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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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Link 43, page 1

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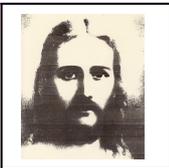
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Accounts Independent
Examiner: To be advised



If one of you wants to be great, he must be the servant of the rest; and if one of you wants to be first; he must be your slave like the Son of Man, who did not come to be served, but to serve and give His life to redeem many people.

(Jesus)

THE COSMIC PRESENCE

To train ourselves to be practical mystics in the marketplace of life, we need to constantly remember that we are part of the Cosmic Presence of God. Every day, we need to pray to and meditate on that Presence within our heart centre. This does not mean that we become too holy, too special, also that we do not try to convert everyone else to our beliefs, unless they are ready and want to know. Humanity is now in a transition from the old age of Pisces into the new age of Aquarius. This means we must leave the old ways behind us, live in the now and prepare for the future.

The earth consciousness within us has come through the mineral, vegetable and animal kingdoms. It evolved over billions of years until it was refined enough to become a new species, enabling the higher consciousness of the kingdom of humanity to enter in. That cosmic gift also enabled awareness of the fourth dimensional psychic world to be available to humanity.

Many people today are confused, and nearly the whole world is disturbed and in turmoil, as humanity gives birth to the even higher fifth dimensional consciousness now flooding in, which will take all those who make themselves ready, into direct intuitional contact with the next higher worlds. There is even more to come in future times when humanity is ready to become more Godlike. The animals live in the freedom OF the senses – humanity has to overcome this and live in freedom FROM the senses. Whilst the senses have their essential and obvious tasks, humanity is intended to control them in a reasonable way and not to be ruled by the appetites. Humanity has been given free choice and spiritual awareness. The animal kingdom does not have this.

However, the animal kingdom does display love and protection, especially to its young. The animals who live close to us domestically, gradually change over long periods, until they too can evolve into a higher state of consciousness in future births. Consciousness moves ever onwards and upwards.

As we humans move through many successive lives, we have the opportunity to evolve into higher and higher communication with supremely evolved states of consciousness, such as Unconditional Love (as displayed by Jesus, Sai Baba and others) Peace, Harmony, Balance, etc. As we do this, the light of our Soul Body (aura) becomes lighter and clearer as the higher alchemy becomes more and more part of us.

God is not in some far away sphere, God is in us and we are in God. All is One! Those of us who work as healers and complementary therapists, need to be constantly aware of the need for inner and outer purity, etc., so that our inner God light can re-ignite the light in those who seek our help. All healing, whether it be complementary or what is currently known as orthodox, has to reconnect the other person with their own self-healing regenerative light and power within themselves. These things take time, because past memories, thinking and entrenched patterns of behaviour have to be cleared.

Then the creative and re-creative power streams into life, into all cells and atoms and spreading out into all dimensions of the Cosmos, enabling imperfection to become the ever-evolving perfection we call God.

Our human lives are like waves coming from the sea, onto the shore and then returning to the sea, only to return again and again.....Creation has never stopped.

(William)

Man can realize his mission on earth only when he knows himself as Divine and when he reveres all others as Divine. And, man has to worship God in the form of Man. God appears before him as a blind beggar, and idiot, a leper, a child, a decrepit old man, criminal or madman. You must see even behind those veils, the Divine Embodiment of Love, Power and Wisdom, the Sai and worship Him through Service.



We meet nearly every Monday at 7.30 pm (except bank holiday periods) For dates see BMSI News 'HEALING FOR EVERYONE' public meetings in the Friends Meeting House (FMH) Worthing Road Horsham RH12 1SL

Contact:

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01403 255 025 or
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For training, please contact William

We hope you will attend our Easter Meditation and Party in FMH as above, on Monday 2.4.12 at 7.30 pm.

PLEASE SEE IMPORTANT NOTICE ON PAGE 2..

ANNOUNCEMENT

Due to pressure of work, Nicola Shute has resigned as Treasurer.

We thank her very much indeed for her dedicated work.

For the time being, William will take her place.

Man, it is said, is a monkey that has lost his tail. Well, he must lose many more attributes of the monkey before he is entitled to call himself man. He must dedicate his thoughts, words and deeds to God, and surrender to His Will, then only is this animal entitled to become a man. in whom the Divine is enshrined.
(Sri Sathya Sai Baba) (Sivarathri 690)



SERVICE opens the eyes of man to the comprehensive unity of creation.

The easiest and most fruitful expression of Dharma (right living) today consists of doing service as worship to the Divine around you.

