



# the LINK the LINK

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

**SUMMER 2012**

**Link 44, page 1**

#### HONORARY TRUSTEES:

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

Email: [wilambert.bmsi@tiscali.co.uk](mailto:wilambert.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

Email: [angescorpio@aol.com](mailto:angescorpio@aol.com)

Hon Secretary - **VACANT**

Membership Secretary,  
Healer Referral, Database &  
Website:

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

Treasurer - **VACANT**

Subscriptions & Minutes Sec:

Ms Catherine Evans,  
Phone: (0)1825 723 173

Councillor, Mentor, & Leader  
Healing Practice

Mrs Maggie Walton-Thenet  
Phone: (0) 1403 241 894

Councillor & Mentor:

Mrs Nicola Shute  
Phone: (0)1403 267 799

Councillors:

Mrs Valerie Jennings  
Phone: (0) 1403 783 255

Mrs Jennifer Jones  
Phone: (0) 1403 266 800

**ONE VACANCY**

Training Advisors

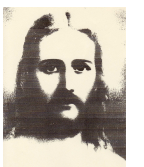
Ms Kirsty von Bock

Mrs Diane Clarke

Accounts Independent

Examiner: To be advised

**PLEASE NOTE:  
AGM 24.7.12  
FRIENDS MTG. HOUSE  
Nominations sought  
for  
3 vacancies as above.  
Agenda available  
upon request -  
See over:**



**Listen and understand !**

It is not what goes into a  
person's mouth that  
makes him ritually  
unclean; rather, what  
comes out of it can make  
him unclean.

(Jesus)

### The Object of Human Existence

**The one object of this human existence is to visualize that reality, that**

**Atma**, that relationship between the wave and the sea. All other activities are trivial; you share them with the birds and beasts; but this is the unique privilege of man. He has clambered through all the levels of animality, all the steps in the ladder of evolution, in order to inherit this high destiny. If all the years between birth and death are frittered away in seeking food and shelter, comfort and pleasure, as animals do, man is condemning himself to another life-sentence. (Baba)

**The seed of light or ATMA** comes through the concept of the spiritual plan and surrounds itself with our soul light body, which then comes into conception and develops and surrounds the physical body. The soul mind knows what we need and we come into our Earth training. The Earth has a dense atmosphere, more than it need be, because of the many conflicts within humanity, the third dimensional personal and emotional problems. We find ourselves caught up in the conflicts between the many cultures and religions, the scientific materialism, and man rejecting God. There is a tendency to resist change and cling to old familiar ways.

**So our soul is a cosmic seed** planted in the soil of human conflict. How are we going to react? Are we going to be antagonistic, argumentative, and resist our inner guidance – or are we going to listen and co-operate?

**Our deeper Self is a centre of peace, the Atma**, the Divinity within us which has come into Earth experience so that the evolution of the soul gradually takes place.

**Over time, great waves of higher consciousness in the form of groups of new souls** come into incarnation with higher knowledge and higher purpose to lift up the whole consciousness of humanity, **which is what is happening now, in 2012.**

**Soul evolution** is very much interconnected with both the physical evolution of the human frame and also deeper spiritual evolution. As all is One, even the One is becoming more perfect as time passes. So the One, or God, is vibrating at a faster and faster rate as information passes back into the pure centre of the mind of God from the whole of the cosmos. There are unmanifested dimensions waiting to come in, beyond the beyond.

**As the soul or light bodies become finer and finer**, more is demanded from the earth body, causing stresses and strains. It is then essential that the physical body is fed by finer, purer food and liquids, so that it does not become a casualty of the finer and higher vibrations increasingly coming in. Where the physical is not sufficiently rested and properly prepared by meditation and the progressive needs, then the physical body will react and suffer.

**Somehow, awareness must be brought to the whole of humanity** of the need to change from the old ways and embrace the change to a higher level of consciousness, which is now happening. At their point of suffering, humans have the opportunity to change. If they do not, there will be areas in the world where health will deteriorate generally. Those who are tuned in to the new and higher vibrations will survive as they respond to the call of their higher destiny. Change comes first in the higher dimensions before it can manifest in the lower.

**So the whole state of world health** is very much affected by not only the evolution of the individual soul, together with the soul of the entire humanity, but also by what is happening in every dimension above and below.

**It is the tragedy of the Age that so few are listening to what the Silence is telling them. Please go into your heart centre, listen and respond; this is your Atmic cosmic gift and your test – NOW!** (Based on BMSI/WLI course III) (William)

Speech indicates one's character,  
reveals one's personality,  
educates others & communicates experience and information.  
So, be vigilant about words.

Slip whilst walking; and the injury can be repaired;  
Slip whilst talking; then the injury is irreparable.

(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,  
Friends Meeting  
House (FMH)

Worthing Road  
Horsham

RH12 1SL

Contact:

William Lambert

01403 255 025 or

Maggie W-Thenet

01403 241 894

For training,  
please contact

William

We hope you will  
attend our

Summer Lunch at  
Stooks Restauraunt,

Newbridge  
Nurseries,

Broadbridge Heath,  
Sunday 15<sup>th</sup> July

2012, 12.30 p.m.

Please contact:

William, or

Jenny Jones on

01403 266 800

**OBITUARY**

Brenda M Richards

24.3.1938 – 23.5.2012,

after a long bravely

fought illness.

With the deepest  
sadness, on 31.5.12,  
12 members attended

Brenda's

Thanksgiving Service

in Wisborough

Green.

For 10 years, Brenda

loyally & regularly

led our

FMH meetings.

She will be greatly

missed by many

people.

