



THE Link



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Spring 2003

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THE DATA PROTECTION ACT

THE BMS-IHF COUNCIL & BMSI COMMITTEE WILL NOT SANCTION PERSONAL DATA BEING PASSED TO OUTSIDE BODIES OTHER THAN, POSSIBLY, HEALING RELATED ORGANISATIONS eg BAHA or CHO.

BMS-IHF & BMSI are registered with the Data Protection Register.
BMS-IHF Registration Number is PZ656262X
BMSI Registration Number is PZ6562587

We are required to inform members annually that personal details are held on our database. Should any member object, their details can be removed. For further information please contact William P. Lambert.



A Rainbow is the promise of eternal life

Widen the horizon of your consciousness that you may remember your limitless self.

Each one of us has come on a long journey from the stars through many lifetimes, many cultures, different religions, as man or as woman and for different purposes.

In our many lives, many children have been born through us. We have vast and unique experience from them, our families and from the many people we have met along the way. All these events are part of our individual programming. No two people are alike, no two people understand things in exactly the same way. So we have to be very careful in what we say to different people and try to realise what *they* think it means, for it will be coloured by their many experiences and by their knowledge or lack of knowledge on a particular subject.

As healers you need to become more aware of what is around – the power – the presence – and the grace of God which comes as you become transformed and leave the old self behind.

If you look back over the years you'll be able to identify the different phases in your life - 5 years, 10 years, 20 years, in a particular job or living in a particular place and just try to realise what a vast store of information you have. Yet this so called vast store of earth information is less than 1% of the rest of what you know – for in your many levels of consciousness you have experienced all these other lifetimes and cultures and your different levels go out far into the higher dimensions when you meditate.

Think how marvellous your eyes are, that on a dark clear night you can see billions of stars. How enormous creation is, what a fantastic concept came when the Lord said 'Let there be Light'.

Where did you come from?

That light created energy and love was also sent out to hold things in their appointed place. Is it not fantastic that the stars, the planets and the suns move in their orbits all in a pre-programmed way? It is too much for us to really take in; we can only marvel and wonder as we look at a starry night, with perhaps the moon riding in the heavens and maybe a wispy cloud passing by. Think of all the cosmic creative power that is there – that challenges us to do better and better. The power sends us healing when we need it, if we ask, and supports us every step of the way.

As we 3rd dimensional beings rise above the first stage of higher development, around the 4th dimension - and are able to feel spiritual people close to us, we can move far beyond that - that is only a beginning. We can then reach out as ourselves, in our own right, with intuition. The wise ones from even higher dimensions will come close according to our quality of magnetic attraction and ability to be a channel. It takes much dedication and renunciation, eventually, to reach into the higher states. A candle cannot be burned at both ends at the same time.

Take your time and build your foundations slowly or your house will fall down, don't try to run before you can walk. Yet at the same time, everything cosmically is speeding up so that everyone of us has to pack more into our days which seem to fly by so fast – there never seems to be enough time now to do all the things we want to do. Retirement becomes entitlement!

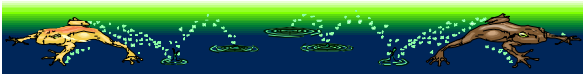


I know the Supreme Being who shines with the effulgence of a billion suns and who is beyond the darkness of ignorance. Knowing Him thus in life itself, one transcends death. There is no other path leading to the attainment of liberation.

It is so important to start every day with a quiet time with the Creator. Link in this peaceful way, going into your own silence finding your own inner space, starting in your heart centre. Then allow the higher energies to enwrap you and put loving spiritual thoughts into your head and your heart. The more you can quickly switch off from all the daily business and learn to be quiet whenever you will it, the better healer you can become. Remember you must not take any agitated state of yourself to any of your patients; you must not take their energy. You must always be on guard to allow the energies to flow through you from the cosmos and not from the patient to you. So do watch yourself always when you are healing and do not do it if you are overtired. Distant healing can be extremely effective, it is amazing what can be achieved. Your thoughts, your healing energies flowing through you can heal someone on the other side of the world – in an instant. How phenomenal and marvellous is our mind.