Dedicate all your skills, talents, wealth and scholarship to the living embodiments of Divinity around you.

That is the power of right activity (Dharma Shakti) which can draw Grace upon you.
(Sri Sathya Sai Baba)

Swami left His physical body on Easter Sunday 24.4.11, at 7.40 a.m.

THE DISAPPEARING PLACE

SOMETIMES when the air was very warm and moist the whole of the woods disappeared. A fine white vapour clung to every branch and tree trunk. The mist grew more and more dense. Rabbits could not even see their paws and birds stayed in their nests for fear of being lost.

Soon the woods were no place at all and HUSH fell over everything, just like the mist. There was nowhere to go, for all paths had ceased to be. Deer were stranded and squirrels stuck. And whereas before, everything had belonged to every other thing, there was simply nothing to hold on to. The woods had been stolen, moved to the Disappearing Place. If the mist came suddenly, or was just there early in the morning, and you awoke to find yourself lost, the best thing was to stay absolutely still and not to try and find what you were looking for or hoping to reach.

Sometimes at the beginning or near the end of the yearly cycle the mist wouldn't clear all day. Then you had to go very slowly indeed. Sometimes the mist took everything, so there was no way of knowing North, South, West or East, or where the Moon or the Sun was.

Sometimes the Sun rapidly melted the mist and the woods came back from the Disappearing Place almost instantly and couldn't recall where they had been hiding – just like a dream that slips away. This usually happened in spring when everything was beginning to wake up.

At other times the mist left slowly and unwillingly, clinging to damp bark, dancing with patches of itself in the spaces between trees, scattering tiny silver beads on the long grass and in spiders webs. There was a musky fragrance in the air. Everything began to breathe more slowly as the cycle drew nearer to its close and the winter sleep.

Then the woods would disappear for days on end. But when they returned with the help of the mellow Autumn Sun, late in the morning, they were even more beautiful than before and dressed in dazzling gold.
(Christine Day © 2011)

**IMPORTANT NOTICE:
BMS-IHF ANNUAL GENERAL MEETING
WILL TAKE PLACE IN FMH, HORSHAM
(SEE OVER) ON 24.7.12,
WHEN OUR FUTURE WILL BE DISCUSSED.**

INCARNATION

An incarnation is a partial emergence into a denser form. That is, the whole consciousness does not enter into a preconceived state and thus we are evolving on many planes or dimensions at the same time.

The light of God is an ever-extending radiating orb giving forth of itself into celestial space, it is a power force. It is in this constant radiation from the centre of being that life is formed and passes into the many dimensions where the elements are created. It is through the elements of the various spheres of life, that the human Soul eventually passes into its first incarnating experiences.
(Ronald P Beesley)

THE MIND

The sages of yore knew that the mind is an instrument which can bind man or release him from bondage. One has to understand its ways, as well as its potentialities. You must learn how to wield it, rather than yield to it. It is the mind that weaves the pattern called the "P". It constructs notions of pleasure and pain, of joy and grief, and a whole array of urges and impulses. It resists all attempts to escape into the Eternal, the Universal, the Absolute. It protests when the individual is eager to become conscious of his true identity. but when it finds determined opposition to its tactics, it surrenders and disappears.
(SSB 30.3.08 newsletter)

Advice is like snow – the softer it falls, the longer it dwells, and the deeper it sinks into the mind.
(Samuel Taylor Coleridge)

To be born as a human being

is a great fortune. For, man alone can attain the status of the Divine by recognising the reality of his being. No beast or bird can reach that height of realisation.

But, it is tragic that instead of valuing the chance and utilising it, man fritters his years away and dies without attaining the goal. He is disgracing himself and denying his high destiny. A minute's reflection will reveal to him how far he is from attaining the stage of self-realisation. But, what a pity, he does not dedicate his life to the Divine. Instead, he is caught up in the vain pursuit of comforts and cosy living.
(SSB Thought for the Day, 30.3.08)

Sometimes people think that when they meditate, there should be no thoughts and emotions at all. Nothing could be further from the truth. As long as you have a mind, you will have thoughts and emotions.
(Sogyal Rinpoche, Glimpse After Glimpse, ISBN 0 7126 6237)

**SSB: 3 Essential Human Values:
Develop Purity, Patience and Perseverance**

**FOR THOSE WHO DO NOT
RENEW BY 1.4.12, YOUR
INSURANCE WILL EXPIRE.**

With apologies for late notice, due to illness. William, 1.3.12.

**Subscriptions & Fees + Insurance
Now due 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	£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.**

**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**