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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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SPIRITUAL HEALING

We are all in one great ocean of consciousness and all belong to and are part of each other. We are in God and God is in us. In our individual memory is all the history of the unique path we have passed through. That memory belongs to this one lifetime now, yet it contains memories of many previous lives, a spiritual plan for this current life plus an evolving plan for the future. In our current memory, there are both good and a few bad things that we are still working upon. It is these weak points that we are here to work upon now. So study your reactions, which are caused by your inner attitudes, which are in a process of evolvment and improvement. Spiritual Healing reaches into these deep things, we are not so much concerned with the outer symptoms manifesting in the physical self, but seek to reach into the whole person including the invisible self from whence the spiritual healing takes place. Improvement in the inner cause can then favourably affect the outer manifestations. Many people forget why they have come back to the Earth and where they have come from. The earth life is said to be unreality because it passes away. The real Self is the invisible Soul and Spirit which are indestructible, but which ultimately blend back into God. You will know that if the programming and information we put into a computer are wrong, then incorrect results come out. The Spiritual Healer has to reach into the memory banks of the patient and try to re-programme what has gone wrong. So the healer trains in meditation and attunement, in order to reach into the patient's memory banks, contained in the colours and vibrations of the Soul or Light Body, which can be seen and felt, in what is also known as the Aura. There we can feel and see into the past and glimpse the future, in order to heal the Now, where past, present and future are all One. What can be achieved depends upon the spiritual attunement and quality of the healer's personal development so far and so what s/he can channel – plus also the patient's readiness to be healed and what is for their highest good. There are always lessons to be learned and appetites to be satisfied before we can move on. So it is a case of one day at a time, one stepping stone at a time, to overcome the boulders which seem to obstruct our path. This calls for patience, flexibility and change, moving onwards and upwards within evolution. It is said that whenever a leaf falls from a tree, it is known within the mind of God. So as healers and patients change and improve, avoiding conflict, noise and pollution, so the overall great ocean of consciousness is also enhanced, for the ultimate benefit of all life. In this way, we can assist in the enormous current change from the 2000 year Age of Pisces brought in by Jesus, and into the Age of Aquarius, being ushered in by the three incarnations of Shirdi Sai, Sai Baba and the yet to be announced incarnation of Prema Sai. *(William)*

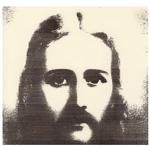
DO YOU SEE THE PARALLELS IN THE TEACHINGS OF SAI BABA AND JESUS?



Service requires regular habits and moderation in food, sleep and exercise. Fasting weakens the intellect and reduces the strength of discrimination.

(Sri Sathya Sai Baba)

Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb.
(Winston Churchill)



And when you fast, do not put on a sad face as the hypocrites do. They neglect their appearance, so that everyone will see that they are fasting. *(Jesus)*

ANNOUNCEMENTS

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

TRAINING:

FOR HORSHAM & DISTRICT:
WILLIAM LAMBERT

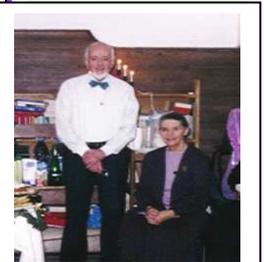
FOR GLASTONBURY & DISTRICT:
ALAN CARTER

FOR CANCER SUPPORT,
CONTACT
ANGELA SAVAGE

(DETAILS ARE IN TRUSTEES COLUMN)

FOR EU PROGRAMME,
CONTACT
BEATRICE WIDDER,
www.bmsi-eu.net

Our Christmas lunch will again take place at Stooks Restaurant, Newbridge Nurseries, Broadbridge Heath RH12 3LN on 7.12.13, when we shall also welcome our Glastonbury Group.



With apologies that this Link 50 is arriving late, due to William's tremendous work load, current age and resultant health problems.



What should we do to avoid evil and bad thoughts?

Sai Baba explains why it is very important to be careful what we eat.

At times, to get more protein and strength, you may be recommended to consume animal foods like fish and poultry. Consuming non-vegetarian food is not required and you must avoid it. A healthy balanced diet of greens, milk, curds and grains will provide you with all required nourishment. There is a close relationship between your food, head and God. Animal foods will let you develop animal traits. Some ask, do not plants have life and will they not suffer when we cut and cook them? All plants and vegetables have life, but lack the senses, just like a patient who is given anaesthesia during an operation lacks the awareness and pain of the doctor's cuts and stitches. However, animals have senses and when we cut them, they suffer intensely. To avoid bad thoughts, do not take excessive food, or that which is earned by unrighteous means, or non-vegetarian diet or food that is not offered to God.

LIVE IN THE "NOW"

It isn't the great pleasures that count the most, it's making a great deal out of the little ones.

I've discovered the true secret of happiness, and that is to live in the Now.

Not to be forever regretting the past, nor anticipating the future; but to get the most you can out of this very instant.

It's like farming; you can have extensive farming and intensive farming; well, I'm going to have intensive living after this. I am going to know I am enjoying it whilst I'm enjoying it.

Most people don't live, they just race. They are trying to reach some goal far away on the horizon, and in the heat of the going, they get so breathless and panting that they lose all sight of the beautiful country they are passing through.

Then the first thing they know, they are old and worn out, and it doesn't make any difference whether they have reached the goal or not.

**I've decided to sit down by the way
And pile up a lot of little happinesses.**

(Author unknown)

There is more to faith than sitting back and leaving everything to Me.

You have your part to play, for 'according to your faith, be it unto you'. When your complete faith and trust are in Me, then anything is possible. Live by faith and demonstrate My laws for all souls to see.

Let us work as one, live as one, be as one; I in you and you in Me.

When you fully understand that I can do anything, then you realize that you can do anything, for I AM working in and through you.

Nothing will get done unless you take the action and do it!

I AM within you and you are My hands and feet.

Dedicate those hands and feet to Me and to My service, so that there is nothing to hold up the work and everything runs smoothly. See that you work in perfect harmony and rhythm with My laws, and behold wonder upon wonder come about; and give eternal thanks for everything.

(Eileen Caddy, Opening Doors Within, Oct.31. ISBN 0-905249-66-6)

Sometimes when we see too much truth about ourselves suddenly mirrored in front of us by the teacher or the teachings, it is simply too difficult to face, too terrifying to recognise, too painful to accept as the reality about ourselves. We deny and reject it, in an absurd and desperate attempt to defend ourselves from ourselves, from the truth of who we really are. And when there are things too powerful or too difficult to accept about ourselves, we project them onto the world around us,, usually onto those who help us and love us the most – our teacher, the teachings, our parent or our closest friend.

How can we possibly penetrate the tough shield of this defensive system? The very best solution is when we can recognise ourselves that we are living duped by our own delusions. I have seen how for many people a glimpse of the truth, the true View, can bring the whole fantastic construction of wrong views, fabricated by ignorance, tumbling instantly to the ground.

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

"The intuitive mind is a sacred gift and the rational mind is a faithful servant.

We have created a society that honours the servant and has forgotten the gift"

(Albert Einstein)

Sat – Chit – Ananda

**Sat refers to the Paramatma (Omni-Self)
Chit refers to the Jivatma (the individual soul)
When Sat & Chit come together, there is Ananda
(divine bliss)**

**If Sat and Chit are apart, how can there be bliss?
There can only be sorrow.**

**You must strive for the union of Sat and Chit.
You can have light only when the current is switched
on to the bulb.**

(Sri Sathya Sai Baba)

**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

**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.**