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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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Komikal Kids!

“Dear God, Instead of letting people die and having to make new ones, why don't you just keep the ones you got now?
Jane”

“Dear God, In Bible times, did they really talk that fancy?
Jennifer”

“Dear God, Maybe Cain and Abel would not kill each other so much if they had their own rooms, It works with my brother.
Larry”

“Dear God, Please send Dennis Clark to a different camp this year.
Peter”

“Dear God, I am American. What are you?
Robert”

Dear Members and Friends,

This summer, it was decided to give the regular training team a much needed six-week break during the school holidays. In my own case, as it sometimes takes 3 days to edit, update and print the fortnightly theory training sessions, other things have been put on one side. Personally, I needed space to sort out my home and centre and catch up with other paperwork. In this process, I have been led to various snippets, particularly on meditation, which I hope you will enjoy in this newsletter.

Many people are feeling overwhelmed with the higher cosmic energies now inflowing as part of the upliftment of consciousness as we approach 21.12.2012.

We seem to get busier and busier, meaning that some past activities simply have to be put into the past, as we learn more and more to live in the NOW and allow our higher Self to lead us forward.

This means we must accept change. So it is good to move things around in the home, open all the windows, to release stale energies and bring in the new. Be aware of where and to what your intuition is leading you; allow books to open at random and take notice of what the page says – it is all part of your higher Self leading you forward to higher learning – accept the challenges and move onwards and upwards into the enhanced future being offered to all life on our beautiful planet Earth.

**Simply go into the Silence of meditation daily,
to encourage and allow your perfect plan to unfold. (William).**

**“When your only intention is looking out for number one,
everyone and everything else gets treated like number two”**

(Swami Beyondananda)

**What if survival is really dependent upon how well we communicate
with each other and how quickly we share and process information?**

(Bruce H.Lipton and Steve Bhaerman, “ Spontaneous Evolution”)

NOW IS THE TIME

**of building, of creating, of unity and harmony, of peace and love
of wholeness and oneness.**

Hold these positive, constructive, creative, thoughts in your consciousness all the time, and never let them go. See them live and move and have their being in you, and behold the vision of the new heaven and the new earth take form and substance.

Let it unfold within you.

As you become attuned to the idea of the New Age and to the true meaning of it, it will gradually begin to unfold within you, and you will realise that you are part of it and it is part of you. It is something tremendous, like a slumbering giant waiting to awaken from its sleep, and once it begins to stir, nothing will be able to stop its coming forth.

There is nothing to fight against; there is no need to struggle any longer.
(Eileen Caddy, Opening Doors Within, Findhorn Press ISBN 0-905249-66-6)

If you find that meditation does not come easily in your home, be inventive and go out into nature. Nature is always an unfailing fountain of inspiration. To calm your mind, go for a walk at dawn in the park, or watch the dew on a rose in the garden. Lie on the ground and gaze up into the sky, and let your mind expand into its spaciousness. Let the sky outside awaken the sky inside your mind. Stand by a stream and mingle your mind with its rushing, become one with its ceaseless sound. Sit by a waterfall and let its healing laughter purify your spirit. Walk on a beach and take the sea wind full and sweet upon your face. Celebrate and use the beauty of moonlight to pause your mind. Sit by a lake or in a garden and, breathing quietly, let your mind fall silent as the moon comes up majestically and slowly in the cloudless night.
(“Glimpse After Glimpse” Sogyal Rinpoche, ISBN 0-7126-6237-5)

When a past thought has ceased, and the future thought has not yet arisen, there is a gap. Prolong the gap – that is meditation!
(Jamyang Khyentse)

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

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For training, please contact William on 01403 255 025

Quakers say theirs is a way of life, rather than a set of beliefs. Healers also say that theirs is a way of life.

By following these paths, people find meaning and purpose.

Be still - learn to enter into the silence of your heart.



The persevering seeker secures wisdom. (The Bhagavad Gita)

PEACE

Over all mountain tops
is peace.
In all treetops,
you perceive scarcely a breath.
The little birds in the forest are
silent.

Wait, then soon you too, will
have peace.
(Goethe, 1749-1832)

SILENCE

Teach me the art of creating
islands of stillness,
in which I can absorb the
beauty of everyday things:
Clouds, trees,
a snatch of music....

(Marion Stroud)

HARMONY

He who lives in harmony with
himself,
lives in harmony with the
world.

(Marcus Aurelius)

Light

is what we are made
of – not gross physical
light, but the **finer
spiritualised light of
prana, intelligent life
energy.** That light is
the real essence of
everything.

(yogananda-srf.org)

THE SONG IN THE HEART IS WHAT MATTERS

LITTLE ANTONIO was sad at heart. Both
his chums were musical. One could sing
beautifully, the other was a clever violinist.
Antonio loved music, too. But he simply
couldn't make any. So he felt very much out
of it, especially when, with the unconscious
cruelty of youth, his chums made fun of his
squeaky voice.

