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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 2016

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Friends Representative:
Mrs Valerie Jennings c/o 01403 255 025
Training Advisor
Mrs Diane Clarke

**I DON'T KNOW WHAT
YOUR DESTINY WILL BE,
BUT ONE THING I KNOW:
THE ONLY ONES AMONG
YOU WHO WILL BE
REALLY HAPPY ARE
THOSE WHO WILL HAVE
SOUGHT AND FOUND
HOW TO SERVE....**

(Albert Schweitzer)

OUR EU COURSES



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VIENNA

FURTHER COURSES WITH
ULRIKE ARE BEING PLANNED.

Contact: **Elisabeth Sonnleitner**
(Can communicate in English)
0043 -(0)676 324 47 70

elisson@chello.at

Meditations VIENNA

6/9,4/10,8/11,13/12, 19.30 hr

Eva Pohn &

Elisabeth Sonnleitner

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Walter Scheiblhuber
0049 - (0)821-29 72 439

Meetings 1st & 3rd Thursdays
in AUGSBURG/FRIEDBERG

Contact: **Anna E Wunsch**
0049 - (0)821 - 43 15 00

BRUCK/MUR

Claudia Braidler
0043 (0)664 453 09 91
Braidler.claudia@a1.net

SERVICE TO THE RACE

Were you there?

For how long have you been travelling through the Cosmos? For how many thousands of years and where have you been and what have you done?

What have you come for this time?

Each one of you has served before, and it is the memory of this which is calling you into service now.

Were you there two thousand years ago, walking beside the Sea of Galilee, with the water lapping around your feet, and in the presence of those very special souls who gathered together at that time. It was not only the twelve who helped the great mission – there were hundreds of others who supported the group from behind. Was that where you achieved your sense of Service? Was that where you learned that service to man is service to God?

God is Love, totality, a divine energy behind and within everything in the universe.

Man himself is of divine origin, in the form of the True Self, the permanent reality that goes on and on forever, through time and space and timelessness, into eternity. To serve others, as you are learning to do, is the ideal way to express love in your own life. Service with love is divine, Service as an act of duty is of no lasting value.

We come together to experience the presence of God. Many of you will be aware of the divine presence and the healing energies. It is a sense of peacefulness, a stillness in the atmosphere; a clean energy; an awareness of light. If you fill your life with love and service, you are establishing an abode of peace within your soul. Your life will change and you will experience the presence of God in your daily life. /continued over:

ANNOUNCEMENTS

Administration:
William Lambert,
see Trustees
column

FOR
HORSHAM &
DISTRICT
**WILLIAM
LAMBERT**

GLASTONBURY
& DISTRICT
ALAN CARTER

CHRISTCHURCH
GROUP
ANGELA SAVAGE

(DETAILS ARE
IN TRUSTEES
COLUMN)

FOR EU
PROGRAMME
CONTACT

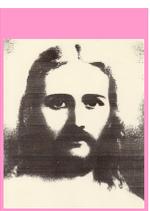
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(German language
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**WISHING YOU
A VERY MERRY
CHRISTMAS
AND A HAPPY
NEW YEAR**

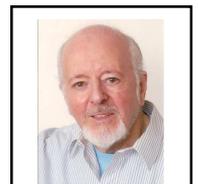
DO YOU SEE THE PARALLELS IN THE TEACHINGS OF JESUS AND SAI BABA?



(Jesus)
**If one of you
wants to be great,
he must be
the servant of the rest.**



(Sai Baba)
**Service without the
idea of self
is the very first step in the
spiritual progress of man.**



William Lambert,
Horsham

**JOY CAN BE REAL WHEN I MAKE LIFE A SERVICE, AND HAVE A DEFINITE OBJECT OUTSIDE
OF MYSELF AND MY OWN PERSONAL HAPPINESS. (Leo Tolstoy)**



Divine Inspiration

It is the destiny of man to journey from humanity to Divinity.