As we sit, we can think of China, Russia, Japan, Hawaii and even see a picture of these places and our 'mind' can instantaneously take us there. Why? How? It is because our mind is a part of the mind of God. The mind of God is everywhere. God *IS* mind, thought, light, love, energy, direction. God is present in every cell of your body, in every seed. The intelligence within an acorn knows that it has to grow into a huge oak tree.

What is in you that is still waiting for that greater expansion and growth? You can help yourself by becoming involved with younger people, with your children, if you are blessed with them. Attend them, keep company with them in their interests, meet their friends and the families of their friends. Go to their school concerts. Expand yourself into new areas allowing for any restrictions there may be in your life. If there are times when you cannot go out physically, you can still go out in your mind. Your mind is like a bubble in the sea, with the sea being the great ocean of love and light which is God. When a bubble bursts it blends back in with the ocean. Your life span can also be said to be like a wave that comes onto the shore—and then returns into the ocean. It was always part of it, it never left it, you have never left the Creator. (continued)



Confined in the dark, narrow cage of our own making that we take for the whole universe, very few of us can even begin to imagine another dimension of mind. Patrul Rinpoche tells the story of an old frog who had lived all his life in a dank well. One day a frog from the sea paid him a visit

"Where do you come from?" asked the frog in the well

"From the great ocean," he replied

"How big is your ocean?"

"I t's gigantic! "

" You mean about a quarter of the size of my well here?"

"Bigger"

"Bigger? You mean half as big?"

"No, even bigger"

"I s it as big as this well?"

"There's no comparison!"

"That's impossible! I've got to see this for myself"

They set off together. When the frog from the well saw the ocean, it was such a shock that his head just exploded into pieces.



Sogyal Rinpoche

Glimpse After Glimpse, Nov. 26th



It is not
The years
In your life,
but the life in
Your years
That counts.

A Stevenson



(Continued from page 1)

God sees through your eyes, hears through your ears, speaks through your voice. God heals through you, through your thoughts, through your hands. Your hands are the servants of your mind. Be careful what you do with your hands; do loving things, treat flowers and the whole of nature gently for this is God also. You are a Co-Creator

When you walk in nature you are a part of it. In the forest let your hands brush the leaves as you pass by, smell the perfumes of the flowers, listen to the song of the birds, look up at the sky through the trees. Nature is not just around you, it is IN you, you are drinking it in. You are in touch with the whole of the cosmos at all times. If a flower falls it is recorded in the stars. Whatever you do is recorded in the stars.

You have unlimited potential as do your children. Encourage their talents, help them, even if they only take up music for two months. If they want to do drama, play tennis, ride a horse, whatever - help, encourage and give them a chance to awaken all the gifts that are in them and waiting to be manifested, seen, heard, known. There is unlimited potential awaiting in the unmanifested. All that you see and know is what has been manifested so far. When you think just how much that is, when you look back to how life was just 20,40,50 years ago, how life has changed. How the values have changed, how society and behaviour have changed; not always for the better. **Where is humanity going?** What have we done? So many have lost their link to the place they came from. Are you able in the silence to re-establish your link with life? Life is the Creator contemplating, watching over, always creating new things, challenging and changing things, evolving.

We are all caught up in evolution and we must change when things are forced upon us. There are times when we have to give in and then find a new way, a new balance. So we must be adaptable. When you think how adaptable a human body is, it is fantastic. All the things different people have learned to do are incredible.

What have you learned to do? What are you learning now? Where are you going? Don't wander aimlessly through life. Don't shut yourself in a rigid straight-jacket. Do plan a framework ahead for all the possibilities of things you can try to do. Keep on expanding, for this is evolution, this is Life, it must not stay static it must move on. Anything static is non-evolutionary.

Love yourself. Love and respect those around you. Be Love.

Radiate Love & Light to those who come to you for help. As you help others so your own life will be enhanced, expand, and you will find your destiny.

The Master Jesus found His destiny and His short earth life has affected, in a beneficial way, the whole world. His love and light continues to shine. What contribution can you make in your life that will continue on into the future after you have gone on to the higher worlds? Do not waste your time.

Find inner silence. May you feel the Holy Presence. May you receive whatever healing you may need in whatever area of your life, for your highest good. Sometimes life is hard, sometimes it is easy. In times of difficulty ask for strength, courage and healing for yourself and you will come through.

You will receive the Grace of God.

