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Quarterly Newsletter  
**Body Mind & Spirit  
International  
Healing Federation**  
[www.bmsihf.co.uk](http://www.bmsihf.co.uk)



BAHA

BMS-IHF is a member of BAHA - British Alliance of Healing Associations, Registered charity No. 284546

**SUMMER 2016**

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**PROCRASTINATE  
NOW  
AND PANIC LATER!**

Only delay work if there  
is no alternative

See Goethe on page 2

### OUR EU COURSES CONTINUE



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### VIENNA

FURTHER COURSES WITH  
ULRIKE ARE BEING PLANNED  
FOR NOVEMBER.

Contact: **Elisabeth Sonnleitner**  
(Can communicate in English)

**0043 -(0)676 324 47 70**

[elisson@chello.at](mailto:elisson@chello.at)

**Meditations VIENNA**

**Eva Pohn &**

**Elisabeth Sonnleitner**

### AUGSBURG

**WLI/II 5/6 & 19/20**

**November Contact:**



**Walter Scheiblhuber**

**0049 - (0)821-29 72 439**

**Weekly meetings are held in  
AUGSBURG/FREIDBURG**

Contact: **Anna E Wunsch**

**0049 - (0)821 - 43 15 00**

### BRUCK/MUR

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### EVOLUTION & THE COSMIC LAWS

We begin to appreciate the very high level of attunement which is needed. To be in obedience to the cosmic laws of Peace, Harmony, Balance, etc., needs personal sacrifice sometimes, of earth pleasures which cannot contain the cosmic laws, which are a higher and finer state of being. The greater the work we have to do, the more we may have to give up. From that state of renunciation or denial, comes the power to do our work.

Through that power that we have become, there can be an automatic flow into our students or patients or clients or children. Even though we may not be able to say anything, we have beamed in a higher vibration to which they will gradually respond.

In distant healing, we work silently from our own home to the home of our patient, until an improvement comes. We may need to send out daily for a long time, before it can be reduced to once per week or so. We send from our higher chakras to theirs to raise up their consciousness. When they are ready, they will respond. They might not accept it if we said anything.

We now have increased our power and must be even more careful what we do with it. Sometimes they will listen more to others than to us. We must not do too much nor interfere. We can only send our quality that flows from us to them. Sometimes they have to go through a bad experience before they are ready to change. We cannot always appreciate the full value of their experiences.

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### ANNOUNCEMENTS

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

FOR  
**HORSHAM &  
DISTRICT  
WILLIAM  
LAMBERT**

GLASTONBURY  
& DISTRICT  
**ALAN CARTER**

CHRISTCHURCH  
GROUP  
**ANGELA SAVAGE**

(DETAILS ARE  
IN TRUSTEES  
COLUMN)

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CONTACT

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125 90 614**

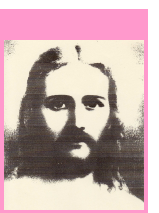
OR **WALTER  
SCHEIBLHUBER**  
**AUGSBURG**  
**0049(0)821  
29 72 439**

Apologies for the lateness of this Link 60, my hip operation was successful but there are other delaying health problems taking up much time since then.



**William, Horsham**

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



**I HAVE NOT COME TO DO  
AWAY WITH THE LAWS &  
THE TEACHINGS OF THE  
PROPHETS, BUT TO MAKE  
THOSE TEACHINGS COME  
TRUE.**

(Jesus)



**I HAVE COME NOT TO  
DISTURB OR DESTROY ANY  
FAITH, BUT TO CONFIRM  
EACH IN HIS OWN FAITH**

(Sai Baba)

The time is always right to do what is right.

(Martin Luther King, Jr.)



*The hopes raised by the advances of science and technology have proved dupes. While science has overcome the barriers of time, distance and nationality, it has done little to promote better understanding between man and man, and nation and nation.*

*However, there are heartening signs that earnest seekers around the world are turning inward to find answers to this crisis. The Oneness of all creation affirmed by the ancient seers must be expressed in transcendental love that embraces all people regardless of creed, community or language, to overcome this mammoth challenge.*

*Never forget that the real source of happiness and bliss is the discovery of the True Self (Atma) within yourself.*

*All of you are essentially Divine.*

*Observe basic human qualities in daily living and raise yourself above the level of animals.*

*(Sri Sathya Sai Baba)*

**/EVOLUTION & THE COSMIC LAWS** continued from page 1

When waiting for someone, just let the light flow to them.

We now have to find ways of communicating what we know. When we feel we have done nothing, they may thank us and say "That was wonderful". By your works, you will be known, and people will feel whether you are sincere nor not. Do what is truthful and pray that it will not hurt too much. Be truthful to yourself.

Everyone on earth needs to work at marrying heaven and earth within themselves and to develop their own ways of spreading unconditional love and wisdom. The spiritual gifts are never taken away, but from time to time we may need to retrain ourselves.

If you have used black magic in a former life, you may be unable to acquire more now and may have asked for this restriction before incarnation.

If a person becomes totally involved with evil, they may have to be "recomposted".

Sometimes, our helpers go for re-training; that is why sometimes our gifts are changed.

If we don't establish a strong spiritual anchor, we can fall into the temptation of going back to our old less evolved self.

**"Make a habit to focus on the summit, on the highest point. Each one of us can strive towards that peak by our thoughts. For thought is like a rope with a grappling iron on the end of it. You throw up the rope, and then you climb up the rope."**

(from WLI Course VI, with acknowledgement to Peter Goldman of the Centre of New Directions).

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**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 COMMITTEES 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  
**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)

**NEVER GIVE UP**

No matter what is going on  
 Never give up  
 Develop the heart

Too much energy today is spent developing the mind, instead of the heart  
 Develop the heart

Be compassionate  
 Not just to your friends  
 But to everyone  
 Be compassionate

Work for peace  
 In your heart and in the world  
 Work for Peace

And I say it again  
 Never give up  
 No matter what is happening  
 No matter what is going on around you

**NEVER GIVE UP**

(His Holiness the 14<sup>th</sup> Dalai Lama)

**COMMITMENT, NOT PROCRASTINATION**

*Until one is committed, there is always the chance to draw back, always ineffectiveness.*

*Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans:*

*That the moment one definitely commits oneself, then Providence moves in too.*

*All sorts of things occur to help one that would not otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would come his way.*

*Whatever you can do, or dream you can, begin it! Boldness has genius, magic and power in it.*

**Begin it NOW!**

(Goethe)

**YOUR MEMBERSHIP & INSURANCE EXPIRE ON 31.3.16.**

**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.*

**Wasting time is wasting God! (Sai Baba) (It also delays other people! William)**