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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

WINTER 2011

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Treasurer - **VACANT** 11/11

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Examiner: To be advised

## The Gift of Christmas



*I salute you. I am your friend, and my love for you goes deep.  
There is nothing I can give you which you have not got, but there is much,  
very much, that, while I cannot give it, you can take.*

*No heaven can come to us unless our hearts find rest in today.  
Take heaven!*

*No peace lies in the future which is not hidden in this precious little  
instant. Take peace!*

*The gloom of the world is but a shadow.  
Behind it, yet within our reach, is joy.*

*There is radiance and glory in the darkness, could we but see, and to see  
we have only to look. I beseech you to look.*

*Life is so generous a giver, but we, judging its gifts by their coverings, cast  
them away as ugly or heavy or hard. Remove the covering and you will  
find beneath it a living splendour, woven of love, by wisdom, with power.  
Welcome it, grasp it, and you touch the angel's hand that brings it to you.*

*Everything we call a trial, a sorrow, or a duty, believe me, that angel's  
hand is there; the gift is there, and the wonder of an overshadowing  
presence. Our joys, too. Be not content with them as joys.  
They too, conceal diviner gifts.*

*Life is so full of meaning and purpose, so full of beauty beneath its  
covering that you will find earth but cloaks your heaven. Courage then, to  
claim it, that is all! But courage you have, and the knowledge that we are  
pilgrims together, wending through unknown country on our way home.*

*And so at this Christmas time I greet you. Not quite as the world sends  
greetings, but with profound esteem and with the prayer that for you now  
and forever the day breaks and the shadows flee away.*

(Fra Giovanni 1513 A.D.)

When someone insults you or defames you or ignores you, accept it with a smile; this is the way of the world; it is basically ungrateful, ill-mannered, they are doing you a good turn, your strength is under trial, you should not yield to anger and resentment. Tell yourself such invigorating things and be quiet, with a smile of triumph on your lips. There was a Sanyasin once who was roundly abused by a gang of mischievous young men. He said "Carry on! Enjoy yourselves! I see that you are very happy at the chance. This is exactly what I wish for you". When you do not accept the insult someone casts on you, it goes back to the person who indulged in it at first. A registered letter that is not accepted returns to the sender. Do not damage your mental peace, by receiving the letter and reading the contents. Refuse to receive it. You have a chance of correcting the wrong-goes too; accept it and you join the gang of mischief makers, so be warned!

(Sri Sathya Sai Baba)

We meet nearly every Monday at 7.30 pm (except bank holiday periods) For dates see

**BMSI News**

**'HEALING FOR EVERYONE'** public meetings in the

Friends Meeting House (FMH) Worthing Road Horsham RH12 1SL

Contact:

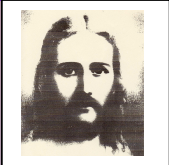
William Lambert 01403 255 025 or Brenda Richards 01403 700 264 Maggie W-Thenet 01403 241 894

For training, please contact William



**OUR CHRISTMAS PARTY 12.12.11 HAS BEEN CANCELLED & WILL BE HELD PRIOR TO EASTER IN FUTURE.**

**INSTEAD, THERE WILL BE REFRESHMENTS ON OUR LAST 'HEALING FOR EVERYONE' MEETING ON MONDAY 28.11.11 7.30 - 9.30 PM ALL ARE WELCOME!**



**JESUS:**

But I tell you who hear me. Love your enemies, do good to those who hate you, bless those who curse you and pray for those who ill-treat you. If anyone hits you on one cheek, let him hit the other one too. If someone takes your coat, let him have your shirt as well.

**WILLIAM & HIS TEAM of HELPERS**

**WISH YOU EVERY BLESSING AND GOOD HEALTH FOR CHRISTMAS AND THE NEW YEAR**

Part of gathering and participating fully with each other is to recognise the very sacredness of being together. It is deeply, truly, simply, sacred.

**There is the very sacredness of being,** and then there is the human sacredness of consciousness – of being conscious of being – that is the spiral into sacredness and wonder and awe. That is our opportunity.