William

(based on Horsham Candlelight Spontaneous Meditation 09.12.02)

"How would you act or behave if you knew that you are an Emissary of Love this moment? Begin!"

Highly recommended book:

Emissary of Love (the Psychic Children Speak to the World)
By James F. Twyman
ISBN 1-57174-323-5

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1125 Stoney Ridge Road
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Email: hrpc@hrpub.com
www.hrpub.com

Every spiritual tradition has stressed that this human life is unique and has a potential that ordinarily we don't even begin to imagine.

If we miss the opportunity this life offers us for transforming ourselves, they say, it may well be an extremely long time before we have another.

Imagine a blind turtle roaming the depths of an ocean the size of the universe.

Up above floats a wooden ring, tossed to and fro on the waves. Every hundred years, the turtle comes, once, to the surface. To be born a human being is said by Buddhists to be more difficult than for that turtle to surface accidentally with its head poking through the wooden ring.

And even among those who have a human birth, it is said, those who have the great good fortune to make a connection with the teachings are rare, and those who really take them to heart and embody them in their actions even rarer-as rare, in fact, "as stars in broad daylight."

Sogyal Rinpoche - Glimpse After Glimpse, Nov 13th

25 May - 1 June

Mind Body Spirit Festival, London

All enquiries:
02073 719191

info@mbsfestival.com
www.mbsfestival.com

NATIONAL HEALING WEEK
MONDAY 3RD MARCH to SUNDAY 9TH MARCH 2003

All Healers are asked to join in and focus their Healing on the Whole World during the week of 3rd to 9th March 2003

Let us UNITE and every day spare some time to send Healing to the World
Through Healing we can be at peace within;
Through Healing we can be at peace with others;
Help bring peace to the World—Give Healing to the World
After all - Many Hands make "Light" work!

We ask that on **Sunday 9th March 12.00 midday** all Healers, everywhere, set aside 10 minutes for a Nationally united Healing focus on the World

Sai Baba's organisation is now established in more than 170 countries of the world. He teaches that education should be how to live and not only how to make a living.



For true Non-Violence, there should be no ill-feelings on one's heart which is a form of violence.

IMPORTANT - News on food

ACRYLAMIDE CLUES FOUND IN

ASPARAGINE - US scientists have found a clue to what may cause high carbohydrate foods that are fried or baked at high temperatures like biscuits, breakfast cereals, crisps and french-fries to have dangerous levels of possible cancer causing acrylamides.

The suspect is asparagine, a naturally occurring amino acid that, when heated with certain sugars such as glucose, leads to acrylamide formation (ICON magazine October).

The WHO (World Health Organisation) has been very worried about what causes acrylamides and how to prevent them, since Swedish scientists discovered them in a wide variety of foods from crisp-breads to breakfast cereals to packet crisps, early in 2002.

Canada's government made the discovery about the suspect chemical reaction and has ordered food manufacturers to look for ways to alter it and thus lower levels of acrylamide in food.

SOYA SAUCE - Cancer rates are greatly lower in the Far East and soya is clearly a contributory factor. But it highlights the fact that over thousands of years populations build healthy balanced diets and a balance with their environment and you can't just take bits of this and transplant it into your own western diet without risking as much as you might gain.

Try using instead:

Tamari - wheat free, organic, traditionally aged in cedar wood kegs with a recipe which limits the water involved

Shoyu - contains wholewheat, organic, aged for two years.

Both are Japanese, both made with whole soya beans. Can be bought from Holland & Barrett or Sainsbury

REMINDER

Our short **AGM** will take place on 29th June 2003 in Horsham Old Town Hall. Please see enclosed notice

BMS-IHF Subscriptions & Fees + Insurance due annually on 1st April

Full Contact Healer £15 + £3.57

Distant Healer £15 + £3.57

Trainee Contact Healer £15 + £3.57

Trainee Distant Healer £15 + £3.57

Practitioner/Therapist £15 + Own ins.

Friend Member £10 Nil ins.

Initial Registration £8

Please send Cheques to the
Membership Secretary,
payable to **BMS-IHF.**

NOTICES

BMSI-IHF ANNUAL SUMMER SEMINAR



29th June
2003
Details to
follow

HEALTH NEWS

Diesel fumes increase cancer risk

Diesel engine emissions have serious health consequences according to a report by the US Environment Protection Agency.

