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



BAHA

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

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HONORARY TRUSTEES:

Chairman & Editor
Mr William Lambert
PO Box 134, Horsham
West Sussex, RH13 5FG UK
Phone: (0) 1403 255 025

Email: wlambert.bmsi@tiscali.co.uk
websites:

www.bmsihf.co.uk

www.bmsi-eu.net

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

Asst. Membership

Secretary:

Mrs Angela Savage

Phone: (0) 1403 864 110 (NEW!)

Email: angescorpia@aol.com

Membership Secretary,
Healer Referral, Database &
Website:

Mr Simon Blackwell (USA)

Email: simon@pdispirit.com

Treasurer & Mentor:

Mrs Nicola Shute

Phone: (0)1403 267 799

Subscriptions & Minutes Sec:

Ms Catherine Evans,

Phone: (0)1825 723 173

Councillor & Leader of

Healing Practice:

Mrs Brenda Richards

Phone: (0) 1403 700 264

Councillor & Assistant Leader

of Healing Practice :

Mrs Valerie Jennings

Phone: (0) 1403 783 255

Councillor Mrs Jennifer Jones

Phone: (0) 1403 266 800

Councillor & Mentor

Mrs Maggie Walton-Thenet

Phone: (0) 1403 241 894

Training Advisor

Ms Kirsty von Bock

Phone: 07545 774682

Kirstyvonbock17@virginmedia.com

Accounts Independent

Examiner: Faye Batchelor

Your 'portable Heaven'

**In meditation, go deep
within the cave of your
heart centre.**

**There, you will feel the
peace of your soul and
the purity of your own**

True Self -

**the Silence of the
Absolute.**

**This is the very
Presence of the Creator
of all Life Itself.**

**You are a co-creator,
and have created your
own circumstances now
and future from your
free choice (will) and
previous decisions.**

(William)

Dear Members and Friends,
The stepping-stones by which we rise
are the boulders, which seem to obstruct our path!

Another eventful year has passed so quickly,
bringing even more unexpected challenges to bring out our potential.
Live each day as it comes, and then past problems can be overcome and
although we may have difficulty in forgiving those who have wronged us, we
really must try to forget. However, the lessons from those problems must be
learned and not repeated. These lessons will be buried deep within our attitudes
and cause reactions daily. So watch your varied reactions to sometimes-similar
situations, and ask yourself why you might seem to be erratic to your family and
friends. All life at every level, visible and invisible, is striving for greater and
greater perfection. So there is evolution of both the physical material and all
invisible levels of creation.

Just look at the stars on a clear night – the cosmos is simply vast and
unexplored; in fact, creation cannot be fully understood by the human mind.
Our view is always limited by our human understanding so far and by our
unknown invisible destiny and plan that we have yet to pass through.

Face the daily challenges, then the future will take care of itself and unfold.

(William).

The Nature of Mind

Dudjom Rinpoche used to tell the story of a powerful bandit in India, who,
after countless successful raids, realized the terrible suffering he had been
causing. He yearned for some way of atoning for what he had done, and
visited a famous master. He asked him: "I am a sinner, I am in torment.
What's the way out? What can I do?"

The master looked the bandit up and down and then asked him what he was
good at. "Nothing," replied the bandit. "Nothing?" barked the master. You
must be good at something!"

The bandit was silent for a while, and eventually admitted: "Actually, there
is one thing I have a talent for, and that is stealing."

The master chuckled: "Good! That's exactly the skill you'll need now. Go
to a quiet place and rob all your perceptions, and steal all the stars and
planets in the sky, and dissolve them into the belly of emptiness, the
all-encompassing space of the nature of mind."

Within twenty-one days, the bandit had realized the nature of his mind, and
eventually came to be regarded as one of the great saints of India.

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

Give and go on giving.

"Never try to hoard anything. Keep everything flowing freely. Whether it is talent,
love, money or possessions, keep it flowing, keep it moving. When you do, you will
find that it increases a thousandfold. The life force in your body cannot be hoarded;
it has to keep moving, circulating, for only in this way can newer, fresher, and even
greater life force enter, and you can become a vital being. So it is with everything,
keep it moving, and never hold up the flow. Watch life unfold for you in true
perfection. See your every need met at exactly the right time. Expect it to come
about, and never allow any doubts into your consciousness. Be positive about
everything, no matter what the outer conditions may appear to be. Feel those
niggardly thoughts disappearing as they are replaced by increase and plenty. Have
absolute faith that all is very, very well, and all is working out perfectly because all is
in My hands." *(Eileen Caddy, "Opening Doors Within" ISBN 0-905249-66-6)*

*I wish you a wonderful Christ-Mass
and a very happy and fulfilling New Year.*

William

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 (FMH)
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
William on
01403 255 025



Monday 6.12.10
7.30-9.30 pm

YOU and your
friends
ARE INVITED
TO OUR
CHRISTMAS
CANDLELIGHT
MEDITATION &
PARTY in FMH



Contact:

Jenny on
01403 266800, or
Brenda,
Valerie or William
as shown above

Constantly release, if you don't, you will be burdened down with the weight of the past. *(Rosella Longinotti)*

Know your Self

as connected with the Omnipotent Source of your being. Imagine, affirm, will, & meditate to realize your true Self as the soul cloaked in a wonderful astral form of light and power. Meditate more, churn the ether with your prayers, until out of the silence, the light of God appears. If you do not give up, the Lord will come to you. He will awaken you from this dream earth world and lift you to His bosom of eternal light, immortality and freedom.

