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



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

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OUR MOMENT AS AN INITIATION FOR HUMANITY

Perhaps we, as a civilisation and a species, are undergoing a rite of passage of the most epochal and profound kind, acted out on the stage of history with, as it were, the cosmos itself as the tribal matrix of the initiatory drama.

We are all miraculously self-reflective creative participants in a larger cosmic drama, in a co-evolutionary unfolding of reality. It is a complex process where both we, and the universe are mutually creators and created. What seems to be unfolding is not only a recovery of the soul of the world, the *anima mundi*, but a new relationship to it. Something new is being forged.

(Richard Tamas, *The Prophets Conference Newsletter* , 27.4.2010)

Today, many souls are confused; over-whelmed by circumstances, and think it is only they who are experiencing this. Whereas, everyone is under pressure from the changing and evolving energies as we move on from the Piscean Age brought in by Jesus, the Avatar of Love, and into the new Age of Aquarius being shepherded in by Sri Sathya Sai Baba – the Avatar of Unity. The cosmos is speeding up and ever-expanding out into the unknown, the un-manifested, and so must we. As all is One, so we are an individualised fragment of God, in the same way that a bubble in the sea is still part of it, while our lives are like waves coming onto the shore, which go back into the ocean – they do not separate from it. We are not separate from the Source of life. There is no duality.

As the cosmos speeds up, so does time! There are many days when there does not seem to be enough time, while on other days, we seem to have all the time in the world. We are being given an opportunity to change our ways, to put a ceiling upon our desires and to get back to more natural ways of living. Perhaps the recession is all part of this necessary change back to basics. Many have become part of the throwaway society, whereas goods used to be made to last. Re-cycle! One of the World War Two slogans was “Make do and mend!”

Children have always said at times “I am bored”. When I was a child, my parents said, “Then find something to do!” As I grew up during the great depression of the 1930’s, there was a shortage of money for toys, and we made our own games. This taught us to be creative, which develops the child and follows through into the whole lifetime. Today, many children are swamped with toys and computer games, etc. on their birthdays and at Christmas and expect to be entertained. Is this the right way to prepare them for life, especially today, when careers for a lifetime are more rare and most people have several jobs and changes of direction in their lives in this fast moving world?

Children today belong to a new wave of consciousness which already contains the quality, knowledge and wisdom for the incoming new Golden Age. This generation of children is different. They are precious souls wise beyond their years and they need special care and guidance in order to bring out their potential.

We need to unlock the vast potential of our deeper levels of consciousness, for ourselves and for our children. There is an unlimited storehouse of the wisdom of the ages, which with training through meditation, etc., can by-pass and flow into and through the more limited logic of our reasoning and conscious mind. To release this hidden creative power and channelling flow, will help us to cope with the increasing demands now being made upon all life upon the earth.

We have no choice but to flow along with the incoming and changing energies. To stay as we are, will be like trying to stand against a tsunami, because the earth is undergoing a 26,000+ years Cosmic change, and that is part of a 260,000 years change, as Life Itself seeks greater and greater perfection. Very little is perfect for long, it all undergoes aging and change – life moves on. Yesterday, we were preparing for today. Today, we are preparing for tomorrow. In this way, yesterday, today and tomorrow are all part of this living moment, the “NOW”. Make the best of each moment, flow along with the living stream.

It helps to extend out, the communicative power of the heart energy. Focus there more, rather than the logical brain alone, which can be cold. Warm your words, actions and deeds with the love energy and wisdom of the heart, then amazing things can happen. The magnetic field of the heart extends out far beyond the body. To come to self-realisation and to find your “I AM”, go into the heart for your meditations.

