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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

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**BMSI healing training
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GLASTONBURY 2013.**
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**The Atma can be
likened to a seed of
light, that resides in the
heart. A train needs a
driver a ship needs a
captain, a plane needs a
pilot. The Atma is the
presence of God in the
heart centre of your
body, or earth temple.**

THE ATMA

The Atma can be likened to a seed of light, which is the Presence of God in the heart – the voice of conscience which prompts us at all times, as to what is right or what is wrong. These trillions of seeds of light have been sent forth daily from the beginning of time, carried on the seven basic rays as seen in a rainbow. Over countless thousands of years, they pass through the concepts of the mineral, vegetable, animal and human kingdoms, to become the multiple forms of life as we know them. Each seed or holy atom has its pre-programmed inner cosmic intelligence to guide it as to what it is intended to become, in the never-ending process of life thrusting into the future and becoming more perfect, as the Cosmos expands outwards and onwards, faster and faster, creating, manifesting, remarkable new worlds, stars, constellations, galaxies, universes out into the unmanifested and waiting darkness area of Eternity.

Within the physical and non-physical evolution of this Creation, the human being needs countless incarnations in the process of becoming more perfect, continuing onwards, led by our own inner guidance system, the Atma. "By your light, ye shall be known!" As we make progress and gain more positive experiences, our soul light or aura, becomes clearer and more perfect. To do this, we not only need to keep our body clean, warm, well fed and watered, but also to make spiritual progress, we must seek for inner purity and truth as well as outer purity. This seeking can cause stresses, tensions and strains on the Body, Emotions, Mind, and Spirit. However, we need to welcome and embrace the higher demands of the now fast unfolding New Age of Aquarius. (William)



Jesus: The scripture says
"Man cannot live on bread alone, but needs every
word that God speaks"

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

Sri Satya Sai Baba:
Man does not live by bread alone. He lives by the
Atma. Devotion and surrender, not greed and
deceit, should form the basis for a man's life and
lead to the blossoming of spiritual wisdom in his heart.



We meet nearly
every Monday
in BMSI Centre
at 7.30 pm
(except bank
holiday periods)
for training, Tel:
William Lambert
01403 255 025
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**

**There can be
only one Truth**



**EASTER
MEDITATION
& PARTY
MONDAY
25TH MARCH
7.30 – 9 P.M.
IN FRIENDS
MEETING HOUSE,
WORTHING
ROAD,
HORSHAM
RH12 1SL**

Please contact:
Jenny Jones
01403 266800
Valerie 01403 783255
or William as above.
SEE FLYER

**"As we let our own light shine, we unconsciously give other people permission to do the same"
Nelson Mandela**



How can you make your heart sacred?

When you join good company, your heart becomes pure and sacred, just as iron becomes bright and soft in the company of fire. When the iron is put in fire, it gets rid of its dust and rust and becomes very soft so that you can mould it to the shape that you want.

Similarly, when you join good company, you can mould your personality to face any ordeals in life. This is called the process of Samskara (refinement) that everyone must undergo. What is Samskara? To get rid of bad qualities and develop virtues. Today, education is limited to bookish knowledge. Samskara is also essential. Education without refinement is no education at all.
(Sri Sathya Sai Baba)

Relativity of Time and Space

(an extract from White Lodge International course WLI/IV)

There is no empty space. All life is made up of atoms, rhythms, vibrations, spirals of energies. As we move about our third dimensional life, we pass through this complex atmosphere and it interweaves into our consciousness, feelings and thoughts.

All around us are many unseen dimensions which have already achieved a high state of evolution. These are such concepts as peace, serenity, balance, harmony, etc. Awareness comes as a sense of feeling, a mystical perfume which lingers in the air and brings to us the unconditional love of the everlasting. These beautiful dimensions are contained within very fine rhythms and frequencies.

As we begin to understand these things, others may feel we are moving away from them. They will not understand our increased state of attunement and we shall have to wait until they too are ready to change. As our sensitivity increases, we become a self-teaching area and a source of inspiration to many others.

Our esoteric work is the continuous renewal of this growth, which comes from inspiration.

In this way, we continue our esoteric work of the Essenes, in anchoring to the earth the light and love which is God. Wherever we walk, we leave a little of our stardust behind us. In this way, God gradually permeates into matter, to work for the future. This anchoring of love and light to the earth contributes directly into the ascension of the consciousness of humanity.

Light and Love and Power will restore the Plan on Earth.

“The problem of the individual is also the world’s problem, they are not two separate and distinct processes....you are the repository of all humanity.

You are the world, and the world is you.

And, if there is a radical transformation in the structure of an individual’s psyche, it will affect the whole consciousness of human kind” *(Krishnamurti)*

MIRACLES DO HAPPEN!

A priest had a kitten that climbed up a tree in his backyard and then was afraid to come down. The priest coaxed and offered warm milk, but to no avail. The kitten would not come down. The tree was not sturdy enough to climb, so the priest decided that if he tied a rope to his car and drove away so that the tree bent down, he could then reach up and get the kitten. As he moved his car a little further, the rope broke. The tree went ‘boing’ and the kitten instantly sailed out of sight. The priest felt terrible. He walked all over the neighbourhood asking people if they had seen a little kitten, but nobody had. So he prayed, “Lord, I commit this kitten into your keeping” and went about his business.

A few days later, he was in the grocery store and met one of his church members. He happened to look into her grocery cart and was amazed to see cat food. This woman was a cat hater and everyone knew it, so he asked her, “Why are you buying cat food when you hate cats so much?” She replied, “You won’t believe this,” and explained that her little girl had been begging for a cat, but she kept refusing. Then a few days before, the child had begged again, so the mum told the little girl, “Well, if God gives you a little cat. I’ll let you keep it!”

She told the priest, “I watched my little girl go out into the garden, get on her knees and ask for a cat and really Father, you won’t believe this, but I saw it with my own eyes. A kitten suddenly came flying out of the sky with its paws outspread and landed right in front of her.” Never underestimate the power of God and his unique sense of humour!
(New Zealand Parish magazine)

FOR THOSE WHO HAVE NOT RENEWED BY 1.4.13, YOUR INSURANCE & MEMBERSHIP WILL EXPIRE

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 & www.bmsi-eu.net

KOMIKAL KIDS

“I asked my mum why we said “old men” at the end of a prayer at skool. I don’t know any old men except grandpa!

The closest town to France is Dover. You can get to France on a train or you can go on a fairy

Maths: if it is less than 90 degrees, it’s a cute angel