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Every Thursday 2.30-4.30 pm
Unitarian Church Hall, Horsham

THE DATA PROTECTION ACT

THE BMS-IHF COUNCIL & BMSI COMMITTEE WILL NOT SANCTION PERSONAL DATA BEING PASSED TO OUTSIDE BODIES OTHER THAN, POSSIBLY, HEALING RELATED ORGANISATIONS eg BAHA or CHO.

BMS-IHF & BMSI are registered with the Data Protection Register.
BMS-IHF Registration Number is PZ656262X
BMSI Registration Number is PZ6562587

We are required to inform members annually that personal details are held on our database. Should any member object, their details can be removed. For further information please contact William P. Lambert.

Popular Christmas Meditation Scheduled for 9 December



William Lambert (left) & Jenny Jones (top) are ready for a crowd.



It's always beautiful!



A good place to see old friends.

BMS-IHF is hosting the annual Christmas Candlelight Meditation & Party on 9 December 2002 at the Friends Meeting House on Worthing road, Horsham. The event starts at 19:30 with refreshments following. The donation is £2 at the door. To book your place please ring Jenny Jones: 01403 266800. She will also be able to advise you on what to bring. We look forward to seeing you there. JB

The Prince of Wales's Foundation for Integrated Health

The Prince of Wales's foundation for Integrated Health held the latest in its Regulation Seminar series on 11 September at the King's Fund in Cavendish Square, London. Delegates from a wide range of Complementary and Alternative Therapies attended as well as representatives of the medical profession, the Department of Health and the King's Fund itself. The gathering considered ethics and professional practice in complementary medicine and the next steps for The Foundation which has already been in existence for 5 years. In that time Complementary medicine has moved firmly into the mainstream of healthcare and that is in large part due to the Foundation's capacity to influence thinking and debate.

ooOoo

CHO News

The Confederation of Healing Organisations has been left a large sum of money and we await further news

It's Official: Promoting Spiritual Healing Benefits the Public

In a landmark decision the Charity Commissioners have concluded that 'to promote public health by the promotion of spiritual healing for the benefit of the public' is a charitable purpose. Many spiritual healing organisations are registered charities and Charity Commission officials had questioned whether Spiritual Healing was a suitable activity for a registered charity. Now the Charity Commissioners themselves have completed an exhaustive review of their officials' previous decisions and have concluded that promoting spiritual healing is a charitable activity. This decision is important, not only for the National Federation of Spiritual Healers, whose application prompted the review but for all other charities that provide their

UK Healers

The Healing organisations that are collaborating as UK Healers have, during summer 2002, completed their review of previous draft common minimum standards for Spiritual Healers. In some cases the standards have been substantially rewritten compared with the versions placed on the UK Healer's website

several months ago. The aim has been to keep the standards, which will be available to the public, simple and easy to follow. The next step for the group is to place the various revised standards side by side to be sure that they are consistent when one standard has a bearing on another. The new UKS (United Kingdom Standards of Best Practice)

NFSH

We are pleased to report that following a review, the Charity Commission have agreed to register as a charity the new NFSH company they formed in 1999 (The NFSH Charitable Trust Limited) to replace the existing NFSH charity, in accordance with member's wishes. This important outcome from the Charity Commission is subject only to change in wording of NFSH object to emphasise their concern with public health, as below:

"to promote public health by the promotion of spiritual healing for the benefit of the public by educating and training healers and by ensuring proper standards in the practice of spiritual healing"

This is to be presented for approval by the NFSH membership at an Extraordinary General Meeting on 23.11.02 in Birmingham

Spiritual Healing and for all those who wish to receive healing. It means that Spiritual Healing organisations can continue their work knowing that their efforts to promote public health are recognised by the Government. The present charitable approach of so many spiritual healers in the United Kingdom can continue and no one should be denied healing on grounds of cost.

Patient and Public Involvement in Health

A new system for involving patients and the public in health is to be introduced that will take over from community health councils. This includes the new Commission for Patient and Public Involvement in Health, patient's forums in all Trusts and a service for providing independent support and advice to complainants.

pected to be issued soon. More information can be found on the UK Healers website: www.ukhealers.info

Hide not your talents. They for use were made. What's a sundial in the shade?

Benjamin Franklin

IMPORTANT - News on food

By eating flesh one develops violent tendencies and animal diseases.
Sri Sathya Sai Baba

Steam cooked preparations without any oil are good for your digestive system. One who partakes of such food will be free from blood pressure and blood sugar and will always enjoy sound health and happiness. Food items, which are cooked on fire with oil, are harmful for digestion. Such foods are the cause of various diseases. One can lead a long, happy and healthy life if one avoids oily and fried foods.