But Antonio had one precious possession – a
pocket knife. With it, he was always shaping
pieces of wood into all sorts of useful things.
One day, he learned that Amati, the greatest
violin-maker in Italy, lived in his own town.
This gave him an idea. So he plucked up his
courage and, carrying with him some little
wooden articles he had made, he called at the
great man's house.

"Sir", said Antonio, "I love music, but I can't
make any because I have a very poor
squeaky voice. But I would like to make
violins."

Amati examined Antonio's carvings, then
said - "My son, you are only a carver of
wood, but your song shall be as beautiful as
any. The song in the heart is what matters."
Antonio became Amati's pupil. He learned
every secret about making violins. And
became as famous as his master had been.
He was Antonio Stradivari.

THE MASTERS TELL US that there is an aspect of our
mind that is its fundamental basis, a state called "the ground
of the ordinary mind". It functions like a storehouse, in
which the imprints of past actions, caused by our negative
emotions are all stored like seeds. When the right
conditions arise, they germinate and manifest as
circumstances and situations in our lives.

If we have a habit of thinking in a particular pattern,
positive or negative, then these tendencies will be triggered
and provoked very easily, and recur and go on recurring.
With constant repetition our inclinations and habits become
steadily more entrenched, and continue, increasing and
gathering power, even when we sleep. This is how they
come to determine our life, our death and our rebirth.

(Sogyal Rinpoche, *Glimpse After Glimpse*, ISBN 0-7126-6237-5)

Observation of Silence Develops Spiritual Energy

Moderation in speech is a source of great joy. That is how
our ancient sages developed their divine energy by
controlling their senses and observing silence.

It is said, "The sound of silence is God".

People close their eyes and sit in meditation. How should
you meditate? You should observe absolute silence. You
can hear the sound of the footsteps of God only in the depth
of silence. When you yourself are making noise, how can
you hear the footsteps of God? The deeper is your silence,
the louder you can hear the sound of the footsteps of God.

That is why it is said "Silence is God".

You can hear the voice of God only in the silence.

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Man has forgotten his nature

It is as if fire has forgotten its capacity to burn, or water its
capacity to wet; man has forgotten his nature to reach out
into Godhood; his capacity to seek and secure the truth of
the universe of which he is part; his capacity to train
himself by virtue, justice, love and sympathy, to ascend
from the particular to the universal. He can attain the
consummation and climax of merging with the unchanging
that is behind all this change.

Divine Power makes the body function

(Sri Sathya Sai Baba)

In the progression of the soul,

passing through thousands of lifetimes,
and experimenting through the senses with
the world, the soul begins to remind us,
"What's really going on? There must be
more to life. What is Truth? Is there real
happiness? Is there real love?"

And gradually we might start praying,
eventually learning to meditate. We begin
to seek, we begin to create a spiritual life.
As we become more serious in our search,
and pass through this migration of life
after life, we develop spiritual karma and
reach the point in this evolutionary process
where we realize that there is something
else missing beside just our own efforts:

We need a guru.

**Those who have the will power and the
willingness to meditate and set aside
time every day**, and those who have the
discipline to follow a true guru and apply
his teachings in everyday life, are very
high on the evolutionary ladder... **When
we reach this point in our evolution,** a
fundamental change has to take place in
our attitude. We become aware that there
is something that seems more real, more
attractive than our everyday life – that we
are not these bodies, we are not these
minds; **we are souls.** Time and time again
Yogananda reminds us not to forget that
we are children of God – that we are souls.

**We are not humans seeking God,
we are souls trying to remember
our relationship with God.**

(Brother Vishwananda, *Self-Realisation
Fellowship*. www.yogananda-srf.org)

The Truth

Sometime, somewhere, you need to take something
to be the truth. But if you cling to it too strongly,
then even when the truth comes in person and
knocks on your door, you will not open it. (Buddha)

"Learn to resurrect the delusion-entombed soul
and co-mingle it in the ever-new vitality of Spirit.
Behold your immortal Self, present in the
illuminating Light of Christ Consciousness,
present in every soul, every flower, every atom".

Yogananda. (yogananda-srf.org)

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

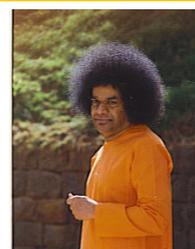
BMSI Registration Number is PZ6562587

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

May your
spiritual efforts
draw you ever
closer to that
boundless love in
which the
barriers of
separation melt
away, and we
recognise that no-
one is a stranger,
that we are one in
Him who is the
Divine Friend of
all friends.

(Sri Daya Mata,
www.yogananda-srf.org),



Subscriptions & Fees + Insurance
due annually in **February**, for 1st April

**If not paid, 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	+ £4.89

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Friend Member	£10	Nil ins.
Initial Registration	£8	

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