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



BAHA

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

SPRING 2011

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HONORARY TRUSTEES:

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

Email:
w.lambert.bmsi@tiscali.co.uk
websites:

www.bmsihf.co.uk
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

Membership Secretary,
Healer Referral, Database &
Website:

Mr Simon Blackwell (USA)
Email: simon@pdspirit.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

Accounts Independent
Examiner: Faye Batchelor

WE STAND ON THE BRINK OF THE DAWNING OF NEW IMPROVED TIMES

Many new cosmic energies are pouring in, to awaken more beings into becoming aware of a heightened consciousness. We who have already become healers and seekers of Truth, will be joined by increasing numbers as change draws nearer, centred around 21.12.2012 - the end of the age we have been in.

Additional cosmic portals are being opened and this is indicated by the changing weather patterns, changing seasons, and earth disturbances. All is One.

Humanity is approaching the grand adventure of the human consciousness being raised above the known psychic 4th dimensional work

Humanity will be lifted into the 5th dimensional direct intuitional area, when many more will be directly in touch with finer vibrations and incoming inspired intuition, greater knowledge and higher wisdom. We will put a ceiling on our material desires and over-indulgence in the senses, as we become more Christ-like, loving, peaceful, harmonious, balanced. We shall tame the survival instinct, which has led to the rat-race in society, greed and wars, as we learn to

Love All – Serve All, as the Avatar Sai Baba teaches.

Eons ago, animal consciousness reached the point where it could leap into a new species – the human being. That consciousness has now reached the point when humanity will retain the familiar and protective 6th sense and survival instinct – but we shall become greatly enhanced, much more than life on earth has ever been and seen before. Life, as we have known it, will improve beyond all recognition.

Millions, then billions, of human beings who have disciplined themselves, and earned the right, will be transformed by the higher and finer energies lifting Planet Earth and all life upon it, into the glory of its Cosmic Future.

Are you making yourself ready? (William)



JESUS, the Avatar of Love

Do not judge others, so that God will not judge you, for God will judge you in the same way as you judge others. He will apply to you the same rules that you apply to others.

Why, then, do you look at the speck in your brother's eye, but pay no attention to the log in your own eye?

How dare you say to your brother, "Please, let me take that speck out of your eye, when you have a log in your own eye?"

You hypocrite! First, take the log out of your own eye, and then you will be able to see clearly to take the speck out of your brother's eye.

SAI BABA, the Avatar of Unity

There are five fingers to the palm. We point out, when we come across a bad man, with the pointing finger. When you point at others, only one finger points out at them, & 3 fingers back at you. So when you point out one fault in others, you must be able to examine three times, whether there is a fault in you. There is a device for this:

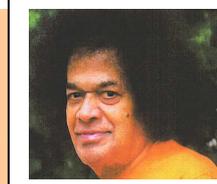
When you come across a big fault in others, you must consider it to be a very trivial one or a very unimportant one. Then you will not be unhappy.

Suppose there is a small fault in you. Then you try to magnify it and you feel you should never let in a similar fault again. By looking at it in that way, you will not have occasion to be guilty of the same fault again.

On the other hand, if you conceal your fault and try to point out that fault in others, it will not be safe either for you or for others.

Do not always go forward in pointing out the faults of others.

On the other hand, if anyone points out any fault in you, you must prostrate before him because you, by yourself, will not be able to find out where you are in the wrong. Because your eyes are directed outwards, you will be able to find the fault in others only – but you will not be able to find the fault in your own nature.



JESUS: Ask and you will receive; seek, and you will find; **knock**, and the door will open. Everyone who asks will receive, and anyone who seeks will find.

BABA: Grace is showered on those who seek. **Knock**, and the door shall be opened. **Ask**, and the food will be served; search, and the treasure will be yours.

The devil's realm is the objective world, the outer nature. This leads you from one disappointment to another. It enhances your ego & sense of achievement until you collapse with a swollen head! You are knocking on the wrong door.

Knock on the Divine door of your inner heart centre!

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 (FMH)
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

NEW:

Monday 18.4.11
7.30-9.30 pm

YOU and your friends
ARE INVITED TO OUR

EASTER

**CANDLELIGHT
MEDITATION &
PARTY** in FMH



Contact:

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

We wish you a
**HAPPY
EASTER!**

Many clamour for the experience of spiritual bliss, but few earn it, because they find themselves too weak to reject the clamour of the senses. Baba.



**Go through
the narrow gate**

The Monastery of Silence

Brother John entered and the Abbott said: "Brother, this is a silent monastery; you are welcome here as long as you like, but you may not speak until I direct you to do so."

Br. John lived in the monastery for 5 years before the Abbott said to him: "Br. John, you have been here for 5 years now; you may speak 2 words."

Br. John: "Hard bed." Abbott: "I am sorry to hear that, we will get you a better bed."

Another 5 years passed. Abbott: "You may say another 2 words."

Br. John: "Cold food." Abbott: "We will improve that." 15th Anniversary:

Abbott: "Two words you may say today"

Br. John: "I quit!" Abbott: "It is probably best, you've done nothing but complain ever since you got here!"

Not so in haste, my heart, have faith in God & wait. Although He may linger long, He never comes too late.

(Anon)

BMS-IHF complies with the new Consumer Protection Regulations 26.5.08

Our members strictly abide by BAH

Code of Conduct (updated 11/08)

& No.1 Standards in UK

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. BAH or CHO.