**In this particular moment,** if we find ourselves being distracted with superficialities, there is the possibility of returning to being here, and recognising the sacredness of what is here, the sacredness of what is in the core of your very self, and in every moment of your life.

(Gangaji, Feb 13, 2011)

All your work and activities will become spiritual if you put the Divine into them. Renew your contact with the Divine several times each day.

“May Peace and harmony reign in this house”  
Say “Thank you!”

**BMS-IHF complies with the new Consumer Protection Regulations 26.5.08**  
**Our members strictly abide by BAHA 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. BAHA 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](http://www.bmsihf.co.uk) & [www.bmsi-eu.net](http://www.bmsi-eu.net)

**A letter hand-written by BHAGAVAN SRI SATHYA SAI BABA, 30.8.75:**



*“After long searches here and there, in temples and in churches, in earths and in heavens, at last you come back.*

*Completing the circle from where you started, to your own Soul and find that He, for whom you have been seeking all over the world, for whom you have been weeping and praying in churches and temples, on whom you were looking as the mystery of all mysteries, shrouded in the clouds in the nearest of the near is your own Self, the reality of your life, body and soul.*

*That is your own nature. Assert it. Manifest it.*

*It is Truth, and Truth alone, that is one's real friend, relative. Abide by Truth, tread the path of righteousness and not one hair or your body will ever be injured.*

*Meditation is nothing else but rising above the desires.*

*Renunciation is the power or battling against evil forces and holding the mind in check.*

*With Love and Blessings,  
Sri Sathya Sai Baba.”*

Try to live one perfect day. It will be based on your past experiences – and will affect all future days. As you sow, so shall you reap. A bad day affects all future days, like a game of skittles.

Perfection – or imperfection – comes back!

To view our updated events - please go to [www.bmsihf.co.uk](http://www.bmsihf.co.uk) and click on Dates –BMSI online calendar - scroll down to bottom right hand corner and click on Google calendar.

We regret that due to rising costs, it became necessary to increase your subscription to £22. **PAYMENT WAS DUE IN FEBRUARY & FOR THOSE WHO HAVE NOT RENEWED, YOUR INSURANCE EXPIRED ON 1.4.11**

**Subscriptions & Fees + Insurance**  
Now due annually **in February** for 1<sup>st</sup> 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.*

Seasons come and go, friends come and go, but we have to allow change to take place in our lives and in the lives of others. Sometimes, we are reluctant, try to resist, but often we are helpless against the tide of events. We need to learn to flow along with whatever the cosmos brings into our life, to understand that it is Divine Will, working out not only in our life, but in all life upon the earth. Looking upon it from the higher perspective, everything is working out in Divine right order.

When things do appear to have taken a wrong turn, good invariably comes from it, for it is a basic cosmic law that all imperfection shall gradually be shaped into perfection.

Naturally, to have faith in this may seem to be a somewhat tall order, if we are caught up in the midst of personal disasters, problems, emotions and worries. However, as healers, we must learn to hold on to what is right, good, and true, but at the same time, to be adaptable and to learn to flow along with life as it comes. We should not seek personal comfort, but rather to take the hard way, for that is the spiritual way, to turn the other cheek and not go into conflict by answering back.

We learn to judge each moment as it arises, there is no one golden rule. To experience ups and downs, both good and hard times, is part of our spiritual training. When you find yourself in adverse conditions, stand back and take the quiet way. Wait patiently for the storms to pass, and they will when the right moment comes, like clouds crossing the sky and disappearing over the horizon. We are influenced by higher realms of consciousness as personal, family, national and world karma is processed.

The testing of the healer is not easy while the invisible worlds ensure that you are dedicated, disciplined, devoted and reliable in your chosen task. Gradually, you learn to be patient with and unconditionally love yourself and all life around you, as you walk forward into the unknown and unfolding future, as the consciousness of all life upon the earth evolves and rises into the next higher dimension.

(William)