The report took ten years to compile and concluded that the inhalation of diesel exhaust from buses, trucks, taxis and the like can substantially increase the risk of developing lung cancer.

It also went on to site links with asthma, chronic respiratory problems, immune weaknesses and other lung diseases.

Colon cancer may be suppressed by DHA

A new study published in the journal Cancer Letters states that Docosahexaenoic acid (DHA) might be able to prevent the growth of colon cancer cells. The study found that DHA and EPA inhibited the growth of human cancer cells in mice.

The findings suggest that dietary Omega 3 fatty acids possess significant tumour suppressing properties and the primary suppressing fatty acid is DHA.



Kava banned in the UK

Kava, a popular herbal remedy, traditionally used to treat stress and anxiety, has been banned in the UK by the Medicines Control Agency (MCA) and by the Food Standards Agency (FSA) following concerns relating to liver damage. This action follows concern throughout Europe after several cases of liver damage were reported. Other countries are expected to take similar regulatory action.

Herb boosts memory

American researchers are launching a clinical trial to determine if a herb found in Ayurvedic medicine has any impact on memory in the elderly. The herb known as Bacopa monniera has been used in Ayurvedic or traditional Indian medicine for about 4000 years. Prior clinical trials have shown that Bacopa assists memory and learning enhancement in younger patients, but it has not as yet been studied in the elderly

Blood Pressure kept in check with vitamins?

A study in the US has confirmed previous research concerning the benefits of vitamin C on blood pressure; alpha and beta-carotene were also associated with a lower risk of high blood pressure. This could be due to the impact of antioxidants on free-radicals, which are believed to lead to heart disease and cancer. Further research is needed to confirm the findings and further explain if antioxidants have a role in blood pressure regulation.

Stroke risk reduced by Fish intake

The Journal of the American Medical Association in December 2002 published research linking fish intake to a reduced risk of ischemic strokes. The authors noted that fish consumption or Omega 3 fatty acid intake reduced the risk of strokes in men. The nature of this link is unknown but further research is expected to examine this relationship.



Vitamin E offers protection against diabetes

A new study published recently found that vitamin E might protect against the development of type 2 diabetes.

All stories in blue have been reported either in the news or on the internet.

Moses

Recently while going through an airport, President Bush encountered a man with long hair, wearing a robe and sandals, holding a staff.

President Bush went up to the man and said, "Aren't you Moses?"

The man never answered, but just kept staring ahead.

Again the President said, "Moses!" in a loud voice.

The man just kept staring ahead, never answering the President

Soon a secret service agent came along and President Bush grabbed him and said, "Doesn't this man look like Moses to you?"

The secret service agent agreed with the President.

"Well," said the President,

"every time I say his name, he just keeps staring ahead and refuses to speak. Watch!"

Again the President yelled, "Moses!" and again the man stared ahead.

The secret service man went up to the man in the robe and whispered, "You look just like Moses. Are you Moses?"

The man leaned over and whispered, "Yes, I am Moses, but the last time I talked to a bush I spent 40 years wandering in the desert!"

GOING VEGGIE

ACCORDING to recent figures about three million people in the UK are now vegetarians, and in the last ten years alone the numbers have nearly doubled. People turn to a vegetarian diet for many reasons, but common factors include personal health issues, concerns about animal suffering and a dislike of meat or fish. Nationwide health scares, such as BSE, have also contributed to some people's decision to stop eating meat.

A typical vegetarian diet consists of vegetables, fruits, grains, pulses, nuts, seeds and dairy products (vegans don't eat dairy products and avoid honey). Meat, poultry, game, shellfish, fish and the by-products of slaughter (such as gelatine and animal fat) are not consumed.

Despite the myths, a vegetarian diet is a healthy option and, if planned out properly, won't put you at a nutritional disadvantage.

In order to obtain all the necessary vitamins, minerals and other essential nutrients, try

and vary your diet from day to day and eat a wide selection of foods. As a general guide, the Vegetarian Society recommend that for 1 balanced diet you should eat:

*Five daily portions of fruit and vegetables - fresh, frozen, dried or juiced. They help supply vitamins, minerals and fibre.

*Five daily portions of bread, other cereals and potatoes. They provide carbohydrates, protein, fibre and some vitamins and minerals. Wholegrain and wholemeal versions are particularly good.