In this pilgrimage, he is bound to encounter various obstacles and trials.

In order to illumine the path and help him to overcome these troubles, sages, seers, realized souls, Divine personalities and incarnations of God take birth in human form.

They move among the afflicted and the seekers who have lost their way or strayed into the desert, and lead them into confidence and courage.

Certain personalities are born and live out their days for this very purpose.

*(Sri Sathya Sai Baba)
(SSS Vol XIV – Chapter 16)*

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You will learn to switch on and to switch off, as you need to do in order to protect yourself. It is your goal to realize your own divinity; your own permanent reality; the True Self that lives in the temple of your body. Recognise the presence of God within yourself. It is part of you – there is no separation.

Open your heart and let the love flow. Become a vibrant expression and example of God’s love. Feel the change in the atmosphere, and take that divine feeling with you wherever you go. Your life will then change for the better and you will also become a channel for the healing energy. Expand your unconditional love so that it encompasses all those around you.

The time has come for the awakening of mankind, and this can only be achieved through love and service.

In all that you do, and wherever you go, remember to cultivate your spirituality. It is this quality of spirituality that you can feel now that can separate you from the masses and will enable you to be a centre of peace within the conflict of life.

Be in the world but not of it.

Develop faith and trust. Become the practical mystic and healer in the marketplace of life.

Carry the message into the highways and byways, no matter where you are, or whom you are with. Sometimes, you will deliver the message silently instead of verbally; by being an example of peacefulness and quiet confidence.

**Do good; be good; be God.
Know who you are.
This is the Year of Truth.**

(a spontaneous meditation by William Lambert to the Horsham Healing Group, Partly based on a message received from Sri Sathya Sai Baba, plus BMS-IHF teachings)

**BMS-IHF complies with the 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 COMMITTEES 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
Please visit our websites for links to our German and other healing organisations’ activities:
www.bmsihf.co.uk & www.bmsi-eu.net

Among the thousands of tiny things growing up all over the land, some of them under my very wing – watched and tended, unwatched and untended, loved, unloved, protected from danger, thrust into temptation – among them somewhere is the child who will write a novel that will stir men’s hearts to nobler issues and incite them to better deeds.

There is the child who will paint the greatest picture or carve the greatest statue of the age....another who will deliver his country in an hour of peril...another who will give his life for a great principle....and another, born more of spirit than of the flesh, who will live continually on the heights of moral being, and dying, draw men after him.

It may be that I shall preserve one of these children for the human race. It is a peg big enough on which to hang a hope, for every child born into the world is a new incarnate thought of God, an ever-fresh and radiant possibility.

(Kate D.Wiggin, a schoolteacher)

I shall not flag or fail, I shall go on to the end.

This present adversity is a glorious opportunity – a stepping stone towards final victory.

(Winston Churchill, 4.6.1940)

**OH GREAT SPIRIT, whose voice I heard in the wind
Whose breath gives life to the world - Hear me**

I come to you as one of your many children - I am small and weak - I need your strength and wisdom - May I walk in beauty - Make my eyes ever behold the red and purple sunset - Make my hands respect the things you have made, and my ears sharp to hear your voice

Make me wise so that I may know the things you have taught your children

The lessons you have hidden in every leaf and rock

Make me strong, not to be superior to my brothers

But to be able to fight my greatest enemy – myself

Make me ever ready to come to you with straight eyes, so that when life fades as the sun sets, my spirit will come to you without shame.

(Chief Dan George)

IF YOU HAVE NOT PAID THIS YEAR, YOUR MEMBERSHIP & INSURANCE EXPIRED ON 31.3.16. 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	+ £5.25
Distant Healer	£22.00	+ £5.25
Trainee Contact Healer	£22.00	+ £5.25
Trainee Distant Healer	£22.00	+ £5.25
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.

Work and life go together. Every day I enjoy so much work – an exciting, strong and healthy expression of abounding energy and vitality

(Franco Pastorelli)