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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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2012 – BE NOT AFRAID!

You must be prepared for
wonderful changes to take
place in the New Age.

If you can accept and simply
absorb them, changes will
come about within and
around you in great peace
and harmony. You will find
that you change with the
changes without being
unduly affected by them.
You will live, move and
breathe in them naturally.
You will be able to accept
your new environment and
become perfectly adjusted to
it without any strain.

Do not be concerned;
I will not move you too
swiftly. All is in My
perfect timing.

(Extract - Eileen Caddy)

LIFE ON EARTH

A human being is part of the whole,
called by us "the Universe", a part limited in time and space.
He experiences himself, his thoughts and feelings, as something separated from the
rest – a kind of optical delusion of his consciousness.

This delusion is a kind of prison for us,
restricting our personal desires, and to affection for a few persons nearest us.

Our task must be to free ourselves from this prison by widening our circles of
compassion to embrace all living creatures and the whole of nature in its beauty.

(Albert Einstein)

and we need to learn to LIVE IN THE "NOW"

The cells of our body are dying, the neurons in our brain are decaying, even the
expressions of our face are always changing, depending upon our mood.

What we call our basic character is only a "mind-stream" nothing more.

Today we feel good because things are going well; tomorrow we feel the opposite.

Where did that good feeling go?

What could be more unpredictable than our thoughts and emotions.

Do you have any idea what you are going to think next?

The mind, in fact, is as empty, as impermanent, and as transient as a dream.

Look at a thought: It comes, it stays, and it goes.

The past is past. The future is not yet risen, and even the present thought,
as we experience it, becomes the past.

The only thing we really have is nowness; is now.....

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

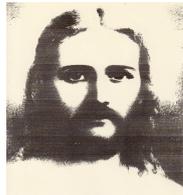
BUDDHA – the Avatar of Light - sat in serene and humble dignity on the ground, with the sky above him and around him.

He showed 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,
while the ground is our reality, our relative, ordinary condition.

In meditation, we link earth with heaven.

(Extract from Sogyal Rinpoche, see above)



JESUS, the Avatar of Love

Happy are you when people insult you and persecute you
and tell all kinds of evil lies against you because you are my
followers. Be happy and glad, for a great reward is kept for
you in heaven. This is how the prophets who lived before you
were persecuted.

SAI BABA, the Avatar of Unity

Love.....Love.....Love first.....Love as long as life lasts.

For myself, I can say, I shower more blessings on those who
decry or defame me than those who worship and adore me!

For, when those who spread falsehoods about me, derive joy
therefrom - I am happy that I am the cause for their exultation
and joy.

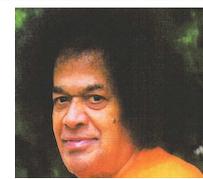
You too must accept this line of argument and be very happy
when someone derives joy by defaming you. Do not respond by defaming that
person, for then the chain of hatred will bind both and drag both down. Life will
become a tragedy. Conquer anger by means of fortitude; conquer hatred by love.

Do not feed anger with retaliation; do not feed hatred with fury.

One attack of anger exhausts three months of health and efficiency.

I command you, never hate others, or wish evil of them, or talk ill of them.

Then only can you attain the enlightenment that you seek.



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

EASTER PARTY &
MEDITATION

18.4.11.

HOT CROSS BUNS
& DAFFODILS!

Contact:

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01403 255 025 or

Brenda Richards
01403 700 264

Maggie W-Thenet
01403 241 894

For training,
please contact
William

NEW:

Sunday 17.7.11
Harry Edwards

Healing

Sanctuary, Shere

SUMMER
SEMINAR

for you & friends:

Morning:
MERIDIAN
TAPPING

Nick Nash

Afternoon:

CIRCLE
DANCING

Lynn Frances

£20 - Contact:

William
as shown above

We wish you a
GLORIOUS
SUMMER!

Baba: The One alone exists; wise men describe that in manifold ways

It is not the strongest of the species who survive, not the most intelligent, but those who are most adaptive to change.

(Charles Darwin)

LIFE IS FOR LIVING!

How often do we say "I'm dying to see you" or "I'm a bit sick today" and "He/She is dying of"

Much better to say, "He/She is LIVING with...."

Whatever we think or say is taken at its face value by our subconscious, because if we say or think it, then you can rest assured we BELIEVE it. **The subconscious only hears** 'dying' or 'sick' or 'tired' etc. and manifests what you propose. **We are and we become what we believe** at the deepest level of our being. **If you really want to be fit and well**, be ruthlessly honest, search your true feelings and they will lead to your deepest beliefs.

If they need changing, then do so and from now on think positively and enjoy vibrant health. You notice I don't say 'perfect health', as 'perfect' leaves no room for improvement.

