



THE Link

Issue No. 28

Summer 2008

BMS-IHF Honorary Trustees

Chairman Mr. William Lambert
PO Box 134, Horsham
West Sussex RH13 5FG UK
Phone: (0) 1403 255025
Fax: (0) 1403 268898
Email: wlambert.bmsi@tiscali.co.uk

Web Sites:
www.geocities.com/bmsiuk/ihf
& www.bmsihf.co.uk

**PLEASE ADDRESS ALL UK
CORRESPONDENCE TO
PO BOX 134, HORSHAM,
WEST SUSSEX, RH13 5FG**

Vice-Chairman: (in abeyance)
Secretary: Mrs. Angela Savage
Phone: (0) 1306 628 008
Email: angescorpio@aol.com

Treasurer:
Mrs. Maggie Walton-Thenet
Tel: 01403 241 984

**Membership Secretary, Healer
Referral, Database & Website:**
Mr. Simon Blackwell (USA)
Email: simon@pdispirit.com
Subscriptions & Minutes

Secretary: Ms. Catherine Evans,
Phone: (0) 1825 723 173
**Councillor & Leader of Healing
Practice:**

Mrs. Brenda Richards
Phone: (0) 1403 700 264

**Councillor & Asst. leader of
Healing Practice:**

Mrs. Valerie Jennings
Phone: (0) 1403 783 255

Councillor: Mrs. Jennifer Jones
Phone: (0) 1403 266 800

Councillor: Mrs. Nicola Shute
Phone: 01403 267799

Co-opted Councillor

Louise Nadim

Editor: William Lambert

Training Advisor

Ms. Kirsty von Bock

Phone: (0) 1293 552600

Email kirsty.von_bock@virgin.net

Auditor: to be advised

SUMMER SEMINAR

OLD TOWN HALL
MARKET SQUARE
HORSHAM

SUNDAY 22.6.08

10.00 am to 4.30 pm

HEALING WITH
SOUND

TIM WHEATER

Using Tibetan and

Crystal Bowls,

Gongs, Tuning

Forks, Drums,

Voice

- see flyer



“AUM – AUM – AUM – AUM – AUM - AUM – AUM”

Sound the “Aum” seven times daily.

Do not follow all that is fleeting and temporary, leaving the changeless and eternal principle of the Self. Some people do not give due importance to daily sounding the “Aum” plus meditation and prayer. This is a great mistake. Only those who have experienced it can realise its value.

“Die-mind”. Make your link daily to overcome the monkey chattering earth-mind. Do not mistake a stone to be a diamond merely because of its glitter. A diamond is different from a stone. What is the real diamond? Attain the clarity of the diamond of the Mind of the True Self. Once you attain it, keep it safe and secure within you.

As a Disciple on the Path, you may have to face any number of hardships, troubles and sorrows, but do not bother about them. They will come and go just like the clouds that move about with the pressure of the wind. They do not belong to **your True Self that is eternal and everlasting.**

(Sri Sathya Sai Baba)

Glimpses of Who We Really Are

Sometimes we have fleeting glimpses of the nature of mind. These can be inspired by an exalting piece of music, by the serene happiness we sometimes feel in nature, or by the most ordinary everyday situation. They can arise while watching snow slowly drifting down, or seeing the sun rising behind a mountain, or watching a shaft of light falling into a room in a mysteriously moving way. Such moments of illumination, peace, and bliss, happen to us all and stay strangely with us.

I think we do, sometimes, half understand these glimpses. But then, modern culture gives us no context or framework in which to comprehend them. Worse still, rather than encouraging us to explore them more deeply and discover where they spring from, we are told in both obvious and subtle ways to shut them out. We know that no one will take us seriously if we try to share them. So we ignore what could be really the most revealing experiences of our lives, if only we understood them.

This is perhaps the darkest and most disturbing aspect of modern civilisation – its ignorance and repression of **who we really are.** (Sogyal Rinpoche, *Glimpse After Glimpse*)



In the beginning was the Sound and the Sound was AUM
Aum = East. Amen = West. Means “I am” or “So Be It”
A = waking state U = dream state M = deep sleep (SSB)
(microcosm) (Soul, Astral) (macrocosm)
A = creative rhythm U = preservative vibration
M = vibratory power of dissolution (Yogananda)

Who are you? Where did you come from? Why are you here? Where are you going?

