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



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



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Raise your consciousness and realise you are ageless. You are as young as time, as old as eternity. As you live fully and gloriously in the ever present now, you are always as young as the present. You are constantly being reborn in Spirit and in Truth. You cannot remain static in this spiritual life; there is always something new and exciting to learn and to do. Living in a state of expectancy keeps you ever alert and young. When you fail to understand some new truth with the mind, sit still and raise your consciousness, get into tune with the Infinite and become one with it.
(Eileen Caddy)

.....and an Astronomer said, Master, what of time? And he answered:

“You would measure time the measureless and the immeasurable.

You would adjust your conduct and even direct the course of your spirit according to the hours and seasons.

Of time you would make a stream

upon whose bank you would sit and watch it flowing.

Yet the timeless in you is aware of life's timelessness.

And knows that yesterday is but today's memory and tomorrow is today's dream.

And that, that which sings and contemplates in you is still dwelling

within the bounds of that first moment which scattered the stars into space.”

(from *The Prophet*, by Kahlil Gibran)

(Contributed by Christine Day)

Which is the dream state? Is it the Earth life, which is said to be illusion, or is it the higher life? Who is the timeless you?

In the earth life we are inevitably aware of the weight of the body and the constrictions of time and so our vision is strictly limited. In sleep, our dreams set free our vision and allow it to roam, as we process the events of the day, the past, and prepare for the future.

Similarly in meditation, we can begin to reach into and to understand our true reality, the true nature of who and what we really are – the True Self, travelling through cosmic timelessness, from the beginning of time and to the end of ‘time’ (as we describe it whilst on earth). For orderliness, we have to use earth time whilst in this part of our many journeys in and out of countless visits to the earth, in the refining process of becoming more perfect.

Creation is seeking greater perfection and evolution as it moves from the invisible worlds and into the simplest cell in the sea, onto the land, through the mineral, vegetable, animal and human kingdoms – and ever onwards into beyond the beyond of Eternity. There are realms and dimensions beyond our wildest dreams and imagination, in unending and unlimited variety. For the Cosmos, there is no end, as it expands and pushes out into the darkness of the as yet unmanifested space, where new worlds are waiting on the fringe of creation so far. The colour spectrum, as seen in the most powerful telescopes of today, ends in red, the same as the human base chakra, from which we create new physical life and into which, at the moment of conception, comes the creator of the cosmos, in the microscopic form of a spark of light and love – our True Self, the one we really are. Our body is the one we think we are; whilst the one others think we are is the personality and character of our mind, coloured by our many previous lives and experiences in and out of body.

Who are you? Where did you come from? Where are you going?

You are an individualised fragment of God, you came from God – and are ‘returning’ to God. All is One; you are a co-creator with God. Your parents caused the creation of your physical self, but the life force within is your timeless True Self. This you can link with in meditation.

The decisions of your parents and yourself have created your life as it is, with ups and downs, joys and sorrows, times of difficulties and times of peace and harmony. Do all you can now to make your life now a heaven upon earth, with that inner mystical quality within your daily tasks as you serve others and Life itself. Service is the highest form of worship. “Serve, because there will be no peace in your heart unless you serve; it is kinship with all Life”. (Sai Baba)

The natural mystical state, belonging to the supra-consciousness of outer space, is the real you, bringing a quiet power of silence as you listen in deep meditation. A highly awakened state, from which you come back bringing with you an enhanced quality radiating into and from you in your earth life. In this way, your own magnificent Self overcomes your earth ego, and brings sincerity, humility, yet quiet confidence and enhances all that you think, say and do.

Before we can heal others, we need to heal ourselves. So as a seeker on the path, say “Lord, lead Thou me on; show me the way into the light of my future; help me to bring Truth to others, to create a better present and future for them and for all those who will follow after”.

May your star shine bright and light the night and turn it into day.

(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

For training, please contact William on 01403 255025

30th anniversary SEMINAR of BMSI Training Centres

will be held at Harry Edwards Healing Sanctuary, Burrows Lea, Hook Lane, Shere, Surrey GU5 9QG On Sunday 18.7.2010 Details to be announced

Divine Love, Light and timelessness are with you always



William

Please make a note in your diaries now if you can join us for our anniversary seminar on SUNDAY 18.7.2010

THE PLAYERS PLAY

Moving across the stage of life, some paint the face while others rely upon their innate ability, their inherent gift of the frustrated Thespian, to present a veneer to confuse or influence, in what they perceive as the fight, the battle for supremacy they imagine to be the reason for life.

There is no doubt that the initial programming of the human mind contained within its primary purpose the will to succeed, to go that one step beyond the norm, beyond the accepted possible level. For our society, for our culture, for the peace that we enjoy, or not, we thank all those who have forged ahead, the explorers into the earth, the sea, the mind and now space.

But all this matters nought without an audience, a witness to applaud, to say "well done", or to 'boo' our pathetic attempts to win. To win what? Who are we trying to impress? Which audience are we hoping to delight, to win over, to make them stand and cheer and clap, whistle and stamp?

For centuries, we have known the amazing empathy of the sea mammals to man. Many are the times that a swimmer in difficulty has been helped and brought to shore by a whale or dolphin. Such strength and gentleness contained within that powerhouse of streamlined shape that can leap into the air and descend to the depths of the oceans, must surely be the epitome of divine love.