Man, it is said, is a monkey that has lost his tail. Well, he must lose many more attributes of the monkey before he is entitled to call himself man. He must dedicate his thoughts, words and deeds to God, and surrender to His Will, then only is this animal entitled to become a man, in whom the Divine is enshrined – as the Atma or "I am"

(Sri Sathya Sai Baba) (Sivarathri 690)



*(Sri Sathya Sai Baba)*  
**ATTAIN PEACE  
 AND JOY**

**Gain internal  
 peace, internal joy;  
 that can be done  
 only when you act  
 without an eye on  
 the gain.**

**The act must be its  
 own reward; or  
 rather, the act  
 must be according  
 to the prompting of  
 the God within, so  
 that its  
 consequence is left  
 to Him.**

**Practise this  
 attitude  
 consistently and  
 you will find great  
 peace welling  
 within you and  
 around you.**

**DO YOU SEE THE PARALLELS IN THE TEACHINGS OF  
 SAI BABA AND WHAT YOU READ IN THE BIBLE?**

The core of Baba's teachings is the constant reminder of our inherent Divinity. Baba says, "I am God, you too are God. The only difference is that I know it whereas you are ignorant of your own reality." This is also the core message of Jesus. Once someone asked Him, "Are you the Christ?"

Jesus replied, "The Father and I are One." (John, 10.30) Hearing this, some of the people picked up stones to throw at Him. Jesus said to them, "I have shown many good works from my Father. For which of these are you stoning me?" "We are stoning you not for doing a good work" they replied, "but for blasphemy; though you are only a man, you claim to be God." Jesus answered, "Is it not written in your Law, I said you are Gods?" And scripture cannot be contradicted. Why then do you say, 'You are blaspheming', because I said, 'I am God'."

So Jesus was in fact saying what Baba is saying today 'I am God and you too are God'. For the church authorities then it was 'blasphemy' and it was this 'blasphemy' which was the major reason for Jesus's crucifixion. Today, it is still blasphemy for anyone to say 'I am God'. The consequence can be severe.

**So to put it very briefly, there is no real contradiction in the teachings of Jesus Christ and those of Baba; it is just that Baba is saying it now and Jesus said it earlier.**

During the time of Jesus, when he was preaching, doing good works and proclaiming the good news, there was nobody writing or recording that he said or did. Unlike now, all Baba's discourses are electronically recorded as He is delivering them.

The Gospels were not written down until many years after the crucifixion of Jesus. As a result, what we have now are mostly interpretations of what Jesus said. Two people can interpret the same thing differently. So you have the Gospels of Jesus according to Matthew, according to Mark, and so on. **Now, there are authentic records of what Baba has said.**

*(Sanathana Sarathi, June 2012)*

**IMPORTANT NOTICE:**

**BMS-IHF ANNUAL GENERAL MEETING  
 WILL TAKE PLACE IN FMH, HORSHAM  
 (SEE OVER) ON 24.7.12,**

**WHEN THE FUTURE OF BMSI WILL BE DISCUSSED.**

**FOR THOSE WHO HAVE NOT  
 RENEWED BY 1.4.12, YOUR  
 INSURANCE HAS EXPIRED**

**Subscriptions + Insurance  
 were due 1st April.**

***If not paid, it is illegal to display a  
 BMS-IHF certificate because  
 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.***

**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, UKH 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)**

**I AM WITH YOU !**

**WHY condemn yourself for your  
 seeming inadequacies, mistakes, faults  
 and failings? Why not, instead of  
 dwelling upon the negative in your life,  
 turn those weaknesses into strengths  
 and your faults and failings into virtues  
 by allowing the positive to express itself  
 in your life? Find deep within yourself  
 real beauty, virtue and goodness. Have  
 faith that it is there and you will find it  
 when you search for it. When you  
 refuse to see the best in yourself and  
 choose to dwell on all the negative  
 within you, you must be willing to accept  
 the consequences, for you draw to  
 yourself what you hold in your thoughts.  
 As you think, so you are. Think the very  
 best and you will draw the very best to  
 you. Know that you can do anything  
 when I AM with you, leading and  
 directing you.**

**When you accept that I AM within you,  
 how could it be otherwise?**

*(Eileen Caddy, Findhorn. ISBN -905249-66-6)*

**THE POWER WITHIN**

**The teachings of all the great mystical  
 paths of the world make it clear that there  
 is within us an enormous reservoir of  
 power, the power of wisdom and  
 compassion, the power of what Jesus  
 called the Kingdom of Heaven. If we  
 learn how to use it – and this is the goal for  
 the search for enlightenment – it can  
 transform not only ourselves but also the  
 world around us. Has there ever been a  
 time when the clear use of this sacred  
 power is more essential or more urgent?  
 Has there ever been a time when it was  
 more vital to understand the nature of this  
 pure power and how to channel it and how  
 to use it for the sake of the world?**

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

**TRUTH**

**Uttering the truth is easy,** but lying is full  
 of problems. One has to take a lot of  
 trouble to cover up one lie with more lies.  
 That is why it has been said "speak what is  
 truthful and pleasing and do not mention  
 unkind truths".

**God is the embodiment of Truth** and  
 Truth is the foundation of the Universe.  
 This truth is beyond the mind and it  
 transcends space and time. You must live  
 up to this Truth and realise that the Divine  
 is present in everything. Only when you  
 can recognise the omnipresence of the  
 Divine, will you be able to experience  
 God.

*(Sai Baba, Divine Discourse, Sept.15, 1988)*

**APACHE PRAYER**

Looking behind I am filled with gratitude.  
 Looking forward I am filled with vision.  
 Looking upwards I am filled with strength.  
 Looking within I discover Peace.