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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 2014

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Confine yourself to the present.
(Marcus Aurelius)



*We wish you
Every Blessing and Happiness
for Christmas
and the New Year*

Every part of this country is sacred to my people. The very dust responds more lovingly to our footsteps than to yours, because it is the ashes of our ancestors. There was a time when our people covered the land, as the waves of a wind-ruffled sea cover its shell-paved shore. But that time has long since passed away with the greatness of tribes that are now but a mournful memory. And when the last Red Man shall have perished from this Earth and the memory of my tribe shall have become a myth among the White Men, these shores shall swarm

with the invisible dead of my tribe.

And when your children's children think themselves alone in the field, the store, the shop, upon the highway or in the silence of the pathless woods, they will not be alone. At night when the streets of your cities and villages are silent and you think them deserted, they will throng with the returning hosts that once filled and still love this beautiful land. The White Man will never be alone. Let him be just and deal kindly with my people, for the dead are not powerless. Dead, did I say?

There is no death, only a change of worlds. (Chief Seattle, 1855)

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

Our EASTER MEDITATION & PARTY

Will take place on Tuesday 24.3.15, IN FRIENDS MEETING HOUSE

Worthing Road HORSHAM RH12 1SL

CONTACTS:
Jenny Jones
01403 266800,
Valerie Jennings
or William on
01403 255 025

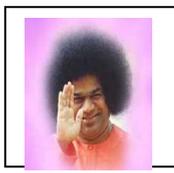
DO YOU SEE THE PARALLELS IN THE TEACHINGS OF SAI BABA AND JESUS ?



(Jesus)

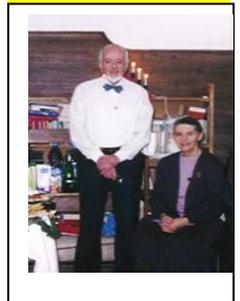
I assure you that unless you change and become like children, you will never enter the Kingdom of Heaven. The greatest in the Kingdom of Heaven is the one who humbles himself and becomes like this child.

And whoever welcomes in my name a child such as this, welcomes me.



(Sri Sathya Sai Baba)

When the elders speak, it is difficult to discover whether it is truth, scandal or untruth. But children are plain-spoken. They have not discovered that success in the worldly sense is dependent on cleverness in the short run, but that in the long run it is honesty and plain speaking that bring maximum profit. That is why it is said that you must either become as simple and straight-forward as a child, or as wise and discriminating as a deeply learned scholar, to win the Grace of God.





**GREAT TEACHERS
BELONG TO
MANKIND**

**It is wrong to believe
that Jesus belongs only
to the Christians and
that Christmas is a holy
festival for the West
only.**

**Christ, Rama, Krishna
are for all men,
everywhere.**

**To accept one of them
as one's own and
discard the rest as
belonging to others is a
sign of pettiness.**

**Each one must become
aware that he is part of
the one truth that
encompasses
everything in the
Universe.**

**It is reprehensible to
stick to low, narrow
paths of selfishness,
envy and greed for
one's whole lifetime.**

**Make the heart big and
the mind pure.
Then only can peace
and prosperity be
established on Earth.
(Sri Sathya Sai Baba)**

I Am There

Do you need me? I am there.
You cannot see Me, yet I am the light you see by.
You cannot hear Me, yet I speak through your voice.
You cannot feel me, yet I am the power at work in your hands.
I am at work, though you do not understand My ways.
I am at work, though you do not understand My works.
I am not strange visions. I am not mysteries.
Only in absolute stillness, beyond self, can you know Me as I am, and then but as a feeling and a faith.
Yet I am there. Yet I hear. Yet I answer.
When you need Me, I am there.
Even if you deny Me, I am there.
Even when you feel most alone, I am there.
Even in your pain, I am there.
Even in your fears, I am there.
I am there when you pray - and when you do not pray.
I am in you, and you are in Me.
Only in your mind can you feel separate from Me, for only in your mind are the mists of "yours" and "mine".
Yet only with your mind can you know Me and experience Me.
Empty your heart of empty fears.
When you get yourself out of the way, I am there.
You can of yourself do nothing, but I can do all.
And I am in all.
Though you may not see the good, good is there, for I am there.
I am there because I have to be, because I am.
Only in Me does the world have meaning; only out of Me does the world take form; only because of Me does the world go forward.
I am the law on which the movement of the stars and the growth of living cells are founded.
I am the love that is the law's fulfilling. I am assurance, I am peace, I am oneness. I am the law that you can live by.
I am the love that you can cling to. I am your assurance.
I am your peace. I am one with you. I am.
Though you fail to find Me, I do not fail you.
Though your faith in Me is unsure, My faith in you never wavers, because I know you, because I love you.
Beloved, I am there. (James Dillet Freeman)
(These lovely words were sent to me for my birthday, by my previous organiser in Augsburg, Germany, Christa Scheiurer.)

**BMS-IHF complies with the new
Consumer Protection Regulations 26.5.08
Our members strictly abide by BAH
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. 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

The holy secret of the practice of

**Tonglen (in Buddhism) is one that the
mystic masters and saints of every
tradition know; and living it and
embodying it, with the abandon and
fervour of true wisdom and true
compassion, is what fills their lives with
joy. One modern figure who dedicated
her life to serving the sick and dying
and who radiated this joy of giving and
receiving was the Mother Teresa. I
know of no more inspiring statement of
the spiritual essence of Tonglen,
than these words of hers:
"We all long for heaven where God is,
but we have it in our power to be in
heaven with Him at this very moment.
However, being happy with Him now
means:**

*Loving as He loves,
Helping as He helps,
Giving as He gives,
Serving as He serves,
Rescuing as He rescues,
Being with Him twenty-four hours,
Touching Him
in His distressing disguise."*

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

My Gifts

**Learn to appreciate and care for all that
is given to you. You will only do it when
you realize that all you have comes from
Me. When you truly love the giver, you
will cherish the gift. When you fail to
look after My gifts, it reflects your
attitude towards Me, the giver of all
those gifts. Love is the key.**

**When you know the meaning of love,
you will never fail to love and care for
all that is put in your charge.**

**You do not give a child a valuable piece
of equipment to play with because you
know that the child will not look after it
and will probably destroy it.**

**I cannot give you all that is waiting to be
given to you until you learn to look after
it and use it the way it should be used,
with love and care.**

**Therefore, I have to wait patiently until
you are ready, before I can give you
more and more of My Gifts.**

(Eileen Caddy, Opening Doors Within, Sept.21.. ISBN 0-905249-66-6)

**When we feel love and kindness towards
others, it not only makes others feel loved
and cared for, but it helps us also to
develop inner happiness and peace.**

(The Dalai Lama)

**An invisible thread connects those who
are destined to meet, regardless of time,
place and circumstances.**

The thread may stretch or tangle.

But it will never break.

(Ancient Chinese Proverb)

**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.**

What lies behind us and what lies before us are tiny matters compared to what lies within us. (Kalil Gibran)