



# the LINK the LINK

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



BMS-IHF is a member of BAHA – British Alliance of Healing Associations, Registered Charity No. 284546

## AUTUMN 2010

Link 37, page 1

### HONORARY TRUSTEES:

Chairman & Editor  
Mr William Lambert  
PO Box 134, Horsham  
West Sussex, RH13 5FG UK  
Phone: (0) 1403 255 025

Email:  
[wllambert.bmsi@tiscali.co.uk](mailto:wllambert.bmsi@tiscali.co.uk)  
websites:

[www.bmsihf.co.uk](http://www.bmsihf.co.uk)  
[www.bmsi-eu.net](http://www.bmsi-eu.net)

ALL UK CORRESPONDENCE  
TO PO BOX 134, HORSHAM  
WEST SUSSEX, RH13 5FG, UK

Asst. Membership

Secretary:  
Mrs Angela Savage  
Phone: (0) 1403 864 110 (NEW!)  
Email: [angescorpio@aol.com](mailto:angescorpio@aol.com)

Membership Secretary,  
Healer Referral, Database &  
Website:

Mr Simon Blackwell (USA)  
Email: [simon@pdispirit.com](mailto:simon@pdispirit.com)

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

Subscriptions & Minutes Sec:  
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 & Mentor  
Mrs Maggie Walton-Thenet  
Phone: (0) 1403 241 894

Training Advisor  
Ms Kirsty von Bock  
Phone: 07545 774682  
[Kirstyvonbock17@virginmedia.com](mailto:Kirstyvonbock17@virginmedia.com)  
Accounts Independent  
Examiner: Faye Batchelor

### Komikal Kids!

“Dear God, Instead of letting people die and having to make new ones, why don't you just keep the ones you got now?  
*Jane*”

“Dear God, In Bible times, did they really talk that fancy?  
*Jennifer*”

“Dear God, Maybe Cain and Abel would not kill each other so much if they had their own rooms, It works with my brother.  
*Larry*”

“Dear God, Please send Dennis Clark to a different camp this year.  
*Peter*”

“Dear God, I am American. What are you?  
*Robert*”

### Dear Members and Friends,

This summer, it was decided to give the regular training team a much needed six-week break during the school holidays. In my own case, as it sometimes takes 3 days to edit, update and print the fortnightly theory training sessions, other things have been put on one side. Personally, I needed space to sort out my home and centre and catch up with other paperwork. In this process, I have been led to various snippets, particularly on meditation, which I hope you will enjoy in this newsletter.

**Many people are feeling overwhelmed** with the higher cosmic energies now inflowing as part of the upliftment of consciousness as we approach 21.12.2012.

**We seem to get busier and busier**, meaning that some past activities simply have to be put into the past, as we learn more and more to live in the NOW and allow our higher Self to lead us forward.

**This means we must accept change**. So it is good to move things around in the home, open all the windows, to release stale energies and bring in the new. Be aware of where and to what your intuition is leading you; allow books to open at random and take notice of what the page says – it is all part of your higher Self leading you forward to higher learning – accept the challenges and move onwards and upwards into the enhanced future being offered to all life on our beautiful planet Earth.

**Simply go into the Silence of meditation daily,  
to encourage and allow your perfect plan to unfold. (William).**

**“When your only intention is looking out for number one,  
everyone and everything else gets treated like number two”**

*(Swami Beyondananda)*

**What if survival is really dependent upon how well we communicate  
with each other and how quickly we share and process information?**

*(Bruce H.Lipton and Steve Bhaerman, “Spontaneous Evolution”)*

**NOW IS THE TIME**

**of building, of creating, of unity and harmony, of peace and love  
of wholeness and oneness.**

Hold these positive, constructive, creative, thoughts in your consciousness all the time, and never let them go. See them live and move and have their being in you, and behold the vision of the new heaven and the new earth take form and substance.

**Let it unfold within you.**

As you become attuned to the idea of the New Age and to the true meaning of it, it will gradually begin to unfold within you, and you will realise that you are part of it and it is part of you. It is something tremendous, like a slumbering giant waiting to awaken from its sleep, and once it begins to stir, nothing will be able to stop its coming forth.

