are the micro-cosmos of the macro-cosmos. You are an expression of Love, so give love into the whole of Life. You are a light, in the great network of light, so

"Let your light shine before men". (Jesus).

Let go of all negativity and darkness there has been in your life so far; understand and forgive and put your past behind you.

Move on, and allow the Cosmic Consciousness to flow through you.

Do you fully understand what and who you really are? Jesus knew!

Your physical aspect has lived in and evolved through the oceans, mountains, grass, flowers, trees, fish, birds and animals. That is now behind you and part of your ancient history. **Your consciousness** has evolved through the higher worlds. All is in you.

2012 will be the rising of earth consciousness into the fifth dimension, your greater awakening, whilst in the body on earth. This is a 260,000 year evolutionary cosmic cycle.

During your life so far, you have enjoyed your third dimensional body and fourth dimensional psychic life, of which your 6th sense is part. That is known as "lower psychism", where pleasure is an interval between two pains or sorrows.

Now is the time to move on and allow direct intuition to flow into your mind – being the first level of "higher psychism". Many already experience this.

Let go and allow the One to inspire and guide you.

To do that LISTEN. Practice silence, go into your heart and become aware of the Cosmic Presence, where the tongue and thoughts are stilled, where the storms have passed, the waves are calm and clear and your mind is clear and pure. This is the state of meditation, a peaceful pause between two thoughts.

Practice such pauses daily, for 20 minutes or more.

"Start the day with love; fill the day with love; end the day with love". (Sai Baba)

Float in your dreams and meditations in the great ocean of love and light that is your true home, your reality, from which you came and to which you will return.

When your necessary earth experiences have been completed, you will emerge from your body, like a butterfly exiting the chrysalis, and live on. You, the "I AM" are welcomed with untold joy when you are reborn into the Higher Worlds.

You belong to and are part of Eternity.

Come into Self-Realisation – who and what you really are.

You have come to the earth at a very special time of transition of all life upon the earth, to see whether you are willing to serve all life around you.

Have you prepared yourself sufficiently in past lives and in this life so far?

An earth life is not permanent, so is known as 'unreality'. The voice of conscience in your heart, which always knows what is right and what is wrong, is your own permanent Higher Self and is known as 'reality'.

Learn to live in the NOW, in your present moment and situation.

The One all-consciousness is seeking and ever expanding in ongoing experiences in order to evolve into greater perfection. The One lives in you, sees through your eyes, hears through your ears and lives in your thoughts, words and deeds.

***I wish you a very Blessed Christmas and a successful
New Year of growth, happiness, fulfilment and peace.***

William

**We meet
nearly every
Monday
at 7.30 pm
(except bank
holidays)
For dates see
BMSI News**

**'HEALING FOR
EVERYONE'
public meetings in
the
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
14.12.09
7.30-9.30 pm**

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



Contact:

**Jenny on
01403 266800, or
Brenda,
Valerie or William
as shown above**

**"Birth is not a
beginning, death is not
an end."
(Lao Tzu)**

**"Never believe that a
few caring people
cannot change the
world. For indeed, they
are the only ones who
ever have."
(Margaret Mead)**

**The path of the healer
and disciple is one of
discipline.
Godliness is orderliness.
(William)**

**God give me work till
my life shall end, and
life till my work is done.
(Winifred Holtby)**

A CHRISTMAS MEDITATION



In the cold of Christmas, fires burn brightly,
Mother Earth decorates her children.
Ice and snow draw pictures on the windowpanes;
Trees become magical, leaves and grass begin to twinkle.

While white mistletoe hangs from oak and apple trees
Yard yews hide their pink pearls among the green garlands.
Ivy clings to ancient walls with bunches of black berries
and in the woods the holly hangs her shiny red rubies.

This time of remembering takes us back to ancient times.
Our minds are the lords of time as we travel through time and space
to a period of change much like the period we live through now.
In the far distance, a faint light is guiding you.

This light is the source that lights the universe,
The light that is, always has been and always will be
the beacon to guide you.
This is the source that brought you into being;
Bask now in its glory,
allow yourself to be bathed in its eternal love.

As you feel the warmth, the love and the grace of its power,
Open yourself, your mind to the everlasting joy of its remembrance.
For you have been here before, you have been and are enlightened
and the joy that permeates your being through these words is love.

Rest in these precious moments of connection,
These infinite seconds of touching, of reaching out to the One.
Become one with all there is in the remembering
of the One who came
and will come again
as surely as you yourself will return.

Remember, you are the light of the world.....
(Copyright, David Tenneson, August 2009)
(Full text available from David at <loscaldrones8@hotmail.com>)

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.**

**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' activities:
www.bmsihf.co.uk & www.bmsi-eu.net

A PRAYER & AFFIRMATION FOR PEACE

written in flow from the Source
by EU member Ulrike Weissenbacher:

I pray for all soldiers
without regard for their nationality
or which war they are fighting.

With all my heart I pray

That one day there will be no man or woman on earth
willing to take up a weapon and fight
That one day there will be no more reasons to fight,
no more reasons for war or protection or intervention.
I pray that one day
we will all understand that this is possible
and how WE can achieve it.

----o0o----

Let us
firmly anchor the following affirmation
in our hearts,
in our personal energy fields,
and weave it into Mother Earth's energetic fields:

**"Peace is within and around me
on our beautiful Mother Earth
and throughout all the Universes NOW".**

The Maker of the Cosmos

The cosmos is a magnificent wonder, a source of
continuous amazement. It cannot but impress one as a
supreme marvel.

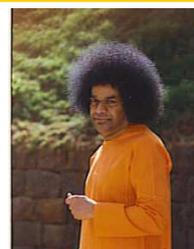
When an object has to be made, we need one who has the
skill, the intelligence and the power to make it.
Without a maker, nothing can be made.

How can the objects like the sun, the moon, the stars and
the constellations function as they do without a designer,
a maker, a master?

Can they yield to any ordinary power? No.
Intelligent people can easily infer by observing these
objects that they are endowed with mighty capabilities.

Then how much more powerful must be
the Maker Himself?

- Baba



Make the Present Moment Holy

With mutual friendship and affection,
engage yourself in Service.
Utilise the time available in thoughts
of the Divine without wasting it in
idle talk.

Time once lost can never be
reclaimed.
Neither can time that is yet to come
be claimed as certainly yours.

So transform each moment into a
moment of joy; make this moment,
while it is still with you,
holy and pure.

Give up all yesterdays and tomorrows
and the days after;
Do now, this very day, the task that is
worthwhile.

This is my New Year blessing to
you all.

- Baba

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	+ £4.89
Distant Healer	£20.00	+ £4.89
Trainee Contact Healer	£20.00	+ £4.89
Trainee Distant Healer	£20.00	+ £4.89
Practitioner/Therapist	£20.00	+ £4.89

	Own ins.
Friend Member	£10 Nil ins.
Initial Registration	£8

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