



# the LINK the LINK

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 2013**

**Link 49, page 1**

### HONORARY TRUSTEES:

Chairman & Editor  
**Mr William Lambert**  
PO Box 134, Horsham  
West Sussex, RH13 5FG UK  
Phone: (0) 1403 255 025  
Email: [wilambert.bmsi@tiscali.co.uk](mailto:wilambert.bmsi@tiscali.co.uk)  
websites:  
[www.bmsihf.co.uk](http://www.bmsihf.co.uk)  
[www.bmsi-eu.net](http://www.bmsi-eu.net)  
ALL UK CORRESPONDENCE  
TO PO BOX 134, HORSHAM  
WEST SUSSEX, RH13 5FG, UK  
Hon. Secretary & Cancer  
Support Coordinator:  
**Mrs Angela Savage**  
Phone: (0) 1403 864 110  
Email: [angescorpio@aol.com](mailto:angescorpio@aol.com)  
Membership Secretary,  
Healer Referral, Database &  
Website:  
Mr Simon Blackwell (USA)  
Email: [simon@pdispirit.com](mailto:simon@pdispirit.com)  
Treasurer - **VACANT**  
Subscriptions & Minutes Sec:  
Ms Catherine Evans,  
Phone: (0)1825 723 173  
Councillors:  
Mrs Valerie Jennings  
Phone: (0) 1403 783 255  
Mrs Jennifer Jones  
Phone: (0) 1403 266 800  
Mrs Nicola Shute  
Phone: (0)1403 267 799  
Co-opted Mentor – Horsham area  
Marianne Dyer Phone 01403 822 811  
Co-councillor & BMSI Trainer  
**Mr. Alan Carter, Leader,  
Glastonbury,**  
Phone 01458 837 800  
e-mail: [a.carter4@btinternet.com](mailto:a.carter4@btinternet.com)  
Training Advisors  
Ms Kirsty von Bock  
Mrs Diane Clarke  
Accounts Independent  
Examiner: To be advised.

**“I don’t know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.”**  
*(Albert Schweitzer)*



**“Do you believe that I can heal you? Let it happen then, just as you believe!”**

**“What you believe, will be done for you.”**

**“Get up and go, your faith has made you well”**  
*(Jesus)*

**TRUTH, CHALLENGE AND CHANGE**  
What is Truth? How clearly do we face it? How often do we try to evade it?  
How often are we unwilling to recognise it?  
When we cannot face the reality of a situation,  
do we prefer to stay in a state of illusion?

There are times in all of our lives when the truth of a difficult situation becomes clear, but can be too hurtful to ourselves and others, to face up to it. We need to retire to our secret place, and meditate:

We came from the stars and are star people, we are the micro-cosmos of the macro-cosmos, and for thousands of years we have been travelling through space and time, through many forms of life until our consciousness could leap and become a human being, and after many human lifetimes, to become more spiritually developed, following the example of the great ones who have shown us the way. How far have we travelled?

Where am I now? Where have I been and what have I done? Why have I come to the earth? What are the truths about my life now?

In using our free choice, have we faced up to our responsibilities? Have things become so difficult that we have had to make big changes? Will anyone be hurt? We must face the challenges, for it is in this way that we grow.  
Whenever we begin a new phase in life, we need to accept the challenge of letting the old one go, to make space for the new life. Often, the challenge to release the past brings pain.

Yet, whenever we take the hard way, we grow spiritually. We come into a better state of understanding, of God, creation, and the universal energies of love and light. The love that holds all things together and the light of truth that comes in, to give new birth.  
Change threatens our survival instinct and we can feel anxious and frightened. We ask, “Will I be able to do this new task?”, “Will I make a success of a new relationship?”

Not only do we have our own problems, but the whole world is becoming one mixed race in which Love, Light and Unity must come together. To achieve unity, the ideas of East and West need to be married. There is one golden thread of Truth through all religions, there is but one God, who does not say, “I was”, nor “I will be” – but does say, “I am that I am!”

Our own lives and challenges are so small in this overall vast complexity.

Let the waters of life flow through, to cleanse, refresh and renew your faith and understanding of Truth, right living, non-violence and peace.

*(William)*

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



**“Let your faith be firm. If faith is one continuous stream, Grace too will be showered upon you in one full continuous stream.”**

**“When the TRUTH is known, faith is rendered firm.”**

*(Sri Sathya Sai Baba)*

**ANNOUNCEMENTS**  
**Administration:**  
contact **William Lambert**, see Trustees column

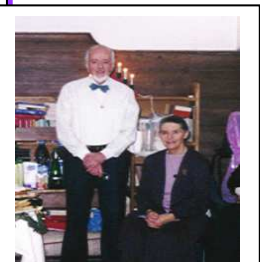
**William has now retired from Healing Training**

**TRAINING:**  
**FOR HORSHAM & DISTRICT:**  
**ANGELA SAVAGE.**  
**FOR GLASTONBURY & DISTRICT:**  
**ALAN CARTER**  
**(DETAILS ARE IN TRUSTEES COLUMN)**



**We hope you will attend our CHRISTMAS Lunch at Stooks Restaurant, Newbridge Nurseries, Broadbridge Heath, SATURDAY 7<sup>th</sup> DECEMBER 2013, AT NOON FOR 12.30 – 2.30 p.m.**

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



**May All Blessings be upon you and your work, as you approach another Christmas and New Year.**



**What exactly is Truth?**

Is it the description of a 'thing seen' as one has seen it, without exaggeration or under-statement? NO.