There is nothing to fight against; there is no need to struggle any longer.  
*(Eileen Caddy, Opening Doors Within, Findhorn Press ISBN 0-905249-66-6)*

**If you find that meditation does not come easily in your home, be inventive and go out into nature.** Nature is always an unfailing fountain of inspiration. To calm your mind, go for a walk at dawn in the park, or watch the dew on a rose in the garden. Lie on the ground and gaze up into the sky, and let your mind expand into its spaciousness. Let the sky outside awaken the sky inside your mind. Stand by a stream and mingle your mind with its rushing, become one with its ceaseless sound. Sit by a waterfall and let its healing laughter purify your spirit. Walk on a beach and take the sea wind full and sweet upon your face. Celebrate and use the beauty of moonlight to pause your mind. Sit by a lake or in a garden and, breathing quietly, let your mind fall silent as the moon comes up majestically and slowly in the cloudless night.  
*(“Glimpse After Glimpse” Sogyal Rinpoche, ISBN 0-7126-6237-5)*

**When a past thought has ceased, and the future thought has not yet arisen, there is a gap. Prolong the gap – that is meditation!**  
*(Jamyang Khyentse)*

**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 255 025**

**Quakers say theirs is  
a way of life, rather  
than a set of beliefs.  
Healers also say that  
theirs is a way of life.**

**By following  
these paths,  
people find meaning  
and purpose.**

**Be still -  
learn  
to enter  
into  
the silence  
of your  
heart.**



**The persevering seeker secures wisdom. (The Bhagavad Gita)**

## PEACE

Over all mountain tops  
is peace.  
In all treetops,  
you perceive scarcely a breath.  
The little birds in the forest are  
silent.

Wait, then soon you too, will  
have peace.  
(Goethe, 1749-1832)

## SILENCE

Teach me the art of creating  
islands of stillness,  
in which I can absorb the  
beauty of everyday things:  
Clouds, trees,  
a snatch of music....

(Marion Stroud)

## HARMONY

He who lives in harmony with  
himself,  
lives in harmony with the  
world.

(Marcus Aurelius)

## Light

is what we are made  
of – not gross physical  
light, but the **finer  
spiritualised light of  
prana, intelligent life  
energy.** That light is  
the real essence of  
everything.

(yogananda-srf.org)

## THE SONG IN THE HEART IS WHAT MATTERS

**LITTLE ANTONIO** was sad at heart. Both  
his chums were musical. One could sing  
beautifully, the other was a clever violinist.  
Antonio loved music, too. But he simply  
couldn't make any. So he felt very much out  
of it, especially when, with the unconscious  
cruelty of youth, his chums made fun of his  
squeaky voice.

But Antonio had one precious possession – a  
pocket knife. With it, he was always shaping  
pieces of wood into all sorts of useful things.  
One day, he learned that Amati, the greatest  
violin-maker in Italy, lived in his own town.  
This gave him an idea. So he plucked up his  
courage and, carrying with him some little  
wooden articles he had made, he called at the  
great man's house.

"Sir", said Antonio, "I love music, but I can't  
make any because I have a very poor  
squeaky voice. But I would like to make  
violins."

Amati examined Antonio's carvings, then  
said - "My son, you are only a carver of  
wood, but your song shall be as beautiful as  
any. The song in the heart is what matters."  
Antonio became Amati's pupil. He learned  
every secret about making violins. And  
became as famous as his master had been.  
He was Antonio Stradivari.

**THE MASTERS TELL US** that there is an aspect of our  
mind that is its fundamental basis, a state called "the ground  
of the ordinary mind". It functions like a storehouse, in  
which the imprints of past actions, caused by our negative  
emotions are all stored like seeds. When the right  
conditions arise, they germinate and manifest as  
circumstances and situations in our lives.

**If we have a habit of thinking in a particular pattern,**  
positive or negative, then these tendencies will be triggered  
and provoked very easily, and recur and go on recurring.  
With constant repetition our inclinations and habits become  
steadily more entrenched, and continue, increasing and  
gathering power, even when we sleep. This is how they  
come to determine our life, our death and our rebirth.

