



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 2014

Link 52, 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
websites:

www.bmsihf.co.uk
www.bmsi-eu.net
ALL UK CORRESPONDENCE
TO PO BOX 134, HORSHAM
WEST SUSSEX, RH13 5FG, UK

**Hon. Secretary & Cancer
Support Coordinator:**

Mrs Angela Savage
Phone: (0) 1403 864 110
Email: angescorpio@aol.com

Membership Secretary,
Healer Referral, Database &
Website:

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

Treasurer - **VACANT**
Subscriptions & Minutes Sec:
Ms Catherine Evans,
Phone: (0)1825 723 173

Councillors:

Mrs Valerie Jennings
Phone: C/O (0) 1403 255 025

Mrs Jennifer Jones
Phone: (0) 1403 266 800

Mrs Nicola Shute
Phone: (0)1403 267 799

Co-opted Mentor - Horsham area
Marianne Dyer Phone 01403 822 811

Councillor & BMSI Trainer
Mr. Alan Carter, Leader,

Glastonbury,
Phone 01458 837 800

e-mail: a.carter4@btinternet.com

Training Advisors

Ms Kirsty von Bock

Mrs Diane Clarke

Accounts Independent

Examiner: To be advised.

**“God does not have
to be reminded of
your needs; rather,
you need to remind
yourself to re-
establish your divine
relationship with
Him as your loving
Father and the
Source of all”**

(Yogananda)



(Jesus)

**Courage, my son!
Your sins are forgiven.
Courage my daughter!
Your faith has made you
well!**

EVOLUTION IN US

There comes a time in our earth life when we suddenly awoken to the reality that we need to change. At this special moment, we then take stock of where we have been and what we have become. How good and stable was our family background? Was it a place where we felt loved and understood, or was it a place where we were regarded as a necessary nuisance? Did we feel supported and that we had been born into the right family? How good was our education? Did it fill our head with a lot of useless knowledge or did it give us a really good basis for our future? Did it teach us how to make a living, but not how to live personally? Did it teach us humility and sincerity, to love, respect, to have compassion and empathy and to serve others? Did it teach us to keep a balance between our career and our personal attitude to life? Attitudes cause reactions! Did it teach us to share our space, time and wealth, to give away things we no longer need, to make space for new things and people to come in?

How balanced are you now? How well do you cope with your emotions – do they control you or do you control them? Are you in control of your desires, and senses - see, hear, taste, smell and touch - so that you can listen to the voice of your conscience? Are you aware of that voice of Divinity within your heart centre? All this, your education and upbringing should have taught you, so that you in turn can lead, guide, and teach your children and share your experience and wisdom with others.

There is One consciousness, so everything we think, say and do contributes into the whole. We should never take away hope from another soul, but should remind them of the continuity of their living when they leave the earth and return into the higher worlds. They might need reminding that they will return to the Earth and have the opportunity of doing things better next time. An earth life is but the tip of the whole iceberg of what we really are, just that 5% of us that needs immersion into the earth experience again – another opportunity! /continued over:

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



**My mission is to grant you courage and joy,
to drive away weakness and fear.**

Do not condemn yourselves as sinners.

Sin is a misnomer for what are really errors.

**I shall pardon all your errors, provided you repent sincerely
and resolve not to follow evil again.**

**Pray to the Lord to give you strength to overcome the habit
which enticed you when you were ignorant.**

(Sri Sathya Sai Baba)

ANNOUNCEMENTS
Administration:
contact William
Lambert, see
Trustees
column

TRAINING:
**FOR HORSHAM &
DISTRICT:**
WILLIAM
LAMBERT

**GLASTONBURY &
DISTRICT:**
ALAN CARTER

**FOR CANCER
SUPPORT,**
ANGELA SAVAGE

**(DETAILS ARE IN
TRUSTEES
COLUMN)**

**FOR EU
PROGRAMME,
CONTACT**
BEATRICE WIDDER,
www.bmsi-eu.net
HORSHAM AGM:
Tuesday 22.7.14
7.30 pm
Friends Meeting
House

**Our summer Lunch
will again take place
at 12 noon Stooks
Restaurant,
Newbridge
Nurseries,
Broadbridge Heath
RH12 3LN
on Sunday 22.6.14,
Book your seat with
Jenny Jones on
01403 266 800,
or William
01403 255 025
SEE FLYER**



**Make the fullest use of your talents and march as long as you can,
and pitch your tent nearer the goal, when darkness falls. (Sri Sathya Sai Baba)**



During meditation, care must be taken to keep the back straight and steady, without bending forward or backward. If you bend or move, misdirection of highly potent energy (Kundalini) can occur, resulting in mental derangement.

