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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 2012**

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**ONE VACANCY**

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Mrs Diane Clarke

Accounts Independent

Examiner: To be advised

**Nominations are  
sought for the  
3 vacancies above.**

**We are delighted to  
announce a new BMSI  
healing training group in  
GLASTONBURY in 2013.**

For details, please contact

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Mobile 07826 614 587

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(Jesus)

**Happy are those who are  
humble; they will receive  
what God has promised.**

### 21.12.2012 – A NEW RENAISSANCE

**This will NOT be the end of the world, but the re-birth of a healed and whole world, as humanity remembers its potential and harnesses its deep inner invisible roots to the living Earth and entire Cosmos.**

As I write this, it is interesting to watch daily the many beautiful changing colours of the leaves, sunrises and sunsets, as autumn changes into winter and the many different birds from the nearby woods excitedly wait for me to provide their breakfast each morning, and to provide fresh water in their frozen birdbath. They seem to be particularly anxious this year.

I wonder if they and the animals are aware of the changing energies and the increasingly variable Seasons of the year? At the beginning of the year there were drought orders with hosepipes banned. However, Mother Nature decided otherwise and gave us too much water instead!

Significant change and breakdown is already gradually taking place in our lives. It is no good playing King Canute – we must co-operate with the new flow of Cosmic energies heralding the end of a long era. It is time to bid welcome to the tremendous gift of the new direct intuition flooding in on raised energy from the higher realms. The whole of the planet earth and all life upon it will improve after the re-birth happening right now. Birth is uncomfortable!

The now chaotic human race seems to be overwhelmed by all that is happening, as we all become more intuitive and more directly linked in to the 5<sup>th</sup> dimension instead of the 4<sup>th</sup> more psychic realms. We need to look behind the outer earth events and look for the inner reason and cause.

Many people eagerly anticipate 21.12.12, the end time of the Kali Age according to the Mayan calendar. But will it be dramatic? With the year 2000, many thought all the computers would crash – but they didn't! I feel the big change will be gradual and that our earth lives will be greatly enhanced. We must not be afraid, but watch and patiently wait for the new Golden Age to evolve.

(William)

**In the present state of the world, anything can happen:** the third world war, natural cataclysms, and so on. But if light continues to increase in the world – and that is what we are working for – mankind will escape destruction.

**The course of events is not irrevocably predetermined; it can be altered by the way human beings behave.**

God is not a cruel, relentless tyrant who takes pleasure in decreeing cataclysms that, once decreed, are irrevocable. Nothing is absolutely preordained; there is no such thing as an irrevocable destiny, either for individuals or for the world as a whole. Human beings have been created with free will, and their future is in their own hands. If they persist in living in disorder and frivolity, they will continue to trigger adverse currents and then, as certainly as two and two make four, the laws of nature – which are the laws of justice – will allow catastrophes to occur. **But if humans mend their ways, they will project other, more harmonious forces into the environment, the balance of nature will not be disrupted, and there will be no need for devastation of any kind.**

(Omraam Mikhael Aivanhov)

### **DO YOU SEE THE PARALLELS IN THE TEACHINGS OF SAI BABA AND JESUS?**

The genuine outer signs of devotion are three:  
Faith, humility and apprehension.

**Faith** is the ultimate victory of truth and love; **humility** before elders and the wise; **apprehension** in the presence of evil; fear to mix with bad company, to enter into evil doings, to act counter to the whisperings of conscience.

(Sri Sathya Sai Baba)



We meet nearly every Monday in BMSI Centre at 7.30 pm (except bank holiday periods) for training, Tel: William Lambert 01403 255 025 or Maggie Walton-Thenet 01403 241 894 See BMSI News.

**IMPORTANT:**  
**'HEALING FOR EVERYONE'**

public meetings,  
Friends Meeting  
House, Horsham

**ARE NOW**

**CANCELLED.**

With apologies for any inconvenience caused.

**PRIVATE APPOINTMENTS FOR HEALING CAN BE MADE**



### **CHRISTMAS LUNCH**

*We hope you will attend our CHRISTMAS Lunch at Stooks Restaurant, Newbridge Nurseries, Broadbridge Heath,*

**SATURDAY 1<sup>ST</sup> DECEMBER 2012, AT NOON FOR 12.30 – 2.30 p.m.**

Please contact: Valerie 01403 783255 or William as above. **SEE FLYER**



*We wish you Love, Light and All Blessings for Christmas and the New Year*





To be born as a human being is a great peace of luck.

For human beings alone can attain the status of the Divine by recognising the reality of one's being.

No beast or bird can reach that height of realisation. It would be very tragic if instead of valuing the chance and utilising it, it is frittered away here and there and dies without realising the inner light.

You are born as a consequence of the activities you were engaged in in your past births. Understand that in spiritual matters, faith is the basic requisite for progress. Your faith must be guarded carefully.