*Two to three daily portions of meat and fish alternatives - pulses, seeds, (nuts, eggs and soya). They add protein, vitamins and minerals to your diet.

*Two to three daily portions of milk and dairy products - they're a great source of calcium, protein and some B vitamins.

*Cancer sufferers should avoid milk and dairy products and use soya products instead.

*Up to three daily portions of foods containing fat and sugar. Some

fat is essential, but aim to eat fatty and sugary foods sparingly or try low-fat options.

(e.g. one portion = a slice of bread, an apple, two tablespoons of baked beans, or one glass of milk).

There are no set rules on when's a good time to turn vegetarian, so trust your instincts and see what feels right for you.

Some people take a gradual approach, slowly integrating veggie meals into their diet, whilst others make the decision overnight.

Whichever method you choose, remember to adapt your shopping list - you'll need to look out for meat alternatives and check products carefully to ensure they don't contain any animal ingredients.

The Vegetarian Society has produced a brand new recipe booklet featuring flavours from around the globe. For a free copy send your name, address and a first class stamp to:

The Vegetarian Society, Parkdale, Dunham Road, Altrincham, Cheshire WA14 4QS.

EU News - from ECHO Report, page 2

ANATECOR in Roumania has 400 medical doctor members who also practice complementary therapies. This organisation is recognised by the Ministry of Public Health and Ministry of Work in Roumania. In Arad there is a University for Complementary therapies, with a 3 - year basic course and later on specialisation. Anatecor has its own Code of Conduct and will also obey the international code.

The recognition by the government took place because the people of Roumania are open for complementary therapies. They say it is not important how the healthiness of the whole population is reached.

£100 sterling = approx 160 euros

Hugs

It's wondrous what a hug can do,
A hug can cheer you when you're blue.

A hug can say, 'I love you so',
or, 'Gee! I hate to see you go'.

A hug is, 'Welcome back again!'
and, 'Great to see you!' or

'Where've you been?'

A hug can soothe a small child's pain
And bring a rainbow after rain.

The hug! There's just no doubt about it,
We scarcely could survive without it.

A hug delights and warms and charms,
it must be why God gave us arms.

Hugs are great for fathers and mothers,
Sweet for sisters, swell for brothers,

and chances are some favourite aunts
love them more than potted plants.

Kittens crave them. Puppies love them.
Heads of state are not above them.

A hug can break the language barrier.
And make the dullest day seem merrier.

No need to fret about the store of 'em.
The more you give, the more there

are of 'em.
So stretch those arms without delay
and give someone a hug today.



Congratulations to SIMON BLACKWELL

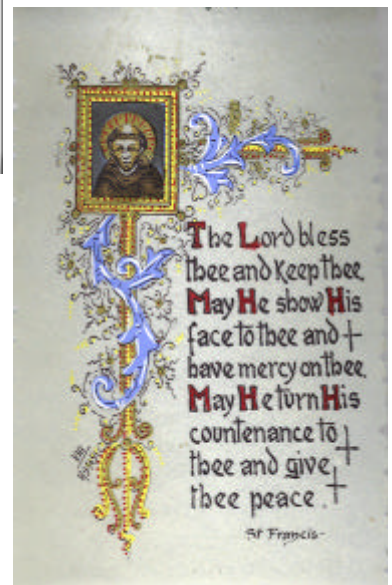
our Membership Secretary who has just become Vice-Chairman of BAHA and so

Angela Savage is now the BMS-IHF Voting Representative in place of Simon.



Williams Health

We are pleased to report that he continues to improve. In UK, Healing Training has been handed over to Angela Savage and the BMSI Team. William will now commence handing over the teaching of the WLI Courses to others. In EU Beatrice Widder is now completely in charge of BMSI work there and is growing personally from strength to strength.



Qualification & Organisational News

Please see the enclosed "Healing Today"
Pages 3 & 5

For "Healing on the Web" and "Diary Dates",
see page 31.

BMS-IHF is a part of BAHA - please see the enclosed
Alliance Review, page 24, also pages 2 & 3.

The new BAHA Tutor & Trainee Guide is available
now from your BMS-IHF Trainers & Mentors.

For Anatomy & Physiology, BMSI issues its own
sheets now to be filed in a new Section 12 in our
healing binder (HTB)