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

## Observation of Silence Develops Spiritual Energy

Moderation in speech is a source of great joy. That is how  
our ancient sages developed their divine energy by  
controlling their senses and observing silence.

It is said, "The sound of silence is God".

People close their eyes and sit in meditation. How should  
you meditate? You should observe absolute silence. You  
can hear the sound of the footsteps of God only in the depth  
of silence. When you yourself are making noise, how can  
you hear the footsteps of God? The deeper is your silence,  
the louder you can hear the sound of the footsteps of God.

That is why it is said "Silence is God".

You can hear the voice of God only in the silence.

-----oOo-----

## Man has forgotten his nature

It is as if fire has forgotten its capacity to burn, or water its  
capacity to wet; man has forgotten his nature to reach out  
into Godhood; his capacity to seek and secure the truth of  
the universe of which he is part; his capacity to train  
himself by virtue, justice, love and sympathy, to ascend  
from the particular to the universal. He can attain the  
consummation and climax of merging with the unchanging  
that is behind all this change.

## Divine Power makes the body function

(Sri Sathya Sai Baba)

## In the progression of the soul,

passing through thousands of lifetimes,  
and experimenting through the senses with  
the world, the soul begins to remind us,  
"What's really going on? There must be  
more to life. What is Truth? Is there real  
happiness? Is there real love?"

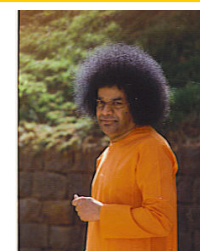
**And gradually we might start praying,**  
eventually learning to meditate. We begin  
to seek, we begin to create a spiritual life.  
As we become more serious in our search,  
and pass through this migration of life  
after life, we develop spiritual karma and  
reach the point in this evolutionary process  
where we realize that there is something  
else missing beside just our own efforts:

## We need a guru.

**Those who have the will power and the  
willingness to meditate and set aside  
time every day**, and those who have the  
discipline to follow a true guru and apply  
his teachings in everyday life, are very  
high on the evolutionary ladder... **When  
we reach this point in our evolution,** a  
fundamental change has to take place in  
our attitude. We become aware that there  
is something that seems more real, more  
attractive than our everyday life – that we  
are not these bodies, we are not these  
minds; **we are souls.** Time and time again  
Yogananda reminds us not to forget that  
we are children of God – that we are souls.

**We are not humans seeking God,  
we are souls trying to remember  
our relationship with God.**

(Brother Vishwananda, *Self-Realisation  
Fellowship*. [www.yogananda-srf.org](http://www.yogananda-srf.org))



## The Truth

Sometime, somewhere, you need to take something  
to be the truth. But if you cling to it too strongly,  
then even when the truth comes in person and  
knocks on your door, you will not open it. (Buddha)

"Learn to resurrect the delusion-entombed soul  
and co-mingle it in the ever-new vitality of Spirit.  
Behold your immortal Self, present in the  
illuminating Light of Christ Consciousness,  
present in every soul, every flower, every atom".

Yogananda. ([yogananda-srf.org](http://yogananda-srf.org))

BMS-IHF complies with the new  
Consumer Protection Regulations 26.5.08

Our members strictly abide by UK Standards  
& BAHA Code 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. BAHA 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](http://www.bmsihf.co.uk) & [www.bmsi-eu.net](http://www.bmsi-eu.net)

May your  
spiritual efforts  
draw you ever  
closer to that  
boundless love in  
which the  
barriers of  
separation melt  
away, and we  
recognise that no-  
one is a stranger,  
that we are one in  
Him who is the  
Divine Friend of  
all friends.

(Sri Daya Mata,  
[www.yogananda-srf.org](http://www.yogananda-srf.org)),

Subscriptions & Fees + Insurance  
due annually in February, for 1st April

If not paid, 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	+ £4.89
	<b>Own ins.</b>	
Friend Member	£10	Nil ins.
Initial Registration	£8	

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