Enjoy your new Body, Mind and Spirit!
(David Temeson, Spain)

There are many higher realms and levels of consciousness. *(William)*

LIFE IS OUR GREATEST GIFT

The years we spend between birth and death are all we have for this lifetime. Some insist that life has no real meaning- that we are helpless players on a giant checker-board of nights and days, to be placed back in the box when the game is over, to be heard from no more.

But to we Seekers on the Path, life is a gift and does not end with death. It is a sacred trust, to be lived to the full in being useful to our fellow men.

Each day is part of a great stewardship with which each one of us has been entrusted. It is in our power to make it what we will.

Life passes swiftly. As the river flows towards the sea, so we move down through the years, but always onward toward eternity. Let us use life well. It is ours for such a brief span of time.

(adapted from Harleigh M Rosenberger, 'Sunshine Magazine')

Treat your body well. It is the living holy temple for your soul or Inner True Self – the 'Watcher'. *(William)*

Do you sometimes seem to "stand outside of yourself"?

That is your loving, wisdom, eternal true self that never dies because it is a part of God, observing what games your earth self is playing. Such moments of 'day dreams' or of being the observer are a natural and spontaneous form of meditation, an altered state of higher consciousness away from the day-to-day surface conscious mind. Meditation: pause between two thoughts – extend the pause!

Mind is everywhere, like a mirror, it reflects what it sees.

Awareness is something different, connected to intuition and your **higher psychic** consciousness. Perhaps mostly in dreams, you feel that you are in them. But at other times, you become aware that you are watching them. You will sometimes see pictures in your meditations, while at other times there is a flow of thoughts. These things are good for your health and are pleasant beyond belief, so relax into those moments, they have come because you need them. Your own personal and ancient Higher Self has initiated them.

Accept these opportunities, you are being awakened so that you may observe your earth life, and to help you to understand that your inner 'I am' is your permanent, ongoing reality, always watching and aware of all that is happening. It is your voice of conscience.

Awareness can sometimes be a feeling or intuition that something is not right, or that something is coming, or that there is a presence in the atmosphere. This is your wisdom self protecting you, drawing the attention of your earth self to the fact that you are more than the body and brain.

The 6th sense is more linked to the **lower psychic survival instinct** and emotions, drawing your attention to the fact that there may be danger around, a feeling that you need to be alert, to protect yourself, your child or an animal. This is a remnant of the ancient earth and animal consciousness from which your human physical body has naturally evolved. *(William)*

The Purpose of Meditation

To integrate meditation in action is the whole ground and point and purpose of meditation. The violence and stress and the challenges and distractions of this modern life make this integration urgently necessary.

How do we achieve this integration, this permeation of everyday life with the calm humour and spacious detachment of meditation? **There is no substitute for regular practice**, for only through real practice will we begin to taste unbrokenly, the calm of our nature of mind and so be able to sustain the experience of it in our everyday lives.

If you really wish to achieve this, what you need to do is practice not just as occasional medicine or therapy, but as if it were your daily sustenance or food.

Our True Inner Self sees...

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 by simply 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 really be 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" ISBN 0-7126-6237-5)

**Let each of these images be a meditation. (W)*

Get Rid of Jealousy

No enemy can be so insidious as jealousy. When one sees a person more powerful or more knowledgeable, or with greater reputation or more wealth, or more beauty or even wearing better clothes, one is afflicted with jealousy.

One finds it difficult to acknowledge and accept the situation. One's mind seeks means to demean him and lower him in the estimation of people.

Such propensities and evil tendencies should never strike root in the minds of students and the educated.

These should not pollute their character.

-----oOo-----

The attachment to sensual objects and to the pleasures they give is the soot that clings to the inside of the chimney. Clean the chimney daily by reciting the Lord's name and your lamp will shine for you and others. For spiritual discipline, have good activities and companions. Proper atmosphere is very essential for the aspirant. *(Sai Baba)*

Every living being in this world is knowingly or unknowingly on a spiritual pilgrimage (SSB)



BMS-IHF complies with the new Consumer Protection Regulations 26.5.08

Our members strictly abide by BAHA

Code of Conduct (updated 11/08)

& No.1 Standards in UK

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

We regret that due to rising costs, it became necessary to increase your **subscription to £22. PAYMENT WAS DUE IN FEBRUARY.**

FOR THOSE WHO HAVE NOT RENEWED, YOUR INSURANCE EXPIRED ON 1.4.11

Subscriptions & Fees + Insurance

Now 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.

	<i>Subs</i>	<i>Ins.</i>
Full Contact Healer	£22.00 + £4.89	
Distant Healer	£22.00 + £4.89	
Trainee Contact Healer	£22.00 + £4.89	
Trainee Distant Healer	£22.00 + £4.89	
Practitioner/Therapist	£22.00 + Own ins	
Friend Member	£10	Nil ins.
Initial Registration	£8	

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