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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

SUMMER 2013

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Examiner: To be advised

ALL IS ONE – THOUGHT CREATES

THERE IS ONE GOD, who has perhaps six thousand names. There are six thousand religions. God is not a person, but a masculine and feminine energy, that can manifest strongly in Avatars to bring beneficial change. The masculine yang energy is the principle of light, which enters into the darkness to create new life. It is this active energy which creates new stars, new systems, new thought patterns. The feminine principle is love, which we all know and feel and understand. It is this feminine energy that holds all things together, as the light enters into the safety of the darkness to create new life. In the safety of the darkness of the yin energy, the seeds for new life are planted. Sometimes those seeds are thought seeds, sometimes they are light seeds. There is a holy atom which is light. It is from thought that everything in the cosmos was created; all cosmic laws, all concepts and all that has ever been – and all that is yet to come.

If God is thought and you can think, if God is spirituality and you are a spiritual being, then you are a co-creator with God. So watch your thoughts, for you alone have created your past and your present, from your decisions, thoughts and free will. Right now, you are sowing your seeds and creating your future.

Light is present in every cell of your body and this light can be seen as the magnetic field around your body and in your aura. You are in God and God is in you. You may be individualised and unique, yet you are one of the trillions of atoms in the body of God - in the same way that the trillions of cells in your body are part of you. So you too are God. So watch your words, actions, thoughts, character and your heart. Balance your emotions and feelings with logical thought. Balance your heart with your mind.

Our wheel of consciousness, with its many levels, revolves through the whole cosmos and through eternity. It is not a tiny wheel around ourselves alone - it reaches out into the furthest parts of the cosmos and Creation, beyond the beyond, ever spreading into the waiting unmanifest of infinity, eternity. So our consciousness, which is outside the body, gathers in memories of our own previous lives, so that the past becomes part of the present, while the present becomes the past and future. One second ago has moved into this second now. All moves so fast, all is in the Now. /continued over:



Jesus: Now that you have known Me, you will know my Father also, and from now on, you do know Him and you have seen Him.

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

Sri Sathya Sai Baba:

Only those who have recognised My Love, and experienced that Love, can assert that they have glimpsed My Reality. For, the Path of Love is the Royal Road that leads mankind to Me.



We meet regularly
in BMSI Centre
for training, Tel:
William Lambert
01403 255 025

See BMSI News.

**PRIVATE
APPOINTMENTS FOR
HEALING CAN BE
MADE**

STOP PRESS !!!

**TRAINING:
THE TIME HAS
COME FOR
WILLIAM TO
RETIRE FROM
HEALING
TRAINING.**

**THAT, AND THE WLI
COURSES, WILL BE
TAKEN OVER IN
HORSHAM AREA BY
ANGELA SAVAGE
AND IN
GLASTONBURY AREA
BY ALAN CARTER-
SEE TRUSTEES
COLUMN**



**ALL ARE INVITED
TO OUR
SUMMER LUNCH
SATURDAY 22ND
JUNE @ 12 NOON
UNTIL 2.30 PM.
IN STOOKS
RESTAURANT,
NEWBRIDGE
NURSERIES,
BILLINGSHURST
ROAD,
BROADBRIDGE
HEATH
RH12 3LN**

Please contact:
**VALERIE
JENNINGS
01403 783 255
or William as above.
SEE FLYER**

**BMS-IHF
ANNUAL GENERAL
MEETING**
Will take place in Friends
Meeting House, Worthing
Road, Horsham,
RH12 1SL
on Tuesday 23rd July 2013
at 7.30 pm

CON-SCIENCE
The Atma is the
presence of God in the
heart centre of your
body, or earth temple.
The voice of conscience
that tells you what is
right and what is
wrong. Obey that
inner voice. (William)

**“Mind does not exist in the body, but rather the body exists in Mind”
Deepak Chopra**



KNOW THYSELF!

Man today has mastered all types of knowledge, he enjoys all types of comforts and conveniences, he has the means to travel to any part of the world and can understand the secrets of all the natural phenomena, yet he does not know who he is.