(Paramahansa
Yogananda)

A major new website to
"Open Many Doors in
Many Hearts"

Visit:
www.yogananda-srf.org

On Meditation

Breathe naturally, just as you always do. Focus your awareness lightly on the out-breath. When you breathe out, just flow out with the out-breath. Let go of your grasping and dissolve into the all-pervading expanse of truth. Between each in and out breath, there is a gap, as your grasping dissolves. Rest in that gap. In that open space. When you naturally breathe in, don't focus especially on the in-breath, but go on resting your mind in the gap that has opened up.

(Sogyal Rinpoche)

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 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

Time, Timelessness, Time-Sequences, Time-lines

For those who have not seen my email 30.10.10:

Dear Seeker,

A number of e-messages are arriving about time, from various sources. We discuss time and time-sequences in my course WLI/II (and were doing it in October), the subject having been introduced to me by Ronald Beesley and Peter Goldman in the original White Lodge courses I attended.

In the <http://> message below, which I hope you will read carefully right through to the end, Tom Kenyon and his sources refer to time-lines, very similar to time-sequences, which sometimes overlap or follow each other immediately - or sometimes with a time gap. In my WLI courses, we also refer to previous lives passing over a life, like a cloud passing over the sky, to deliver its message or to pass over the horizon and on into the future, to return again later, when the person is ready.

We are at times faced with making huge choices, like leaving a home or job where we have been for many years, and moving away to a new place, or even a new country, sometimes choosing a completely different career or way of life. This is rather like jumping from one time-line to another.

I hope you will enjoy these thoughts and face whatever challenge comes, to bring out your new potential. Let us not listen to, nor agree with the prophets of doom that predict the end of the world in 2012, but realize that is the opportunity NOW to change those ways of thinking and to choose to prepare for and go into the New Earth that Tom refers to, into the New Golden Age that has been predicted for many years now.

It is the "earth-time-period" that we are in, that will end, and the new time-period has already begun to overlap, through the seekers of light and truth. It will be like a cold, harsh winter ending and a new and fantastic spring manifesting itself, with the promise of a wonderful summer to follow. The 2000-year Piscean age (a time-line) is fast drawing to a close - and a new Aquarian age has already begun. Humanity's consciousness needs to rise upwards and move onwards and re-birth into a new season.

When 51% of humanity think of a fresh start and a new time of Peace, Harmony, Unconditional Love and Light, we can make it happen.

On the earth, time, appointments, and commitments possess us, while our earth body ages. In our invisible True Self, mind and consciousness, we are timelessness travellers through space, to the furthest reaches of the cosmos.

Think your new things and reach for the stars!

I hope that you will start this positive thinking right NOW and bring beneficial change to the whole of humanity, to our beloved planet earth - and even to the cosmos. Planet Earth and all life upon it, is the cradle of the cosmos, and is destined to radiate out the shining light of truth into the furthest etheric reaches of space.

Now please visit <http://tom.kenyon.com/jumping-time-lines>

Thank you, and may All Blessings be upon you!
Sending you Love, Light and Healing Energies,
William

The Royal London Homeopathic
Hospital in Great Ormond Street
was due to be re-launched in
September as the Royal London
Hospital for Integrated Medicine.

NEW BAHA rules:

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	+ Own ins
Friend Member	£10	Nil ins.
Initial Registration	£8	

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

Homo sapiens becomes homo progressiens...

Each day brings to you its share of duties, responsibilities and opportunities. The spirit in which you accept the obstacles and difficulties will vitally affect the results. Go forward in confidence and deal with every duty promptly and thoroughly. We cannot please everybody all of the time and our task is to compromise, to find a middle way, to concentrate on the current priorities, and to find a happy balance. The key to this is simplicity.

When we attend healing and meditation meetings, we need to leave our daily problems outside the door, and to enter our safe harbour peacefully, quietly, in order to feel the very fine and high energies of healing cosmic presence. The key to this is in your heart centre.

We need to hold on to that presence, to enter into the silence daily, and to be aware of it at all times. Teach yourself to switch it on and off, according to the situation you are in. Our quality of life will then improve, as we embody the transcendent.

Wherever we go, our healing light will attract all those invisible energies around us that are seeking perfection, and these will affect our own radiations. So the day before you are due to give healing or to attend any meditation or similar meetings, choose carefully where you go and who you mix with, because their emanations will attach themselves to you. Your patients and companions will feel these and they will think it is your own radiations.

Our way of life as a seeker on the path affects us, and others, at every level, including our actions and speech.

As time goes by, all life in the cosmos is seeking greater and greater perfection. Life demands movement.

So as current needs change, so we must co-operate with life around us and allow future advancement and possibilities to happen - so that transformation can take place.

A new freedom, a new joy, a new world is waiting to open up, when we let go of old habits, patterns and forms. There is a world of higher awareness and finer consciousness, beyond humanity's present capabilities, waiting to enter into those who make themselves ready for the change for an enhanced humanity predicted by the Mayans for 21.12.2012.

That will not be the end of the world, but will be the end of the times we have been in.

(William)

The Object of Human Existence

The one object of this human existence is to visualise that reality, that Atma, that relationship between the wave and the sea. All other activities are trivial; you share them with birds and beasts; but this is the unique privilege of man.

He has clambered through all the levels of animality, all the steps in the ladder of evolution, in order to inherit this high destiny.

If all the years between birth and death are frittered away in seeking food and shelter, comfort and pleasure, as animals do, man is condemning himself to a further life-sentence.



Sri Sathya
Sai Baba