Also, wear loose clothes. Your eyes must concentrate on the tip of the nose. They must be half-open, so that you are neither distracted nor falling asleep.

Free your mind from bad thoughts and fill it with sacred ones.

To achieve this, you must control your senses. Your ears must be trained to listen only to noble and elevating ideas, and to eschew evil speech and gossip. Your eyes must be tuned to see the Divine. The restless mind must be restrained by making it concentrate on inhalation and exhalation, while incessantly repeating the mantra "So-Ham" (I am He).

Through these postures and activities, your life breath is controlled and this will ensure that the great power of Yoga is revealed unto you.

(Sri Sathya Sai Baba)

FOR THOSE WHO HAVE NOT RENEWED BY 1.4.14, YOUR MEMBERSHIP & INSURANCE HAVE EXPIRED. WE HOPE YOU WILL RENEW!

Subscriptions + Insurance are 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.

Evolution in us, continued from page 1.

Do we understand that our soul and spirit are our permanent reality and "older than the hills", and that we return to the earth again and again throughout eternity, until we have experienced enough and prepared and refined ourselves sufficiently to merge once again into the essence which is God? That essence can be likened to sweetness in water, or a perfume in the air, or the intelligent presence of God as light within all other things and atoms. That invisible presence, the holy atom, knows what it has to do, what it has to become, be it a blade of grass, an oak tree, or a human being.

Do we understand that God is not in some far-away place, in Heaven, or a temple or church, but is here right now in everything?

In your meditations, or other quiet moments, no matter where you are, do you become aware and feel the intelligent presence steal upon you? Can you yet see the presence of light around you when you switch off your bedroom light? The light of the Creator, shining upon your soul and spirit, feeding you with new life and hope. Are you able to be a centre of peace within the conflict of life?

Divine Love is something which must be felt – an affinity between you and the intelligent presence. Train yourself, it is something not so easy to teach in a school, but comes from your own personal experience, when you are old enough to have been to the depths of despair – and to the heights of ecstasy, beyond that of human love. There is an unconditional love far greater, finer, and more eternal than that.

So in meditation and other times, learn to become still and raise your vibrations to a higher rate, so that you can re-unite with the finite eternal God.

So be it.....

(William)

BMS-IHF complies with the new Consumer Protection Regulations 26.5.08
Our members strictly abide by BAHA Code of Conduct (updated 27.10.12) & 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

Before you climbed a high mountain.

Surely you would test all your equipment to see that it was sound and that the rope had no flaws in it, for your very life would depend upon it.

You would choose a good guide and would need to have absolute confidence in that person. You would have to be willing to follow the guide's instructions and obey orders without question.

So it is with this spiritual life. Until you have learnt discipline and obedience, until you choose to do My will and obey My voice, you cannot hope to start on this life of adventure. It would not be safe for you to do so.

If you feel you are stuck in a rut, take stock of yourself and find out what is deep within that is holding you up.

What are you doing about self-discipline? Can you say "NO" to yourself yet? What about obedience? Are you willing to follow My will no matter what the cost?

(Eileen Caddy, *Opening Doors Within*, Oct.31. ISBN 0-905249-66-6)

IN MEDITATION, be at ease, be as natural and spacious as possible.

Slip quietly out of the noose of your habitual anxious self, release all grasping, and relax into your true nature.

Think of your ordinary, emotional, thought-ridden self as a block of ice or slab of butter left out in the sun.

If you are feeling hard and cold, let this aggression melt away in the sunlight of your meditation.

Let peace work on you and enable you to gather your scattered mind into the mindfulness of Calm Abiding, and awaken within you the awareness and insight of Clear Seeing.

Then you will find all your negativity disarmed, your aggression dissolved, and your confusion evaporating slowly like mist into the vast and stainless sky of your Absolute nature.

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

Today, only the Grace of the Divine can save the world from the chaos and disorder into which it has plunged. Peace and progress in the future are dependent upon the abilities and endeavours of all people, in this world overwhelmed by corruption, violence and injustice.

All people must practise Truth, Right Living, Love and Forebearance to ensure the peace and security of the entire world.

(Based on the teachings of Sri Sathya Sai Baba)

If we are facing in the right direction, all we have to do is to keep on walking. (Buddha)