What is the use of his knowing anything when he does not know himself? Having attained human birth and having acquired various types of knowledge, man should first of all make efforts to know himself.

When he knows himself, he will know everything else in the world in a moment.
(Sri Sathya Sai Baba)

/continued from page 1 - ALL IS ONE
Yet, beyond the many levels of consciousness and beyond the seven rays is the very high vibration of the Supreme Will of God. When we meditate, we realize that this Will can be contacted and is always in our heart centre. Meditation takes us far away from our third dimensional life and problems. We become more aware that our True Self within us is not confined to our physical earth body.

However, in our earth life we have to learn to relate not only to the subtle energies of the higher dimensions, but also to keep our feet on the ground and be the practical mystic leading an earth life, with responsibilities to other people in the kingdom of humanity, but also all forms of life on earth in the animal, vegetable and mineral kingdoms. We have to learn the basic lesson of self-sacrifice through service to the planet and all life upon and around it. Remember then, "Do unto others as you would have them do unto you".

So we need to set in motion within ourselves the fertility of another re-creation, as the earth and life itself moves into a new spiral of cosmic evolution. Train and make yourself ready and able to enter into the dawning of the incoming direct knowing of the 5th Dimension of the New Age of Aquarius, as we let go of the Piscean Age with its 4th dimensional psychic links. Humanity and the planet itself is now entering into its next evolutionary phase, bringing new tasks and ways for you to follow with Duty, Discipline and Devotion. We are immortal, spiritual beings and part of eternity. Our soul will return to the earth time and time again on its journey through eternity until it has evolved enough to blend back into the source which is God, and serve in the nursery where new souls are born. (William)

SOMETIMES WHEN WE SEE TOO MUCH TRUTH ABOUT OURSELVES, suddenly mirrored in front of us by the teacher or the teachings, it is simply too difficult to face, too terrifying to recognise, too painful to accept as the reality about ourselves. We deny and reject it, in an absurd and desperate attempt to defend ourselves from ourselves, from the truth of who we really are. And when there are things too powerful or too difficult to accept about ourselves, we project them onto the world around us, usually onto those who help us and love us the most – our teacher, the teachings, our parent, or our closest friend.

How can we possibly penetrate the tough shield of this defensive system?

The very best solution is when we can recognise that we are living duped by our own delusions.

I have seen how for many people a glimpse of the truth, the true View, can bring the whole fantastic construction of wrong views, fabricated by ignorance, tumbling instantly to the ground.

(Sogyal Rinpoche, "Glimpse After Glimpse")

UNLESS YOU ALLOW a very small child to do things for itself, to feed itself, to write, to draw, to express itself, it will never develop and become independent and be able to stand on its own feet and make its own decisions. You have to stand back and allow it to make mistakes and take a long time to master what it is learning to do. You have to be very patient and wait and watch, no matter how tempted you are to do it for the child to save time. Open your eyes and realize that life is a classroom in a school, and you are learning all the time. How often do I have to stand back and very lovingly watch you fumbling and struggling with life so that you can learn a vitally important lesson, a lesson never to be forgotten once it has been learnt and mastered? I have infinite love and patience. (Eileen Caddy "Opening Doors Within" Findhorn)

A BUDDHIST PRAYER FOR HEALING

Just as the soft rains fill the streams, pour into the rivers, and join together in the oceans, so may the power of every moment of your goodness flow forth to awaken and heal all beings - those here now, those gone before, those yet to come.

NAMASTE

Is an ancient Sanskrit blessing, meaning:

"I honour the place within you where the entire Universe resides. I honour the place within you of love, light, truth and peace. I honour the place within you where, when you are in that place in you and I am in that place in me, there is only One of us."

(In other words

"The God in me greets the God in you – and we are One")

FOR THOSE WHO HAVE NOT RENEWED BY 1.4.13, YOUR INSURANCE & MEMBERSHIP EXPIRED ON 31.3.13

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, nable to RMS-IHF.

BMS-IHF complies with the new Consumer Protection Regulations 26.5.08

Our members strictly abide by BAH

Code of Conduct

& 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, 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