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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

AUTUMN 2012

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ONE VACANCY

Training Advisors

Ms Kirsty von Bock

Mrs Diane Clarke

Accounts Independent

Examiner: To be advised

Nominations sought

for

3 vacancies as above.



But I tell you who hear me: **Love your enemies**, do good to those who hate you, bless those who curse you and pray for those who ill-treat you. If anyone hits you on one cheek, let him hit the other one too. If someone takes your coat, let him have your shirt as well. (Jesus)

TAKING THE HARD WAY:

Let us turn our thoughts to the eternal, to the original creative force, to the energy we call God, which created all that we can see, hear, feel or touch. This force, also known as the Absolute, is the creator of all nature – the flowers in spring, the warmth of a summer day, the cooler winds of autumn, the harvest and then the long winter evenings.

We need to remember that we have not only a physical body and its life, but also that we have many layers of invisible bodies like the prismic effect of a rainbow, all going on at the same time. Our Soul lives on many levels, depending upon the unique and historic route of our previous lives. There is one continuity of consciousness from the past, present and into the unknown and ever-expanding future of the vast and glorious cosmos of which we are an essential ingredient.

As we think, so we too create – because all is ONE.

When we are joyful or sad from whence does it emanate? When we are behaving irresponsibly, our Soul can be crying out in agony.....

When we are in a state of conflict, where is it coming from? What is life trying to tell us? How are we going to respond when life circumstances around us indicate that change is needed? Seasons come and seasons and eras go, like clouds passing across the sky and then disappearing. The sky remains unchanged, as does the Divine Presence in our heart centre, the Watcher, our voice of Conscience within. Consciousness is what is happening outside.

We have many aspects and personalities from our previous lives and so our reactions are sometimes unexpected and unpredictable, which can cause confusion to others around us. When we react, it can be helpful to ask ourselves "As my Creator is within me, is this the correct reaction? Am I facing the Truth, am I trying to protect myself and/or those around me? Am I trying to show others where their thinking is muddled, perhaps because they lack full information?"

Each one of us is a magnetic being and we are surrounded by an ocean of magnetic frequencies. We attract to ourselves that which we must deal with each day – decisions, decisions, decisions, that can change the course of not only our own life, but also the lives of others. As the years go by, we learn to choose more wisely. Yet somehow, the more we know, the more we seem to be tested! Often, others will not understand us and the situation we are in can be too complicated to explain, especially to other minds that are not yet ready. So we can feel very alone, so that all we can do is to turn to our own inner Self – or to those who watch over us from the higher spheres.

Through meditation, we can link to the Creative sources and ask them to come close, to inspire and show us the way. More and more, the seeker of truth, the bearer of the light, has to find their own way and allow others to follow when they are ready. In some ways, this makes for a lonely but rewarding life, for we are fulfilling the needs of our soul and finding our destiny. Sometimes, our earth self suffers in order to learn, as we take the hard way and allow everything to work out in Divine right order. May you be helped to find your right way into your future, may you find not only your own inner strength, but also the ever present God within your heart. **Self Realisation!** (William)

DO YOU SEE THE PARALLELS IN THE TEACHINGS OF SAI BABA AND JESUS?

The path of love is the only path to God. Love is God.

Live in Love, all is right. Let others live in Love.

Love lives by giving and forgiving.

Self lives by getting and forgetting.

Love is selflessness and self is lovelessness.

Love is everything - this should be your approach to the Lord.

(Sri Sathya Sai Baba)



We meet nearly every Monday in BMSI Centre at 7.30 pm (except bank holiday periods) for training, Tel: William Lambert 01403 255 025 or Maggie Walton-Thenet 01403 241 894 See BMSI News.

IMPORTANT:
'HEALING FOR EVERYONE' public meetings, Friends Meeting House (FMH) Worthing Road Horsham RH12 1SL **ARE HEREBY CANCELLED.** With apologies for any inconvenience caused



We hope you will attend our **CHRISTMAS Lunch at Stooks Restaurant, Newbridge Nurseries, Broadbridge Heath, SATURDAY 1ST DECEMBER 2012, AT NOON FOR 12.30 – 2.30 p.m.**

Please contact: Valerie 01403 783255 or Jenny Jones on 01403 266 800 or William A/A SEE FLYER

See God in everyone, even in persons you regard as your enemies.

Practise that broad, inclusive type of love. (Sri Sathya Sai Baba)



To be born as a human being is a great piece of luck. For human beings alone can attain the status of the Divine by recognising the reality of one's being. No beast or bird can reach that height of realisation. It would be very tragic if instead of valuing the chance and utilizing it, it is frittered here and there and dies without realising the inner light. You are born as a consequence of the activities you were engaged in, during your past births.

