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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 2015**

**Link 57, page 1**

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Mrs Diane Clarke

**The course WLI/III  
in Vienna in spring  
2016 will be only for  
those who have  
already attended  
courses  
WLI/I and /II**



**Beatrice Widder**  
13.6.1956 – 15.2.15  
*late Leiterin of BMSI-Austria*  
-----o0o-----

*The future of the our  
extensive EU programme  
2015 has still not yet been  
fully rearranged.*  
-----o0o-----

*Meditations are held in  
VIENNA by: Eva Pohn  
& Elisabeth Sonnleitner*

**A course WLI/III is also  
planned for Vienna in Spring  
2016, led by Ulrike  
Weissenbacher**  
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*Weekly meetings are held in  
AUGSBURG/FREIDBURG  
Contact: Anna E Wunsch*

**A course in Spiritual  
Psychotherapy, WLI/I will be  
offered by the AUGSBURG.  
GROUP on 7/8 and 21/22  
November 2015**

**AUGSBURG**  
Course WLI/I 7/8, 21/22 Nov 2015

To be taught by  
Walter Scheiblehuber  
0821-29-72-439  
Edith Schilling plus Jutta Gappa



Walter



Edith



Jutta



Weekly Meetings  
Anna E. Wunsch, AUGSBURG  
0049 – (0)821 – 43 15 00  
[anna-e.wunsch@web.de](mailto:anna-e.wunsch@web.de)

### 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  
[www.bmsi-eu.net](http://www.bmsi-eu.net)

EVA POHN,  
WIEN  
or ANNA  
E. WUNSCH  
AUGSBURG

**Our ANNUAL  
CHRISTMAS  
MEAL**

Will take place  
on SUNDAY  
6.12.15,  
in STOOKS  
RESTAURANT  
RH12 3LN  
CONTACTS:

Valerie Jennings  
or William  
01403 255 025

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



**Happy are you  
poor; the Kingdom  
of God is yours**

(Jesus)



**Riches are a great handicap  
in the path of spiritual  
progress**

(Sri Sathya Sai Baba)



**Our courses continue!**

**Sending you Love, Light and Healing Energies, William**



(Sri Sathya Sai Baba)

*When you have studied so much, you should put it to proper use and get rid of your bad qualities. That is true renunciation.*

*Renunciation does not mean leaving your home, family and property and going to the forest.*

*To give up evil thoughts is true renunciation and true yoga.*

*You should know what yoga really means. It means giving up evil qualities, evil habits and evil thoughts.*

*Then God will come running to you on His own and shower His immense love on you.*

**LITTLE GEMS:**

I stopped explaining myself, when I realized that people only understand from the level of their perception (Spirit Science)

Before everything, getting ready is the secret of success (H.Ford)

Nature does not need people. People need nature. (Deepak Chopra)

The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty. (Anon)

Who are you? ... I am a nameless traveller.  
Where did you come from? ... The stars.  
Why have you come? ... To become more perfect.  
Where are you going? ... Into the future of myself.  
And what are you? I am a microcosmos of the macrocosmos.  
Then you must have a name! ... I AM NO BODY....

**SIR WINSTON CHURCHILL:**

WHEN I survey the scene of my past life as a whole, I have no doubt that I do not wish to live it over again. Happy, vivid, and full of interest as it has been, I do not seek to tread again the toilsome and dangerous path. Not even an opportunity of making a different set of mistakes and experiencing a different set of adventures and successes would lure me. How can I tell that the good fortune which has up to the present attended me with fair constancy would not be lacking at some critical moment in another chain of causation?

Let us be contented with what has happened to us and thankful for all we have been spared. Let us accept the natural order in which we move. Let us reconcile ourselves to the mysterious rhythm of our destinies, such as they must be in this world of space and time.

Let us treasure our joys, but not bewail our sorrows. The glory of light cannot exist without its shadows. Life is a whole, and good and ill, must be accepted together.

**THE DALAI LAMA**

**INSTRUCTIONS FOR LIFE:**

Take into account that great love and great achievements involve great risks.  
When you lose, don't lose the lesson.  
Follow the 3 R's:  
Respect for self, respect for others, Responsibility for all your actions.  
Remember that not getting what you want is sometimes a wonderful stroke of luck.  
Don't let a little dispute injure a great friendship.  
When you realize you've made a mistake, take immediate steps to correct it.  
Spend some time alone every day.  
Open your arms to change but don't let go of your values.  
Remember that silence is sometimes the best answer.  
Live a good, honourable life. Then, when you get older and think back, you'll be able to enjoy it a second time.  
A loving atmosphere in your home is the foundation of your life.  
In disagreements with loved ones, deal only with the current situation, don't bring up the past.  
Share your knowledge, it's a way to achieve immortality.  
Be gentle with the earth.  
Once a year, go to some place you've never been before.  
Remember that the best relationship is one in which your love for each other exceeds your need for each other.  
Judge your success by what you had to give up in order to get it.

“TRAINING” the mind does not in any way mean forcibly subjugating or brainwashing the mind. To train the mind is first to see directly and concretely how the mind functions, a knowledge that you derive from spiritual teachings and through personal experience in meditation practice. Then you use that understanding to tame the mind and work with it skilfully, to make it more and more pliable, so that you can become master of your mind and employ it to its fullest and most beneficial end.

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

**FOR THOSE WHO HAVE NOT RENEWED BY 1.4.15, 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.

BMS-IHF complies with the new Consumer Protection Regulations 26.5.08  
Our members strictly abide by BAHA 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. 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)

The hallmark of Love is selfless service (SSB)