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Quarterly Newsletter
**Body Mind & Spirit
International
Healing Federation**
www.bmsihf.co.uk



BAHA

**SEE NEW
2018
EVENTS &
DATES**

BMS-IHF is a member of BAHA - British Alliance of Healing Associations, Registered charity No. 284546

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SPRING 2018

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*Life proceeds out of
your intention. Your
true intention is
revealed by your
actions.*

(Neal Donald Walsch)

VIENNA



Eva Pohn, Leader
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Elisabeth Sonnleitner
0043 –(0)676 324 47 70

EVENTS, 2018:
CHAKRA WORKSHOP:
9/10, 16/17 March
COURSE WLI/I:
14/15, 21/22 April

MEDITATIONS
1st Tuesday monthly
Contacts:
Eva & Elisabeth

AUGSBURG



Walter Scheiblhuber
0049 (0)821-29 72 439

Hostess & Assistant:
Jutta Gappa
0049 (0)821-60 26 74

COURSES, 2018:
WLI/I: 2/3 & 16/17 June
WLI/II: 3&4, 17/18 Nov
WLI/IV: 22/23 Sept, 6/7 Oct

CONTACTS:
**COURSES &
HEALING TRAINING:**
Walter OR Jutta

HEALING TREATMENTS:
Walter & Jutta (as above)
PLUS Rosalinde Hoess
0049 – (0)821-243 11 07
OR Anna E Wunsch
0049 – (0)821 – 43 15 00

OTHER EVENTS:



Ulrike Weissenbacher:
(From BRUSSELS)
Mobile: +32 476
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**DETAILS TO FOLLOW
SOON** (delay caused
by influenza with
complications)

DID YOU KNOW?
BMS-IHF has a well
established **DISTANT
HEALING GROUP**
Support is sent out
daily by 40 EU + 40 UK
(=80) healers.

SEND REQUESTS:
from EU, to:
doris@ing-seher.net
from UK, to:
wlambert.bmsi@tiscali.co.uk

UNITED KINGDOM



William Lambert

**UK CONTACTS:
SEE TRUSTEES
COLUMN**

CHRISTCHURCH
ANGELA SAVAGE
GLASTONBURY
ALAN CARTER

HADDENHAM
LIZ TREGONING
RUDGWICK
DIANE CLARKE



THE AUM

I have come not
to disturb or
destroy any faith,
but to confirm each
in his/her own faith.
Then the Christian
becomes a better
Christian,
the Muslim a better
Muslim,
and the Hindu a
better Hindu.

(Sathya Sai Baba)

Within yourself lies
the cause of
whatever enters
your life.
To come into the
full realization of
your own interior
powers is to be able
to condition your
life in exact accord
with how you would
have it.

(Ralph Waldo Trine)

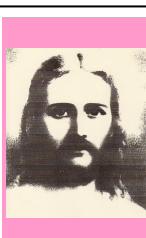
What one meets in life is destiny. How one meets it, is self-effort. (SSB)

A REMINDER: The whole cosmos is filled with the light and loving energies of God. We need to tune in to the holy presence and higher beings, in our meditations and healing, for we are but channels or instruments for the higher worlds.

The presence of God is in every atom, in every grain of sand, in every blade of grass, in all forms of life, including ourselves. There is an intelligent presence of light within every cell in our bodies, that knows what the cell has to do and to become. Also, all life is at all times in a state of becoming something more, evolving from its previous state of imperfection into a higher state of perfection. All life is always moving onwards and upwards from the past, into the present and onwards into the unknown future.

For us, no matter how much we have learned, nor how much we have travelled, there is always more waiting to be poured into our life. The challenges never end, and this experience is to bring out a greater and deeper response and more and more potential, strength and wisdom. /continued on page 2:

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



DUTY –DISCIPLINE - DEVOTION
Men do not light a candle and put it under a bushel, but on a candlestick to benefit all.
Let your light so shine before men, that they may see your good works and duty, and glorify your father who is in heaven.

(Jesus)



I have been telling you for years that Duty is God, and Work is Worship. But it is clear that you have not as yet taken this to heart, you have only received it into your ears. Duty involves loyal adherence to rules and regulations framed for the efficient working of the organisation.

(Sri Sathya Sai Baba)

NOW, we are the children of the earth; in eternity, we are the children of the entire Universe.

(Tolstoy 'War and Peace')



“HAPPY NEW YEAR” ?*
EMBARK ON THE PATH OF
GOD-REALISATION**

God is the embodiment of time.
Time is eternal; it has no end.

It is boundless.

As against this eternal time, the life-span of man is very limited. Because of this, man is bound by the passage of time in terms of hours, days, months and years. Time is moving fast, like a stormy gale. Man’s life is melting away every moment, like a block of ice. Months and years are rolling past in the Wheel of Time.

Eras come and go, epochs roll on, but man’s mind remains as before.

What can the greeting
“HAPPY NEW YEAR”
mean in the context of such a
human predicament?

It appears to be a scene in a drama
on the worldly stage.

What you aspire for is liberation. Man is unable to go up spiritually because he allows himself to be weighed down by the heavy loads of his possessiveness and pride. His desires, selfishness and self-interest are reaching the skies. How can a heavy loaded mind and overburdened senses help man to obtain liberation? It is not to be found in a specific place. Nor can it be obtained from any other person.

To realize one’s own true self is liberation. Only by getting rid of his burdens and animal tendencies can man hope to ascend to spiritual heights so that his inherent divinity can manifest.