We are star people; we came from out of the rainbow and through the rainbow we will return to our Source. We are the microcosm of the macrocosm.

How can we return? It is because we are not the physical body, which is just a temple for this life. Our real Self is indestructible because it is a part of the omnipresent Divine Will. This is what is meant by self-realisation, which can be found through meditation, by letting go of the earth mind possessed by its many daily thoughts, activities, problems, suffering. Engage in activity, but fill the activity with the devotion that sanctifies. It is the intention and feeling that matters, not the outward pomp. Learn to be a **practical** mystic.

*You are the embodiment of Truth and Cosmic Love, but -
you have misplaced the key to your innermost Being. (William)*

Liberation

The desires that cling to the mind are the blemishes that tarnish man’s inner consciousness. Control the senses; do not yield to their insistent demands for satisfaction. When the senses are negated, the mind too disappears. When the mind disappears, delusion dies and liberation is achieved. All the joy you crave for is in fact within you; but you suffer like a man who has vast riches in an iron chest, but, who has no idea where the key is. With proper directions, dwelling upon them in the silence of meditation, it is possible to secure the key, open the chest and be rich in joy. (Sri Sathya Sai Baba)

We meet
nearly every
Monday
at 7.30 pm
For dates and
venues see
BMSI News

MONDAYS
7.30-9.00 pm

**For members and
the public
Meditation,
+Healing Clinic
appointments in
Friends Meeting
House
Worthing Road
Horsham
Contacts:**

William Lambert
01403 255 025 or
Brenda Richards
01403 700 264

**Annual
General
Meeting:**

**10.6.08, 7.30pm
Friends Meeting
House, address
as above. This is
the only notice.**

**Agenda
available by
request**

for training,
please contact
**William on 01403
255025**

*Wishing you
a summer
of many
peaceful
meditations*



William

They say that laughter is the best medicine:

Komikal Kids:

Answers given by 2nd grade school children to the following questions:

Why did God make mothers?

1. She is the only one who knows where the scotch tape is.
2. Mostly to clean the house.
3. To help us out of there when we were getting born.

How did God make mothers?

1. He used dirt, just like for the rest of us.
2. Magic plus super powers and a lot of string.
3. God made my Mom just the same like he made me. He just used bigger parts.

What ingredients are mothers made of?

1. God makes mothers out of clouds and angel hair and everything else nice in the world plus one dab of mean.

What kind of little girl was your mom?

1. My Mom has always been my mom and none of that other stuff.
2. I don't know because I wasn't there but my guess is she would be pretty bossy.
3. They say she used to be nice.

Why did your mom marry your dad?

1. My dad makes the best spaghetti in the world. And my mom eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that Mom didn't have her thinking cap on.

Komikal Kats:

1. I cannot catch the fly that lands on the outside of the living room window no matter how much I shout at it. Batting it with my paws only makes them sore and it is undignified to have my humans laughing at me.
2. I will stop shouting at my human to get up and fix my breakfast at 5 am on weekends. It doesn't work and only makes him grumpy
3. I will stop trying to read my human's newspaper by sitting on it. It's a bad angle for reading and my tail gets in the way.
4. I will stop sitting bolt upright on the footstool right in front of the TV when watching a movie, as my humans tell me I'm not transparent.
5. I will not reach up and pat my human gently on the nose at 2 am whilst he's asleep as it makes him jump and say bad words. This is also not a good time to play the piano.
6. I will not walk on the computer keyboard when my human is writing important adware fjpojpkpk.,',/,.,vim.f-kjfhvid5490bbcvfdjjb9o8ubmj

Talking of computers:

Useful websites

www.apnt.org.uk	Assoc. of Physical & Natural Therapists
www.art4healing.co.uk	Art assisting healing process
www.ahahealing.co.uk	BMS-IHF belongs to this 'umbrella' organisation
www.canceractive.com	Best cancer information and Icon magazine
www.care2.com/channels/solutions/home/888	Healthy Home
www.confederation-of-healing-organisations.org	(CHO)
www.em-hazard-therapy.com	Electromagnetic Hazards
www.foe.co.uk	Friends of the Earth
www.harryedwards.org.uk	Burrows Lea Healing Sanctuary
www.healing-echo.org	European CHO
www.iconmag.co.uk	see Cancer Active above
www.ihn.org.uk	International Health Network
www.naturalproducts.co.uk	Natural & Organic Products
www.nutrition.org.uk	British Nutrition Foundation
www.parliament.uk	House of Lords, Science & Tech. Committee re 'CAM' Complementary and Alternative Medicine
www.aor.org.uk	Association of Reflexologists
www.ukhealers.info/	Healers Lead Body (top 'umbrella')
www.vegetarian.org.uk	Vegetarian Recipe Club
www.vegoc.org	Vegetarian Society info healthy diet
www.wellnessgoods.com/messages.asp	Miraculous Messages from Water
www.westsussexcarers.org.uk	
www.wholisticmedical.co.uk	

Consumer Protection Regulations 26.5.08

require us to state that: "healing has not been scientifically proven".

Please visit our websites from which there are links to our German and other healing organisations' websites:

www.bmsihf.co.uk
www.geocities.com/bmsiuk/ihf

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 eg AHA or CHO.

BMS-IHF & BMSI are registered with the Data Protection Register.

BMS-IHF Registration Number is PZ656262X

BMSI Registration Number is PZ6562587

Buddha sat in serene and humble dignity on the ground, with the sky above him and around him, as if to show us that in meditation you sit with open, sky-like attitude of mind, yet remain present, earthed, and grounded. The sky is our absolute nature, which has no barriers and is boundless, and the ground is our reality, our relative, ordinary condition.

The posture we take when we meditate signifies that we are linking absolute and relative, sky and ground, heaven and earth, like two wings of a bird, integrating the sky-like deathless nature of mind and the ground of our transient mortal nature.

(Sogyal Rinpoche, Glimpse After Glimpse)

The Divine Will

What is the origin of a blade of grass? Its origin is only in the will of God. It is born out of the Divine Will in order to provide protection to small creatures. Every being is born out of Divine Will. Without it, there can be no creation.

During summer season, land looks bare and is without vegetation. But when there is rainfall, so many plants come out of it. Wherefrom do all these come? They come from rain. Wherefrom does the rain come? It comes from the clouds. Wherefrom the clouds come? They come from the sun. Wherefrom has the sun come? It has come from the Divine, as does everything.

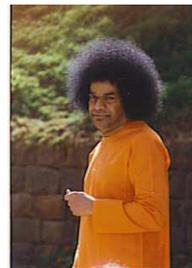
Without God, there can be no air, sun and rain – and hence no plants. Therefore, never forget God, for if you do, you forget everything. We are forgetting that the fundamental cause of everything is God.

Without foundation there can be no walls. Without walls, there can be no roof. Without roof, there can be no house. Therefore, foundation is most important. Pillars can only be raised on foundation, and pillars support the roof.

Similarly, self-confidence is the foundation of man's life, on which the walls of self-satisfaction can be raised which support the roof of self-sacrifice. Then only can we have the life of self-realisation. Therefore, all of you should realise the fundamental truth of the importance of foundation.

With a strong spiritual base, you will be protected even if you are not highly educated. Fill your heart with devotion.

God is in you, with you, around you, above you and below you.
(Sri Sathya Sai Baba)



The Dash

I read of a man who stood to speak
At the funeral of a friend
He referred to the dates on her tombstone
From the beginning to the end.
He noted that first came her date of birth
And spoke the last date with tears
But he said what mattered most of all
Was the dash between those years.
For that dash represents all the time
That she spent alive on earth.
And now only those who loved her
Know what that little line is worth.
For it matters not, how much we own
The cars; the house; the cash
What matters is how we live and love
And how we spend our dash.

(Linda Ellis)

RE M I N D E R for some

Subscriptions & Fees + Insurance

are due annually on 1st April
If not paid within 3 months, it is illegal to display a BMS-IHF certificate

	Subs	Ins.
Full Contact Healer	£20.00 +	£4.65
Distant Healer	£20.00 +	£4.65
Trainee Contact Healer	£20.00 +	£4.65.
Trainee Distant Healer	£20.00 +	£4.65
Practitioner/Therapist	£20.00 +Own ins.	
Friend Member	£10	Nil ins.
Initial Registration	£8	

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