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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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Examiner: To be advised.

**Our EASTER
MEDITATION &
PARTY:
TUESDAY Evening
22nd April 2014
7.30 – 9 pm**

**Friends Meeting House,
Worthing Road,
Horsham,
RH12 1 SL**

**Contacts: 01403
Jenny Jones 266 800
Valerie Jennings 783 255
Or William 255 025**



Not everyone who calls me
“Lord, Lord” will enter the
kingdom of heaven, but
only those who do what my
Father in heaven wants
them to do. *(Jesus)*

THE INVITATION

It doesn't interest me what you do for a living.
I want to know what you ache for
and if you dare to dream of meeting your heart's longing.
It doesn't interest me how old you are.
I want to know if you will risk looking like a fool
for love, for your dreams, for the adventure of being alive.
It doesn't interest me what planets are squaring to your moon.
I want to know if you have touched the centre of your own sorrow.
If you have opened to life's betrayals
or have become shrivelled and closed from fear of further pain.
I want to know if you can sit with pain, mine or your own,
without having to hide it, or fade it, or fix it.
I want to know if you can be with joy, mine or your own,
if you can dance with wildness and let ecstasy fill you
to the tips of your fingers and toes without cautioning us to be
careful, realistic or remember the limitations of being human.
It doesn't interest me if the story you are telling is true.
I want to know if you can disappoint another to be true to yourself,
If you can bear the accusation of betrayal
and not betray your soul.
I want to know if you can be faithful and therefore trustworthy.
I want to know if you can see beauty
even when it is not pretty every day
and if you source your life from its presence.
I want to know if you can live with failure, yours and mine,
and still stand on the edge of the lake
and shout in the silver of the full moon “yes”.
It doesn't interest me to know where you live
or how much money you have.
I want to know if you can get up after a night of grief and despair,
weary and bruised to the bone
and do what needs to be done for the children.
It doesn't interest me who you know or how you came to be here.
I want to know if you will stand with me in the centre of the fire
and not shrink back.
I want to know what sustains you from the inside
when all else falls away.
I want to know if you can be alone with yourself and if you truly like
the company you keep in the empty moments.

(Oriah Mountain Dreamer, Indian Elder, 1994)

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



You claim to be a devotee and declare yourself as such when
you speak; but unless your egoism has gone and you love all
equally, the Lord will not acknowledge your Devotion.

(Sri Sathya Sai Baba)

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

TRAINING:
**FOR HORSHAM &
DISTRICT:**
**WILLIAM
LAMBERT**

**GLASTONBURY &
DISTRICT:**
ALAN CARTER

**FOR CANCER
SUPPORT,**
ANGELA SAVAGE

**(DETAILS ARE IN
TRUSTEES
COLUMN)**

**FOR EU
PROGRAMME,
CONTACT
BEATRICE WIDDER,**

www.bmsi-eu.net

HORSHAM AGM:

Tuesday 22.7.14

7.30 pm

**Friends Meeting
House**

**Our summer Lunch
will again take place
at 12 noon Stocks**

Restaurant,

Newbridge

Nurseries,

**Broadbridge Heath
RH12 3LN**

on Sunday 22.6.14,

Please contact:

Jenny Jones on

01403 266 800, or

Valerie 01403 783 255

or William

01403 255 025



**Those who have gone through pain and suffering, can understand and sympathise
with those who are in pain and those who suffer. *(Sri Sathya Sai Baba)***



MEDITATION

is a process that takes place beyond the senses.

Consider a rose plant with branches, leaves, flowers and thorns.

Locating a rose plant with a flower in a garden requires concentration.

Once we have concentrated and identified the flower, the next stage is to carefully pluck it without the thorns.

This is contemplation. Love is the flower, lust is the thorn.

Having plucked the flower, what do we do with it? We must offer it to the Lord.

Thus, meditation means offering the flower of love to the Divine.

In the rose plant of our body, there is the rose of pure and sacred love, emitting the fragrance of good qualities.

Below the rose, however, there are thorns in the form of sensual desires.

The purpose of this life and meditation is to separate the rose of selfless Love from the senses and offer it to the Lord.

(Sri Sathya Sai Baba)

The robes that I have left amidst you....I shall return to wear them once again. You are to await My return in the silence of complete surrender. Those that shall live the righteous way shall, with their simple devotion, arrive where I shall once again walk the steps of the Guru (spiritual Master) and teach the human mind to touch the light of Supreme consciousness with the fountain of love that pours from within their own hearts.

I have only shed the clothes of My body, but because I have done so, that does not mean that My role has come to an end. The Divine plan can never be known to anyone. Even those that are closest to My physical form know nothing of what I am doing.....and what I am to do. Only I am aware of My Divine Will and I can make it come to truth. No-one else can ever help Me, only I can conduct what I must do. There is no-one that can know or be aware of My next step that I am to take.

With the new clothes (body) that I shall adorn, I shall return to you with the gift of Atmic Jnana.

Even the simplest souls that know not the worldly ways shall receive the ways to Atmic Bliss. The Grace of this Avatar shall be abundantly available to anyone and everyone. The work of the previous Avatar shall continue with great force even though I shall wear the golden and red robe. I shall continue in My Cosmic form to lead the mission of my previous body. I am not present in one particular time and place. I can enter what you call the 'past' and create the present for it. For, I do not travel in the tunnels of time. I am the Universal Self that can make time return to Me as I will, whenever I will....

(Sri Sathya Sai Baba)

(Message claimed to have been received by Seema M Dewan 29.6.12)

Insurers have said that the majority of malpractice claims against members could be nipped in the bud if the client records submitted by therapists in defence of claims, were more complete and accurate. Good record keeping is of vital importance and can benefit everybody.

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 & www.bmsi-eu.net

There are very important lessons which have to be learnt by everyone in this life.

For example, learn to do what has to be done quietly and unobtrusively and without noise or fanfare. Do not sweep such lessons aside, nor think you know all the answers and therefore you do not have to learn such elementary lessons.

Look deep within and let not spiritual pride blind you to your shortcomings, for you cannot be fully used when you allow spiritual pride to stand in the way.

So often pride can prevent you from learning new and vitally important lessons which are waiting to be learnt, and it can stunt your spiritual growth.

There is always something new and wonderful to learn and absorb, and you will only be able to do it when you are willing to keep open and realize your need. Seek to meet that need in true humility and deep gratitude.

You never stop learning in this life.

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

Just as Buddha said:

That of all the buddhas who attained enlightenment, not one accomplished it without relying on the Master. He also said: "It is only through devotion, and devotion alone, that you will realize the absolute truth."

So then, it is essential to know what real devotion is.

It is not mindless adoration; it is not abdication of your responsibility to yourself, nor indiscriminately following of another's personality or whim. Real devotion is an unbroken receptivity to the truth. Real devotion is rooted in an awed and reverent gratitude, but one that is lucid, grounded and intelligent.

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

The following is taken from an adaptation of The Aramaic Prayer of Jesus:

"Oh Creative Breath, Ebbing and flowing through all forms, Empower us with thy creativity And clothe us with royal dignity, So that, fully at one with the vortex of thy desire, sacred action pour forth from us with every breath we release.

Renew in us this day our life-breath, vigour and passion.

For from thy depths, pour forth the way, the life and the splendour. From age to age, it is so.

Amen

(with many thanks to our member Liz Tregoning, who sent this recently on a beautiful Spring greetings card)

FOR THOSE WHO HAVE NOT RENEWED BY 1.4.14, YOUR MEMBERSHIP & INSURANCE HAVE EXPIRED. WE HOPE YOU WILL RENEW!

Subscriptions + Insurance are 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.