(Sri Sathya Sai Baba)

**YOUR MEMBERSHIP &
INSURANCE EXPIRES ON 31.3.18.
WE HOPE YOU WILL RENEW!**

Payments are due 1st April.

If not paid, it is illegal
to display a BMS-IHF certificate

	Subs	Ins.
Full Contact Healer	£22.00	+ £5.35*
Distant Healer	£22.00	+ £5.35
Trainee Contact Healer	£22.00	+ £5.35
Trainee Distant Healer	£22.00	+ £5.35
Practitioner/Therapist	£22.00	+ Own ins.
Friend Member	£10	Nil ins
Initial Registration	£8	
Multi-therapy insurance: contact Balens		

*Ins. Premium Tax increase, 10% to 12%

Please send form and payment to the
Subscriptions Secretary, PO Box 134,
Horsham, RH13 5FG, UK
navigable to BMS-IHF.

/The whole cosmos, continued from page 1:

The increasing wisdom helps us to become more self-responsible and brings us to a greater self-realisation of exactly who and what we are.

The Divine Cosmos is necessarily vast and complex and all of this is programmed into the extreme depths of our consciousness. In addition, we have also our own historical and unique path through many previous lifetimes, families, cultures, religions, etc. There is in addition, from that history, our destiny for this lifetime now.

Have you found your destiny? Or are you filling in your time with frivolous social activities? Are you meeting your obligations and finishing your tasks? If not, they will come back again and again in this life now, or in future lives, because your unfinished tasks also delay others – so you make a karmic debt to them which has to be paid.

Spirituality is the quality you have become so far with peace and harmony in your life, so as you attain more balance in your life, you are able to become more godlike so that your own soul light shines brighter and shows through your whole demeanor and all that you do.

God is not in some far away separate place. There is no duality. God is the voice of conscience in your heart, the Divine Presence is in every cell of your body. Listen in silence to the voice within your heart. **ALL IS ONE...** (William)

? * WHEN IS THE NEW YEAR ?**

Although there are different calendars used in various communities, our Western or Christian Gregorian Calendar, instituted in 1582 by Pope Gregory XIII is the most widely used solar dating system, to keep track of time, with 1st January as the New Year. It measures a year to be basically 365.25 days, (365+1/4 day) following the Earth’s orbit round the sun, with a 4th Leap Year 1 day extra to adjust the “.25” (4 x 1/4 days).

The Gregorian replaced the Julian calendar first implemented by Julius Caesar in 46BC. But it was not until 1752 that the British and their colonies finally adopted the Gregorian, to regulate civil life, commerce and scientific endeavours, genealogy, when to plant crops, to observe religious holidays, etc. There are many other calendars in use today, with a varying date for the New Year! Jewish, Islamic (lunar), Indian, and more. The Egyptians used the 13 moons (months) calendar. The Ethiopian calendar New Year’s day starts on the Gregorian 11th Sept. The 1st day of the Chinese New Year varies, in 2018, it is Gregorian 16th Feb “The year of the Dog”. They adopted the Gregorian in 1911 and their 15 day celebration is called the Spring Festival. Note: The prediction that Sai Baba would pass over age 96, was based on the lunar calendar. Gregorian age = 86.

BMS-IHF complies with the Consumer Protection Regulations 26.5.08. Our members strictly abide by BAHA Code of Conduct (updated 27.10.12) & the NEW CORE CURRICULUM FOR HEALING, published June 2017.

REMINDER: Those who possess our full Healer’s Certificate are eligible to apply for CNHC Registration which is accepted by the NHS for our healers who wish to work in hospitals, doctors’ surgeries, hospices, etc.

To complete a Request to Register, apply to:
<https://www.cnhc.org.uk/assets/pdf/2-148.pdf>
(CNHC is the Govt. approved
Complementary & Natural Healthcare Council)

**THE DATA PROTECTION ACT
(WILL BE AMENDED 25.5.18)**

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

Prepare your room
yourself,
and your breathing.
THEN COMMENCE
YOUR MEDITATION:

“THE PATH TO GOD-REALISATION”

Think deeply, Seeker,
lifting thought above
this trammelled Earth
to find the source of Love;
Love of Mankind –
love for the world, and more –
not that self-centred love
you knew before.

Call, if you must, for help
to find the way, and then be still,
and if you need to, pray.
It will take time, but time is yours to
spend, in treading that bright path,
if, at its end, is joy unending.
Take your time and wait.

Think deeply, heart,
and as you meditate on all
that love means,
do not count the cost,
or deem this patient time
of waiting lost.

See clearly, Seeker.
Set the self aside,
cast off the time of selfishness
and pride.
There are so many signposts on the
way – lift up your eyes,
and seek them, day by day.

Be grateful, Seeker,
that your ear has caught the
secret echo of the truth you sought.
‘Tis not the privilege of every man
so soon to sense the meaning
of the Plan.

Go joyfully along your chosen way.
Gladly and confidently greet each
day, as one more opportunity to give
of what you know and what you are.
So live that nothing man can do
will change your mind,
remembering that he who seeks shall
find.

(With heartfelt thanks
for these beautiful and inspired words,
by Mary Crossberg (1885–1965)
World Unity & Service, South Africa)

Remember to close yourself down
at the end of your meditation.

I am not alone. I am being
supported all the day long
throughout this pilgrim life until the
evening comes, when the busy world
is hushed, and my work is done.
(author unknown)
I will go on and on and on (William)

Every living being in this world is knowingly or unknowingly on a spiritual pilgrimage.... (Sai Baba)