Or, the narration of an incident in the same word as one has heard it narrated? NO.

Truth elevates; it holds forth ideals; it inspires the individual and society.

It is the Light that illuminates one's path to God.

A life inspired by Truth will enable man to live as man – not degrade oneself to the status of a lower species.

There is God everywhere and there is no second entity.

God is the Truth, the only Truth.

God is in every article or thing, as the basis, as understanding and understandability, as the source of Divine Light, as Atma.

Truth is the One Awareness, the One Divine Energy that activates every living being, nay every particle of matter.

**WHAT IS AN AVATAR?  
An Avatar is an unfathomable source of spiritual energy.**

Making Himself as the centre, He creates a field of spiritual energy and draws everyone towards it. Anyone who is drawn into this field by the Divine Will experiences enlightenment and freedom from worldly and mundane desires and merges in the Divine Love.

**AN AVATAR SETS GREAT IDEALS**

The impact and work of the Avatar will be unfolded in great magnitude and extensively when the Avatar leaves the physical frame.

The purpose of the physical manifestation is to exhibit to humanity a worshipful human form, to establish ideals for the living beings and to give a new message of hope in the contemporary context and requirements, which are geared to the mind-set of that Age.

If the Avatar possessed only non-human elements, then His life could not be an example for lesser mortals. This is exemplified by the oft-repeated statement of Sai Baba in His Discourses "My Life is My Message".

The message of the Avatar turns people away from their unfulfilled worldly desires and draws them to a particular spiritual centre.

The real mission of the Avatar begins only when He starts drawing people into His fold. The Avatar is like a powerful Beacon of Light which illumines our intellect to enable us to see the Truth in right perspective.

The Avatar will switch over from the divine to the human, or the human to the divine, at His Will, just like the wave-particle duality of matter.

It will be very difficult to discern His form.

It will turn out to be a great blunder on the part of any devotee if he /she visualises the Avatar just by the day-to-day mundane life and activities, without taking into cognisance His infinite dimension.

*(Prof.J.Shasidhara Prasad)  
Sanathana Sarathi, March 2013*

**The strong, calm person is always revered,  
He is like a shade-giving tree in a thirsty land,  
Or a sheltering rock in a stream.**

*(James Allen. 1864-1912)*

**What is deep within you is reflected without.**

When there is order, harmony, beauty and peace within, it will be reflected in everything you do, say and think.

Whereas if there is confusion, disorder and disharmony within, it cannot be hidden, but will be reflected in your whole life and living.

When change comes, it has to start from within and work out. Then it will be lasting, and nothing will be able to throw it off balance.

**Do not sit back and expect your life to change, but get into action and do something about it.**

You can start right now by working on your own inner state. You do not have to wait for anyone else to change; you can do your own changing without any further delay.

Give constant thanks that you are able to do something about it without any hold-ups. **If there are any hold-ups, they are within you.**

**Therefore, you are the one who can do something about them.**

*(Eileen Caddy, Opening Doors Within, Oct.10, ISBN 0-905249-66-6)*

**DESTINY**

**God has arranged all things in this universe.** and has appointed the time for the rising and the setting of the sun, and for the ebb and flow of the tides.

He has also appointed the time you should be in this world. He has selected the parents and duties that shall be yours.

Whatever your present capacities or present opportunities for service, God's plan for you is far more important than you now realize.

His plan for your life is to be a happy, healthy expression for the good of all.

**So any work** in which you have a natural sense of harmony with others, and which gives you joy, **is yours to do now.**

**The essential purpose of life is to keep in touch with the Father** and to allow the divinity that is in you, to manifest. When a man or woman is attuned to God's will he is irresistible, no matter what duties he performs.

**Never did the world so need men and women with this cosmic sense of destiny.**  
*(Glenn Clarke. "Windows of Heaven")*

**When we have prayed and aspired and hungered for Truth for a long time,** for many, many lives and when our karma has become sufficiently purified, a kind of miracle takes place. And this miracle, if we can understand and use it, can lead to the ending of ignorance for ever.

**The inner teacher,** who has been with us always, manifests of the form of the "outer teacher", who, almost as if by magic, we actually encounter.

**This is the most important encounter of any lifetime.**

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

**FOR THOSE WHO HAVE NOT RENEWED BY 1.4.13, YOUR MEMBERSHIP & INSURANCE HAVE EXPIRED. WE HOPE YOU WILL RENEW!**

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 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, 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](http://www.bmsihf.co.uk) & [www.bmsi-eu.net](http://www.bmsi-eu.net)