Understand that in spiritual matters, faith is the basic requisite for progress. Your faith must be guarded carefully. Yield to the Lord, who is more kin to you than your own parents. Yield to no other. Do not allow your faith to falter with every passing gust of wind. **Your duty is to carry on your spiritual practices,** undisturbed by what others may say, holding fast to the crucible of your own experience.

*(Divine Discourse
by Sai Baba,
May 23 1966)*

NOBLESSE OBLIGE

Have you thought what the Ascension really means to you?

Are you alone in your thoughts and aspirations or are you blessed with like-minded folks with whom you are able to share your innermost feelings about the Ascension process, and what it means not only to you but to the whole human race?

I sincerely hope it is the latter, for in the process of that sharing, you will surely come to the realisation of the responsibility that goes along with any aspiration and subsequent advancement that you may achieve.

Noblesse Oblige is as true today as when the phrase was coined to imply that rank, of the upper classes, imposes obligations along with the privilege. In fact, I would go as far as to say, that even more so today when we are working towards a more even society, where the rights of all are of paramount importance. Those of us who are way showers must hold a hand out in front to point the way and hold out a hand behind to invite and help others to follow.

My heart goes out to those who have no goal to point to and feel no responsibility to help others on their way. I pray that all may have the goal that I enjoy, which is to express something far beyond my present comprehension, but which I understand as a more enhanced expression of consciousness.

In so doing, I look forward to the expression of unconditional love, so hard for us to realize in form, but which I have no doubt will become a level of consciousness that is complete happiness enjoyed by all.

Some have indeed managed this transformation in this life and many of us work towards that as our terrestrial transition.

We all assume responsibilities, to loved ones, family and friends and to the community to greater or lesser degrees, according to our own sense of duty or community spirit. Some of us offer physical, on the ground help, to communities worse off than our own and we support charities whenever we can. I see a void in the lives of those who feel lost, possibly with no job and with no feeling of responsibility. My heart goes out to them, hoping they will find the community they need.

Others have a narrowly defined focus of responsibility, often behind the scenes, but nevertheless essential to mankind, but more importantly to the growth of the individual Soul.

So where does your responsibility lie?

With Love, Hanukah *(contributed by David Tenneson)*

IMPORTANT NOTICE: BMS-IHF ANNUAL GENERAL MEETING TOOK PLACE IN FMH, HORSHAM ON 24.7.12. THERE IT WAS DECIDED THAT THE TIME HAD COME WHEN, AFTER OVER 30 YEARS, THE REGULAR MONDAY EVENING MEETINGS IN FMH SHOULD BE DISCONTINUED.

FOR THOSE WHO HAVE NOT RENEWED BY 1.4.12, YOUR INSURANCE HAS EXPIRED

Subscriptions + Insurance were due 1st April.

If not paid, it is illegal to display a BMS-IHF certificate

	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 BAH 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. BAH, UKH or CHO..

BMS-IHF Registration Number is PZ656262X

BMSI Registration Number is PZ6562587

Please visit our websites for links to our German and other healing organisations' activities:

www.bmsihf.co.uk & www.bmsi-eu.net

Are you in harmony with all life? Do you feel at one with all those souls around you, and at peace? Are you part of the chaos and confusion in the world at this time, or is your life part of the answer to world problems?

There can be no sitting on the fence at this time. You are either working for the light or you are not; the choice is in your hands. You are either with Me or against Me. Your faith and belief cannot be lukewarm or half-hearted. It must be whole-hearted or not at all. I need you aflame, on fire with love for Me, completely dedicated to Me and to My work, willing to do My will no matter what the cost. I ask for all, and only when all is given will you receive all. Nothing shall be withheld from you, and you will know that all I have is yours. *(Eileen Caddy)*

DESIDERATA: Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons, speak your truth quietly and clearly; and listen to others even the dull and ignorant; they too have their story. Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive him to be, and whatever your labours and aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery and broken dreams it is still a beautiful world. Be careful. Strive to be happy.

(Max Erhmann)

A FEW FUNNIES:

If 31 = thirty-one ; and 21 = twenty-one, why doesn't 11 = onety-one?

ANSWERS FROM YOUNG STUDENTS

Why did God make mothers? She's the only one who knows where the scotch tape is!

How did God make mothers? Magic , plus super powers and a lot of string.

What ingredients are mothers made of?

Clouds and angel hair and everything nice in the world – plus one dab of mean!

Why did your mum marry your dad?

My grandma says that Mum did not have her thinking cap on. But my dad makes the best spaghetti in the world and my mum eats a lot. She's got too old to do anything else with him.

What would it take to make your mum perfect?

On the inside, she's already perfect. Outside, I think some sort of plastic surgery!