(William)

You are not the body “The One you think you are”,
nor are you the personality and character “The One others think you are”.
“The One you really are” is the ****True Self.** (Sathya Sai Baba)

** “We are star people” (Ronald Beesley)

We meet nearly
every Monday
at 7.30 pm
(except bank
holidays)
For dates see
BMSI News

‘HEALING FOR
EVERYONE’
public meetings in
the
Friends Meeting
House
Worthing Road
Horsham
RH12 1SL
Contact:

William Lambert
01403 255 025 or
Brenda Richards
01403 700 264
Valerie Jennings
01403 783 255

For training,
please contact
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01403 255 025

BMS-IHF
ANNUAL
GENERAL
MEETING
will be held on
Tuesday 22nd June
2010 7.30 pm in
Friends Meeting
House, Horsham
(address above)
ALL MEMBERS
WELCOME

Open your
heart door to
the higher
worlds; release
your own
power



**30th anniversary
SEMINAR of BMSI
Training Centres
Sunday 18.7.2010
1000 –1630 hours
to be held in the
beautiful
Harry Edwards
Healing Sanctuary,
Burrows Lea,
Hook Lane, Shere,
Surrey, GU5 9QG
Rosella Longinotti,
who will conduct a
sound and colour
workshop, including
her special mandalas,
will lead it.
£20 (members £18)**

The Knots Prayer

Dear God:

Please untie the knots
that are in my mind,
my heart and my life.
Remove the have nots,
the can nots and the do nots
that I have in my mind.

Erase the will nots, may nots,
might nots that may find
a home in my heart.

Release me from the could
nots,
would nots and should nots
that obstruct my life.

And most of all, Dear God
I ask that you remove from my
mind, my heart and my life,
all of the 'am nots'
that I have allowed
to hold me back,
especially the thought
that I am not good enough.
Amen
(author unknown)

ENVIRONMENTAL CHEMICALS

These pose one of our greatest cancer risks.

We live in a 'chemical blizzard'. There are carcinogens and other toxins in our food, water, air, and furniture. **Some advice from the USA:**

- * Remove shoes before entering the house.
- * Wash dirty work clothes separately.
- * Filter home water.
- * Store and carry water in stainless steel, glass, or BPA & phalate-free containers.
- * Do not cook in plastic containers.
- * Try to choose foods grown without pesticides and chemical fertilizers.
- * If you eat meat, let it be free-range, without antibiotics, growth hormones, etc.
- * Properly dispose of medications, household chemicals, paints and other toxic materials.
- * Turn off lights & all electricals when not in use.
- * Drive fuel-efficient cars; find alternatives to driving.
- * Quit smoking and eliminate second-hand smoke in the home, car, and public places.

Source: "Reducing Environmental Cancer Risk: What we can do now". President's Cancer Panel, 2008-2009 Annual Report.

"You must capture the heart of the original and supremely able man before his brain can do its best." (Andrew Carnegie)

"When we focus our attention not in our heads but in our hearts and communicate from the heart level, extending our heart energy out with positive emotions of love, compassion and gratitude, then miracles show up in our lives." (Annie Lennox)

All disease is the result of inhibited soul life, and that is true of all forms in all kingdoms. The art of the healer consists of releasing the soul, so that its life can flow. (William Bloom)

(William Bloom)

Any good that I can do, or any kindness that I can show, to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.

(Stephen Grellet)

All you need is deep within you, waiting to unfold and reveal itself. All you have to do is to be still and take time to seek for what is within, and you will surely find it.

(Eileen Caddy, Findhorn Press ISBN-905249-66-6)

Whatever you undertake, do it with My blessing. Never rush madly into something without first seeking My blessing. Go into the silence within and feel peace and serenity enfold you, and in the state of perfect peace ask and receive My blessing. Then go forward in absolute faith and confidence and do what has to be done. **Know that AM** with you all the way, and that everything will work out perfectly. The greater the task to be accomplished, the greater your need for My blessing. Why not start off by bringing Me into every area of your life, and gradually include Me in more and greater areas until eventually you take no step without first seeking Me and My full blessing? Be prepared to take big strides forward into seemingly impossible situations, but be not afraid, for I go before you to prepare the way. Keep your consciousness raised, keep your contact with Me, and be absolutely fearless in everything you undertake, whatever it may be. (Opening Doors Within, E. Caddy, April 20th, ISBN 0-905249-66-6)

First of all, observe your breathing process and listen to the sound of Soham, Soham (That I am, That I am). 'So' means 'That' (God) and 'Ham' means 'I'. In this manner, your breathing process makes you aware of your divinity at every moment.