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

THE SNOW CHILD a spiritual story

LATE in the afternoon, early in February, it began to snow. The snowflakes dropped down from the sky like miniature stars. It snowed all night and in the morning the woods had been transformed into a soft, silent place.

When the Sun came up it was possible to see that the snow was made of rainbows, sparkling and dancing. The sky was lapis lazuli blue and rabbits' tails were snowballs.

Then from behind a birch tree dressed in the most delicate snowflake gown, stepped a small child. On her head sat a pretty white cap and a green cloak of silk floated from her shoulders. She danced across the snow carpet leaving tiny prints leading deep into the woods.

And as she went a procession gathered behind her. All the creatures hidden in the woods stepped out – deer, pheasants, woodcocks, rabbits, hares, squirrels. An old badger lumbered up from his den underground, and a fox kept a wary distance. Robin led the way, hopping from branch to branch and hesitating while the excited procession caught up. A white owl flew above as gracefully as a snow angel.

The Sun though bright, was sleepy and unable to melt the thick icing covering everything. Birds hopped around searching for morsels and pushed the icing away from bright red berries that bloodstained the snow when crushed open by their beaks. Worms were frozen loops and stayed hidden in the ground with cold, curled snakes.

Where was the Snow Child going in such a hurry? The creatures who followed her did not know. They only felt the urge to form the ever-growing procession flowing like a stream below trees that wished they could uproot and join in too.

Then it was noticed she carried a bag made of delicate green material. In this bag were all sorts of things dying to get out. But it was tightly drawn together with a white ribbon. The little child smiled mysteriously and quickened the pace, until all were dashing through the glistening snow. Whereas before most of them, except the fox, had been in a winter trance.

The Snow Child came to a clearing in the middle of the woods where light penetrated strongly and the trees stood round in a large circle waiting. She stood in the centre of the circle, pulled the ribbon from the bag. She shook out the contents.

So many different things began to fly from her bag that it must have been magic and bottomless - small birds, insects, flowers, blossom of all kind, a waking up feeling, a surge of energy, an exhilarating smell of newness. In her bag she carried Spring.

She gazed around her at the still procession now gathered around her in awe. She smiled and danced faster.

The Sun grew stronger and became fully awake. And the snow began to melt so quickly it was hard to believe. The woods were full of the noise of melting - drips, trickles, plops, and the very quiet sound of disappearance.

Within a few hours all was the usual February colour again, but the grass seemed greener as if it had been gently washed. Also there were tender shoots on the branches.

With the melting the Snow Child vanished, leaving her bag and white ribbon draped over a low hanging branch with her cloak.

Under all the trees snowdrops with tiny white caps and delicate green stalks appeared...

Christine Day © 2011

We regret that due to rising costs, it has become necessary to increase your subscription to £22. PAYMENT IS NOW DUE IN FEBRUARY & **INSURANCE EXPIRES 1.4.11**

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	£22.00 + £4.89	
Distant Healer	£22.00 + £4.89	
Trainee Contact Healer	£22.00 + £4.89	
Trainee Distant Healer	£22.00 + £4.89	
Practitioner/Therapist	£22.00 + Own ins	
Friend Member	£10	Nil ins.
Initial Registration	£8	

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

IT IS WORTH A LOT to win through to courage. Changing the position of the furniture and pictures in one's room helps to mark the new change one has made in one's picture of oneself. "I am not now the sick neurotic who used to sit there and mournfully brood and look into the fire. Now I am a different person, so I sit here and look at others through the window!"

We must never forget that at every turn, old habits of thought, old ways of looking at ourselves will try to trip us up with offers of sympathy. (Poor chap, he would do this and that, but he is ill.) But we must not sell courage to buy sympathy. It is like a skylark selling its wing feathers to buy worms! If the bird worked for worms, it would still be able to fly.

It is better to endure the tension and the torment of longing to run away and escape, than to lose self-respect and dodge duty. Cowardice costs too much in terms of depression and self-hate. We have often tried the cowardly way and known that it is hell paying for it. Courage is so very hard, but afterwards it pays a tremendous and most satisfying dividend.

We must believe in the worth-whileness of the new person we are already becoming, and keep on looking at the picture of ourselves that the Divine sees, believes in and is in process of creating in us.

(Dr. Leslie Weatherhead)

HOW HARD IT CAN BE to turn our attention within! How easily we allow our old habits and set patterns to dominate us! Even though they bring us suffering, we accept them with almost fatalistic resignation, for we are so used to giving in to them.

We may idealise freedom, but when it comes to our habits, we are completely enslaved. Still, reflection can slowly bring us wisdom. We may, of course, fall back into fixed repetitive patterns again and again, but slowly we **can emerge from them and change.**

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

JESUS: Go in through the narrow gate, because the gate to hell is wide, and the road that leads to it is easy, so there are many who travel it. But the gate to true life is narrow, and the way that leads to it is hard.

There are but few people who find it. **BABA: Give up, renounce** – that is the virtue you need for spiritual progress, which can be acquired by every individual. Where there is a will, there is a way. The first step on the path of spirituality is the acquisition of freedom from envy, jealousy, malice and covetousness.

These should be complete rooted out of the human heart – perseverance should be cultivated instead. **The Atma should be visualised through meditation.** The sincere and persistent seeker will then certainly have spiritual experiences and mystical revelations.



Walk the straight and narrow path, with Truth & Love as your companions

(Sri Sathva Sai Baba)