What do we do in return? Our misguided lust for all things that gratify our taste, our pleasure, needs must involve killing. Killing the ones who help to save us, those who beautify our world, whose presence adds to the wonderful diversity of life here upon earth.

What better position to be in, than to be able to scan the movement of the world's tectonic plates, to see the worsening pollution of the oceans and air, to be caught up in the changing weather patterns and to witness the melting ice of the polar regions, than a whale.

The changes that mankind is experiencing and our reactions to the changes that, to a great extent we have brought about, must be a major moment in the annals of the universe. We are the instruments of change, but the change itself is useless, of no consequence, unless there is a witness, an audience to see and record it all.

We will probably never know in full the incredible connection, the amazing function that the mammals are performing right now on our behalf. What is more phenomenal, is their continuing ability to care for us on so many levels, of which most of us are unaware, despite the fact that we are hunting them virtually to extinction.

There is only one other kind of loyalty that comes close, that of the domestic dog. Is the loving family pet keeping a canine log? Could it be the cat or canary too? Witnesses to our daily doings, the good, the bad and the ugly things we do.

In the global sense can we assume that there are clouds of cousins circling our world and watching every change of the wind, every drop of water rising on the spring tide? Are they watching unseen from above, while the whales watch from below? Watching and waiting for the moment when we have gone too far, when we know our performance sucks, when we can only cry, "help!"

And what of the cosmic cousins, are they being watched too? It must be so for all came from that first cause, the big bang where it all began. So when we try to please those who may be watching, we should remember that ultimately there is only an audience of One.

Now if you really want to be seen, heard and remembered, play to the Gods!

(Copyright – David Tenneson – September 2009)

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**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

You are
flowers in
God's garden;
you are stars
in God's sky.
You must be
concerned
only to see
whether your
actions are
pure & selfless
according to
your
conscience.
(Sai Baba)

Subscriptions & Fees + Insurance

due annually on 1st April

*If not paid within 3 months, it is illegal
to display a BMS-IHF certificate
and your insurance will have expired.*

	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.*

You have chosen to be on earth at this special time of change!

DIVINE GLORY

Governed as it is by divine cosmic laws, the functioning of the universe is absolutely perfect. It maintains perfect wholeness at the cosmic level as the human organism demonstrates it at the microscopic level. Just as any malfunctioning in one part of the body evokes automatic reaction from the whole body, similarly, any disturbance in any part of the universe affects the whole of it and gives rise to spontaneous reaction. The consciousness that is immanent in man permeates the entire universe also. Individual consciousness of man is therefore closely linked with cosmic consciousness. When colossal changes occur in the total consciousness of mankind on earth, there occur drastic changes in the universe, which then tries to restore the harmony and equilibrium which has been affected by these changes.

Thus, the cosmic law which operates in the universe comes into action to correct the errors committed by the individuals constituting the cosmos. To save the world from chaos and destruction, divine forces intervene at such junctures. Saints, sages and seers are born on earth to bring about correction in the consciousness of man and avert massive disasters.

However, at certain critical periods of human history, God Himself incarnates on earth in human form. In the vocabulary of Indian spirituality, these incarnations are called Avatars. They operate on a much larger scale than the saints and sages, annihilate the evil forces, protect the righteous and re-establish Truth on a firm footing in the heart of man.

Avatars promote goodness and human values and bring about large-scale transformation in the consciousness of man so as to restore Truth to its pristine glory. The word Truth here does not refer to a particular religion, as it is understood in the present sense of the term. It refers to the overall, eternal, timeless One combined religion rooted in the divine and thus containing all religions.

Sai Baba has been exhorting mankind to adhere to Truth, love, right living and honesty in life, which will raise the consciousness of humanity and restore balance, harmony and the equilibrium of the universe. God has many names in the different cultures but there is only one original creator.

Buddha was said to be the Avatar of Light, Jesus the Avatar of Love, and Sai Baba the Avatar of Unity.

Sai Baba says, "The calamity that has come upon mankind will be averted. A new Golden Age will occur. I shall not fail. It is not in the nature of Avatars to fail. The full power of the Formless God is here to correct mankind, raise human consciousness and put people on the path of truth, right living, peace and love, leading to Divinity.

Jesus said, "Knock, and it shall be opened unto you."

Let us not be Doubting Thomases. Let us open the door of our heart and recognise this rare opportunity and grasp the new higher consciousness which is being offered to humanity as we pass through 2012 and enter into the new Golden Age.

Discipline – Duty – Devotion



God is One.

Develop firm faith in this principle. Do not observe differences between one form of God and another. Hold on to the principle of oneness of God. This oneness is the ultimate truth. Only then will you have the supreme experience of the oneness of God.

If you are not able to develop faith in this principle, do not make it a matter of dispute and differences with others. Do not ever attribute duality to God. God is one, and only one. Oneness is the fundamental principle of life.

All human beings are, in fact, the reflections of omnipresent Divinity

Hence, consider every human being as Divine and worthy of highest respect. Though God is omnipresent, He assumes a particular form and serves human beings in many ways. Right from now onwards, realise this truth – that God is present in every being. When you develop such an attitude, you can see God anywhere and everywhere.

(Sri Sathya Sai Baba)