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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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Man does not become fully human until he progresses on the spiritual path. **Body-Mind-Spirit** – these three together constitute the man. An animal is concerned primarily with looking after its bodily needs. Man is a superior being as he is bestowed with a mind. Cultivation of the spirit will elevate him to the Divine. Body, Mind and Spirit are intertwined & inter-dependent. Mind and body have to subserve the spirit in achieving awareness of the Divine Atma. (SSB)



(Jesus)

*Happy are the pure in heart;  
They will see God*

Do not make the mistake of imagining that the nature of mind is exclusive only to our minds. It is in fact the nature of everything. It can never be said too often that to realize the nature of mind is to realize the nature of all things. (Sogyal Rinpoche)

### THE NATURE OF BEING

What is the true nature of our being? There are mysteries within mysteries where humanity is concerned. Many people – perhaps the majority – dwell in a state of illusion in which their third dimensional selves and their third dimensional lives are believed to be real. Many people identify solely (and soul lessly) within the little self and live very much according to emotional and instinctual promptings. Yet the Ancient Wisdom teaches us that there is so much more to our essential being than this.

On the third dimensional level we each have a physical body.

This is the self that other people tend to think we are. They look at the 5% of us that represents our present life 3D self and imagine that they know us.

In truth, the essence of our True Self eludes their comprehension. They cannot as yet see beyond what they view at the 3D level.

When we become aware of our Higher Self and of the many lives that have led us to our present stage in evolution, we no longer see ourselves in the light in which many other people see us.

This can lead to suffering for us, because other people in our lives – including often those closest to us – project their own motives and wishes onto us, based on their own 3D level of awareness.

For the most part, we are unable to explain ourselves, for others, even with the best of intentions, would misconstrue our words. It is said that “He who speaks does not know, and he who knows does not speak”.

On the 3D level, we each have an earth mind, in which the Wheel of Consciousness is housed. Our Earth mind is not Earth-bound, for the Wheel of Consciousness enables us to raise our awareness to the level of the 4<sup>th</sup> dimension and beyond. We can then use our higher consciousness of the 4<sup>th</sup> dimension as a bridge into the 5<sup>th</sup> dimension, where our helpers in the higher worlds are to be found. Humanity is coming more into this 5<sup>th</sup> dimension now. When we raise our vibratory level and become impressionable

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



(Sri Sathya Sai Baba)

Purify your hearts, thoughts, feelings, emotions & speech.

Strengthen your nobler impulses.

Then, no panic can unnerve you, nothing can shake your stability.

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

**TRAINING:**  
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**(DETAILS ARE IN TRUSTEES COLUMN)**

**FOR EU PROGRAMME,**  
CONTACT BEATRICE WIDDER,  
[www.bmsi-eu.net](http://www.bmsi-eu.net)

**PLEASE BOOK YOUR SEAT for lunch**

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**Our Christmas Lunch will again take place at 12 noon Stooks Restaurant, Newbridge Nurseries, Broadbridge Heath RH12 3LN on Sunday 7.12.14, Book your seat with Valerie Jennings on 01403 783 255 or William 01403 255 025**

**SEE FLYER**



**Tell me and I forget; Teach me and I remember; Involve me and I'll learn.**  
(Benjamin Franklin)



**The body must be regarded as the basis for spiritual activity. The body is not meant merely to be pampered and kept in comfort. Our mental abilities and talents should not be used only for worldly achievements.**

**Only by seeking spiritual wisdom can man rise above the level of the animal. The animal is concerned only with the present.**

**Man alone can realize that the present is the product of the past and that the future will be determined by what he does in the present. Only if you act rightly in the present, can the future be good.**

**This requires steadfastness and determination to adhere to the path of right living whatever may be the difficulties.**

*(Sri Sathya Sai Baba)*

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become impressionable to progressively purer thought forms, our consciousness can link with the Ascended Masters in the 6<sup>th</sup> dimension and with the Avatars in the 7<sup>th</sup> dimension.

Each one of the rainbow rays is an essential part of the nature of our being. Each ray is a part of God, and each ray is sub-divided thousands of times, to create a subtlety of colour and of associated ideas or numbers that is dazzling in its complexity.

It is within the nature of our being to be granted the creativity with which to become more and more divine, through developing each of the rays within our aura, from the red to the violet. By learning to balance all the colours within our coat of many colours, we bring ourselves into greater harmony with the created world and closer to God.

During meditation, we can colour-breathe to create an energy flow through the chakras, which are linked to the seven rays of manifestation. The current of energy, or prana, that is generated flows through all the chakras equally from the base chakra (red ray) to the crown chakra (violet ray). This colour-breathing technique can help us to clear blockages from the chakras, improving the quality of the etheric bodies, so that as we become more balanced, we can resolve our third dimensional difficulties in a wise and loving way.

**Essentially, the true nature of our being is God.**

God is in all and all is in God, including each one of us. Sai Baba says that we do not know ourselves. Our true nature is Divine. Sai Baba tells us that there is no other place in the Cosmos to compare with the Earth. Souls are queuing up to incarnate, because they understand how much can be achieved on the Earth plane.

**Those people who have chosen to follow the path of service have been led in this direction by their own true inner spiritual nature.**

*The above is based on dictation & teachings recorded by Pamela MacGregor, during William Lambert's International Course II, Horsham. Acknowledgement also to Peter Goldman, Centre of New Directions.*

**BMS-IHF complies with the new Consumer Protection Regulations 26.5.08  
Our members strictly abide by BAH  
Code of Conduct (updated 27.10.12)  
& 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](http://www.bmsihf.co.uk) & [www.bmsi-eu.net](http://www.bmsi-eu.net)

**A MEDITATION**

**on the Nature of Being**

Every structure has an architect, every building has a builder, every creation has a designer and every form of life was conceived, for out of the mystery of eternal birth there flowed the Will of One Supreme, which flew over the space of doubt. There was born a seed indestructible, from the hollowness of time, a long dark tunnel through which a seed should grow, through the soil of the earth, to the air and to the sky, destined to live, to create and to establish the Will of God. There came into being the orderliness of a perfect system, a structure so sound, so pure and so eternal, that it should never fail. It needs obedience, the dedication and the love of many Holy Beings encompassed within the laws, and the mantle of these laws, so that the Will of God should be constant.

*(Ronald Beesley. The Emergence of Cosmic Forces. Galilee Series 5)*

**LIFE EXPERIENCES**

Until you start to put what you are learning into practice, you do not know whether or not it works for you. It may work for others, but what about you? Remember, you cannot bask in somebody else's deep inner spiritual experiences. It helps to read about them, to learn about them, and even to hear and talk about them.

But it is up to you to live them and practise them in your own life if you desire to live in faith. No-one can make you live this life. Every soul is absolutely free to make its own choice. What have you chosen to do? Just sit back and spend the rest of your life listening to other people's experiences?

Or are you going to start right here and now living a life fully dedicated to Me, putting into practice all those wonderful lessons you have been learning, and seeing how they do work?

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

**REBIRTH**

The basis of the concept of rebirth is principally the continuity of consciousness. If you trace our present mind or consciousness back, then you will find that you are tracing the origin of the continuity of mind into an infinite dimension.

It is, as you will see, beginningless.

Therefore, there must be successive rebirths, that allow the continuum of mind to be there.

*(The Dalai Lama)*

May Peace shine into your consciousness!  
*(Liz Tregoning)*

**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.*

**Let me, oh let me, bathe my soul in colours, let me swallow the sunset and drink the rainbow. (Kalil Gibran)**