Sri Sathya Sai Baba
(Virgin Cold-Pressed Olive Oil is OK)

Medical Report (Icon 10) CANCER World Health Org. Geneva 6/03

Dangerous **ACRYLAMIDES** are present in a huge range of staple foods which form a large part of our diet.

This discovery is as important as the link between smoking and cancer.

The flames and smoke of **barbecues** produce high levels of carcinogenic **nitrosamines**.

Fried foods have also been linked to cancer.

Cooking any meat above 200°C creates carcinogenic **Heterocyclic amines (HCA's)**.

Acrylamides seem to be created naturally in baked or fried foods at 120°C and above. They are not found in boiled or steamed food.

Avoid overcooked chips, crisps & crispbreads. Many breakfast cereals are also suspect.

**More research is needed
BUT THESE NEW DISCOVERIES
COULD CHANGE OUR EATING
HABITS FOREVER**

When someone asks you a question you don't want to answer, smile and ask
"Why do you want to know?"



BMS-IHF Subscriptions & Fees + Insurance due annually on 1st April

Full Contact Healer	£15 + £3.57
Distant Healer	£15 + £3.57
Trainee Contact Healer	£15 + £3.57
Trainee Distant Healer	£15 + £3.57
Practitioner/Therapist	£15 + Own ins.
Friend Member	£10 Nil ins.
Initial Registration	£8

Please send Cheques to the
Membership Secretary,
payable to **BMS-IHF**.



The Seven Essential Virtues

By Michele Borba, Ed.D. (Self Realisation Magazine - Summer 2002)

..... to help our children & grandchildren navigate through the challenges and pressures of life.

The teachings show us precisely what will happen if we prepare for death and what will happen if we do not. The choice could not be clearer. If we refuse to accept death now, while we are still alive, we will pay dearly throughout our lives, at the moment of death, and thereafter. The effects of this refusal will ravage this life and all the lives to come.

We will not be able to live our lives fully; we will remain imprisoned in the very aspect of ourselves that has to die. This ignorance will rob us of the basis of the journey to enlightenment, trap us endlessly in the realm of illusion, the ocean of suffering that Buddhists call "samsara".

From Glimpse After Glimpse
By Sogyal Rinpoche 31st October

News on Water

Everyone knows that water is important, but did you know that it is estimated that well over half of us are chronically dehydrated. In many people the thirst mechanism is so weak it is often mistaken for hunger. Yet even mild dehydration can slow metabolism by as much as 3%. Lack of water is the number one trigger of daytime fatigue.

One glass of water allayed midnight hunger pains for almost

100% of dieters in a recent study.

Preliminary research indicates that 8 - 10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can cause fuzzy short memory, trouble with basic maths and difficulty in focusing on a printed page.

Drinking five glasses of water daily decreases the risk of colon cancer by 45%, of breast cancer by 79% and bladder cancer by 50%

Romeo Beckham was given his first chance to start for Manchester United Juniors yesterday.

He reportedly turned to his dad and said "What number shirt should I go for Dad?"

David thought for a while before replying.....

"Wear four out there Romeo"

("Wherefore art thou, Romeo"....

Juliet, Shakespeare - for those of you who don't get it!!)



1. **EMPATHY** - identifying with and feeling other people's concerns.
2. **CONSCIENCE** - Knowing the right and decent way to act and acting that way.
3. **SELF-CONTROL** - Regulating your thoughts and actions so that you stop any pressures from within or without and act the way you know and feel is right.
4. **RESPECT** - Showing you value others by treating them in a courteous and considerate way.
5. **KINDNESS** - Demonstrating concern about the welfare and feelings of others.
6. **TOLERANCE** - Respecting the dignity and rights of all persons, even those whose beliefs and behaviours differ from our own.
7. **FAIRNESS** - Choosing to be open-minded and to act in a just and fair way.

Teaching any new habit - especially those as important as the behaviours associated with these seven essential virtues - takes time, commitment and patience

THE INDIAN TEN COMMANDMENTS

1. Remain close to the Great Spirit
2. Show great respect for your fellow beings
3. Give assistance and kindness whenever needed
4. Be truthful and honest at all times
5. Do what you know to be right
6. Look after the well-being of mind and body
7. Treat the Earth and all that dwells thereon with respect
8. Take full responsibility for your actions
9. Dedicate a share of your efforts to the greater good
10. Work together for the benefit of all mankind

With Love, Light and Healing Energies to you all for
Christmas and the New Year. Many, many thanks for your unfailing
support during my illness.
William