Yield to the Lord, who is more kin to you than your own parents. Yield to no other. Do not allow your faith to falter with every passing gust of wind. Your duty is to carry on your spiritual practices, undisturbed by what others may say, holding fast to the crucible of your own experience.

(Sri Sathya Sai Baba)

### WORDS DON'T TEACH

This is the time of discernment. We receive conflicting messages every day and it is up to us to sort out what we know as our own truth.

It is said that there is only one sure way to learn:

Listen to your teacher, Guru or Master with an ardent desire to believe everything he or she says. Then copy down the lesson in your own handwriting. Read and re-read your notes until the words are held without effort in your memory. Say them out loud and repeat again as if you were teaching others. The final and most important act is to put the lesson into practice. It is the bringing into practice that forms the essential vibration of your life experience. You see, the words themselves do not teach, but creating that essential vibration cements the experience, the knowledge and hopefully the wisdom into your memory.

Remember that when you create that vibration there is, by the Law of Attraction, an exact matching vibration that brings to you more of the same. What confirms this to your waking consciousness is the repetition that you may find of other words or written works that echo and complement your new understanding. This then makes it easier for you to sort out the lesson you are trying to learn.

Don't think that this is a few and far between experience, for there are lessons to be learned and truth from falsehood to sort each and every day in this classroom of Earth.

You are the privileged ones. There may be seven billion of us on Earth right now, but each one of us is blessed to be here, no matter what state we may find ourselves in. Don't waste your time by looking out of the classroom window or ogling the boy/girl next door. Use every second to better yourself and the world around you.

It is up to us to keep the classroom in the best possible condition, there are no contract cleaners, you are the caretakers of Earth. Look to your responsibilities.

There are many who, though with little schooling, rise to prominence in their chosen field, for it is life experience that really teaches. The University of Life is the greatest teacher, and when you find a reflection of your learning, know that it is the Universe bringing you more of the same, according to the Law of Attraction as it matches your new found vibration. If you really want to learn, then teach.

(Hanukah, through David Tenneson)

**Light spreads; it mingles with the light from other sources of light; it has no boundaries, no prejudices, no favourites.**

(Sri Sathya Sai Baba)

### A PRAYER

I said a prayer for you today and know God must have heard, I felt the answer in my heart although He spoke no word. I didn't ask for wealth or fame – I know you wouldn't mind - I asked Him to send you treasures of a far more lasting kind. I asked that He'd be near you at the start of each new day, to grant you health and blessings and friends to share your way. I asked for happiness for you in all things great and small, But it was for His loving care I prayed for most of all.

(author unknown, contributed by Liz Tregoning)

### RELATIONSHIPS

Many souls find it very difficult to accept their loving relationship with all human beings. This separation is the cause of all the trouble in the world, the cause of all strife and wars. The place to start putting things right is in yourself and your own personal relationships with all those souls with whom you come into contact. Cease pointing your finger and being critical of those souls with whom you cannot get along in the world. Put your own house in order. You have more than enough to cope with yourself, without tearing your fellow human beings to pieces and pointing out all their faults and failings and where they have gone wrong. When you are willing to face yourself and put things right within, then you will be able to help your fellow human beings simply by your example, not by criticism, intolerance and many words. Love your fellow human beings as I love you. Help them, bless them, encourage them and see the very best in them.

(Eileen Caddy, "Opening Doors Within" Findhorn Press ISBN 0-905249-66-6)

### REINCARNATION

It has often intrigued me how some Buddhist masters I know ask one simple question of people who approach them for teaching: "Do you believe in a life after this one?" They are not being asked whether they believe in it as a philosophical proposition but whether they feel it deeply in their hearts. The master knows that if a man believes in a life after this one, his whole outlook on life will be different, and he will have a distinct sense of personal responsibility and morality. What the masters must suspect is that there is a danger that people who have no strong belief in a life after this one will create a society fixated on short term results, without much thought of the consequences of their actions.

Could this be the major reason why we have created a world like the one we are now living in, a world with hardly any real compassion? (Sogyal Rinpoche)

### LIFE ON EARTH

The quality of life in the realm of the gods may look superior to our own, yet the masters tell us that human life is infinitely more valuable. Why? Because of the very fact that we have the awareness and intelligence that are the raw materials for enlightenment, and because the very suffering that pervades this human realm is itself the spur to spiritual transformation. Pain, grief, loss, and ceaseless frustration of every kind are there for a very real and dramatic purpose: to wake us up, to enable, almost to force us to break out of the cycle of birth, death and re-birth and so release our imprisoned splendour. (Sogyal Rinpoche)

### FOR THOSE WHO HAVE NOT RENEWED BY 1.4.12, YOUR INSURANCE & MEMBERSHIP HAS EXPIRED

Subscriptions + Insurance were due 1st April.

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

	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 for 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)