The same Atmic principle is present in you and all humankind. The omnipresent you:

Go half an inch within you, that is enough, and then everything will become visible to you. Where has all that you see come from?

You see houses, buildings and various objects in a dream, but they have no existence when you open your eyes. In dreams, you see and experience many things but everything disappears when you are awake. All this is night dream.

Similarly, during the day you see everybody and everything and have so many experiences. But all this becomes invisible when you go to sleep. This is day dream.

You are present both in night dream as well as day dream. There is no existence of day dream in night dream, nor night dream in day dream. But you are present in both states.

Hence, you are omnipresent. Therefore, consider yourself as the fundamental divine entity.

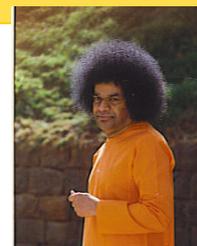
Your inner voice teaches you this truth through the breath, as you breathe in and out. "That I am". Your inner voice keeps reminding you of your divine reality, but you pay no attention to it. In who else can you have faith, when you have not faith in yourself?

Therefore, first of all you should develop self-confidence. Then only can you have self-satisfaction, which will lead you to the path of self-sacrifice and ultimately self-realisation.

God is present in you in the form of love; channel this love towards the sacred path. Do not direct it towards the mean desires of your body or wealth. Treasure this divine principle of love in your heart and communicate with God. Try to attain everything by love.

Bliss comes only from within you; you yourself are the source of peace and bliss.

(Extracts from Divine Discourse by Sai Baba 24.6.96. Sanathana Sarathi magazine March 2010)



There is a place for each individual in the world, but you must seek and find where your place is and where you fit in. If you are afraid to take the responsibility of bringing in the new, do not try to stop those souls who are willing to do it.

Realise that those souls who have been trained and inspired to undertake this task will do so, for that is their work.

Find your rightful place in the whole vast plan and if you are not in the front line, do not let that disturb you. Remember, all sorts of people are needed to make up the whole.

Simply accept your specific work and do what you know you have to do wholeheartedly, and allow those souls who have been placed in the position of leadership and responsibility to go ahead.

Give them your full backing and complete loyalty; they need it and appreciate it.

Lift up your heart in deep love, praise and gratitude for them, and always give of your very best.

(Opening Doors Within, Eileen Caddy, April 21st, Findhorn Press, ISBN -905249-66-6)

The Feng Shui Society is holding 2 conferences

26th June &

25th September 2010

10 Feng Shui speakers offer wisdom to enrich your life

Venue: MIC Hotel & Conference Centre:

81-103 Euston Street

London NW1

9.30 – 5 pm

Bookings:

www.fengshuisociety.org.uk

See enclosed flyer

BMS-IHF complies with the new Consumer Protection Regulations 26.5.08
Our members strictly abide by UK Standards & BAHA Code of Conduct (updated 11/08)

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. BAHA or CHO.

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

BMS-IHF Registration Number is PZ656262X

BMSI Registration Number is PZ6562587

Please visit our websites from which there are links to our German and other healing organisations' activities:
www.bmsihf.co.uk & www.bmsi-eu.net

Subscriptions & Fees + Insurance

due annually on 1st April

If not paid within 3 months, it is illegal to display a BMS-IHF certificate and your insurance will have expired.

	Subs	Ins.
Full Contact Healer	£20.00 +	£4.89
Distant Healer	£20.00 +	£4.89
Trainee Contact Healer	£20.00 +	£4.89
Trainee Distant Healer	£20.00 +	£4.89
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.