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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 2016**

**Link 61, page 1**

### HONORARY TRUSTEES:

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Co-opted; Ms Penelope Nichols.  
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Phone: 01903 775 162

Councillor & BMSI Trainer  
**Mr Alan Carter, Leader,**  
**Glastonbury,**  
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e-mail: [a.carter4@btinternet.com](mailto:a.carter4@btinternet.com)

Friends Representative:  
Mrs Valerie Jennings c/o 01403 255 025  
Training Advisor  
Mrs Diane Clarke

Angela Reynolds is moving  
into a retirement flat and  
will no longer be Acting  
Treasurer.  
We thank her for all her  
work.  
See Penelope Nichols above  
Kirsty von Bock is  
emigrating to Australia on  
8.11.16. We thank her for  
her support over many years  
and wish her every happiness

### OUR EU COURSES



**Ulrike Weissenbacher**  
[Ulrike.weissenbacher@skynet.be](mailto:Ulrike.weissenbacher@skynet.be)  
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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**

6/9,4/10,8/11,13/12, 19.30 hr

Eva Pohn &

Elisabeth Sonnleitner

### AUGSBURG

WLI/II 5/6 & 19/20

November Contact:



**Walter Scheiblhuber**

0049 - (0)821-29 72 439

**Meetings 1st & 3rd Thursdays**

**in AUGSBURG/FRIEDBERG**

Contact: **Anna E Wunsch**

0049 - (0)821 - 43 15 00

### BRUCK/MUR

**Claudia Breidler**

0043 (0)664 453 09 91

[Breidler.claudia@a1.net](mailto:Breidler.claudia@a1.net)

*Dear friends around the world,*

*World events today cause every  
thinking person to stop their daily  
lives, whatever is going on in them,  
and to ponder deeply the larger  
questions of life.*

*We search again not only for the  
meaning of life, but the purpose of  
our individual and collective  
experience as we have created it.  
We look earnestly for ways in which  
we might recreate ourselves anew as  
a human species, so that human  
beings will never treat each other  
in evil ways again.*

*The hour has come for us to  
demonstrate at the highest level our  
most extraordinary thought about  
Who We Really Are.*

*This is the moment of your ministry.*

*This is the time of teaching.*

*What you teach at this time, through  
your every word and action right  
now, will remain as indelible lessons  
in the hearts and minds of those  
whose lives you touch, now and for  
years to come.*

*Seek out the best in them.*

*We should never blame others for  
our own mistakes.*

*Help another to understand  
seemingly incomprehensible things.  
Do we at all times, speak the truth to  
ourselves, as well as to others? That  
is the most basic spiritual wisdom,  
for God is Truth.*

*Please seek within for all the  
magnificence that is you.*

*(extracted by William, from a talk by*

*The Dalai Lama)*

### 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)

FOR EU  
PROGRAMME  
CONTACT

[www.bmsi-eu.net](http://www.bmsi-eu.net)  
**EVA POHN,**  
VIENNA

(German language  
Only  
0043(0)699-  
125 90 614

OR **WALTER  
SCHEIBLHUBER**  
AUGSBURG

0049(0)821  
29 72 439

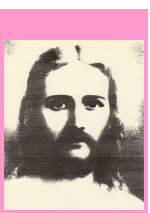
Apologies again for  
the lateness of this  
Link 61.

I am now recovering  
well from my hip  
operation and nearly  
7 weeks in hospital,  
following serious  
problems with the  
aftercare.



**William Lambert,**  
Horsham

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



(Jesus)

*"If one of you  
wants to be great,  
he must be the  
servant of the rest."*



(Sai Baba)

*"Immortality can be obtained  
through sacrifice and  
crucifying the ego."*

*"Renunciation is the power or battling against evil forces and holding the mind in check."*

*(Sri Sathya Sai Baba)*



**Be Pure  
and Full of Love**

*I want each one of  
you to grow into a  
strong, steady and  
straight person.*

*Your eyes should not  
seek evil sights;  
Your ears should not  
seek evil tales;  
Your tongue should  
not seek evil speech;  
Your hands should  
not seek evil acts;  
Your mind should not  
seek evil thoughts.*

*Be pure  
and be full of love.*

*Help those who are in  
a worse condition*

*And serve those who  
need your help.*

*(Sri Sathya Sai Baba)*

**TRUTH**

**“Being true to oneself is the law of God.  
Trying to be true to oneself is the law of man”**

He who is naturally true to himself is one who, without effort, hits upon what is right, and without thinking, understands what he wants to know, whose life is easily and naturally in harmony with the moral law. Such a one is what we call a saint or a man of divine nature. He who learns to be his true self is one who finds out what is good and holds fast to it.

In order to learn to be one’s true self, it is necessary to obtain a wide and extensive knowledge of what has been said and done in the world; critically to enquire into it; carefully to ponder over it; clearly to sift it; and earnestly to carry it out.

It matters not what you learn, but when you once learn a thing, you must never give it up until you have thoroughly understood it. It matters not what you try to think out, but when you once try to think out a thing you must never give it up until you have sifted it out clearly and distinctly.

**It matters not what you try to carry out, but when you once try to carry out a thing, you must never give it up until you have done it thoroughly and well.**

If another man succeeds by one effort, you will use a hundred efforts. If another man succeeds by ten efforts, you will use a thousand efforts.

Let a man really proceed in this manner, and though dull, he will surely become intelligent; though weak, he will surely become strong.”

*(From The Scriptures of Confucianism)*

**BMS-IHF complies with the  
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)

**GOD IS NEVER TOO FAR OFF**  
*“God didn’t put me in this world, to  
leave me all alone,  
My deepest needs are His concern,  
Because I am His own.  
God is never “too far off”  
His love is everywhere,  
And in believing this,  
each cross is easier to bear.  
Within my life He always plays the  
most important part,  
For God is never “too far off”  
He lives within my heart.*  
*(Grace E.Easley)*  
*(This contribution is from  
Elizabeth Tregoning)*

**WHEN I GO FROM HERE**

*When I go from here, I want to leave  
behind me a world that will be richer  
for the experience of me.*

*I want the creatures – the animals  
and birds – to be a little less afraid of  
human beings because they have  
known me, because I have blessed  
them and loved them, and far from  
doing them any harm, have done  
them good.*

*I want to leave the trees that are  
rustling with my thoughts, trees that  
have heard me speaking to them  
when we are alone together, trees  
that, one day, long after my form has  
disappeared, shall still in some  
mysterious way, cherish in their very  
beings their secret knowledge of me,  
so that others who shelter from the  
rain, or who seek shade under their  
branches, shall catch the peace that  
went out from me.*

*I want to leave the whole of Nature  
nearer to the whole of man.  
I want to store up riches in the wind,  
and to leave blessings travelling  
upwards to the stars. I want to leave  
my peace in the grass.*

*I want the tears that I have shed for  
the sake of high love to come again  
in the dew.*

*I want to leave Nature richer for  
having known me.*

*I want to leave my fellow man sure  
that there is a Divinity that shapes  
his end. I want to leave him with a  
wider vision and a greater sense of  
purpose.*

*I want to leave him with the  
knowledge that death is nothing and  
that life is everything.*  
*(Derek Neville)*

**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	+ 5.25
Distant Healer	£22.00	+ £5.25
Trainee Contact Healer	£22.00	+ £5.25
Trainee Distant Healer	£22.00	+ £5.25
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.*

**“Happiness lies in the joy of achievement and the thrill of creative effort”**

*(Franklin D Roosevelt, 1882 -1945)*