

News & Views



*Registered Charity
No. 275081*

Autumn 2001



Issue No:- 20 £1.50p

THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS
(NON-DENOMINATIONAL)
A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS
AFFILIATED TO THE BRITISH ALLIANCE OF HEALING ASSOCIATIONS
Registered Charity No. 275081

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Autumn, the loveliest time of the year, falling leaves, rich in golden colour. It's also a time when we can take stock of the work that has taken place, in our healing centres and what the future might bring.

As ever Much is happening in the world of healing which will affect healers everywhere. Especially with regard to the training of probationer healers, or those aspiring to be acknowledged as fully recognised healers, whether it be as members of our highly respected and regarded organisation, or any other established healing organisation and we shall do our best to keep you all fully informed on these new developments.

Maurice & Yetta Powell Editors.

CHAIRMAN'S REPORT JUNE 2001.

Our Annual General meeting was held 24th June 2001 where your committee was unanimously re-elected for a further two years. I thank those who gave up their Sunday afternoon and attended. The committee has dedicated many hours to the Jewish Association of Spiritual Healers in the past and look forward to keeping J.A.S.H. at the forefront of the developments within the healing movement in the future.

The minimum standard of best practice is being addressed by the development of the Lead Body, ably assisted by Brenda Peace working with Murray Muspratt-Rouse sorting the wheat from the chaff. The Healing Movement Lead Body aims to be operational early in 2002, taking over from our present Confederation of Healing Organisations and continuing their excellent groundwork, acting as a forum until the Lead Body is up and running on its own.

The Lead Body has been formulated by the input from the four main healing organisations (the British Alliance of Healing Associations, the National Federation of Spiritual Healers, the Spiritualist National Union and the World Federation of Healing) who represent approximately 16000 healers between them. It is envisaged that once the foundations of the minimum standard are complete many of the smaller organisations will align themselves to this standard and join the Lead Body. Approximately 150 organisations have been approached for their input towards creating a minimum standard of best practice acceptable across the Healing Movement. My thanks to all those involved towards the formation of the H.M.L.B. for the time and work they have put in, mainly voluntarily, for the benefit and self regulation of the Healing Movement. So far our presentations to the Foundation of Integrated Medicine and the Qualification Curriculum Authority are being documented.

Yetta and Maurice Powell continue to provide us with an excellent magazine, but require a little more of your input, so please put pen to paper and send in your experiences appertaining to healing and how you became involved with Spiritual Healing. I am sure there are some very interesting stories out there. Many thanks for all their effort in producing a superb magazine.

Audrey and Gerald Cane are still holding the membership and finances together and Brian Copeland has offered to help with their workload, many thanks again. Our Centres are ticking over nicely, being manned by their regular tireless team of Healers on a weekly basis, my thanks folks, I know what commitment is involved in keeping a Healing Centre open every week.

Our journey through the next couple of years will probably involve some changes, but rest assured, your committee will do its best to minimise the changes whilst at the same time help to bring the Healing Movement into the 21st century. Some moves will be common sense, whereas others may be controversial, as Complementary Medicine works more with Conventional Medicine, please bear in mind that these changes are for the protection of the public and for no other reason, although each Healer will remain an individual.

STEVE SHARPE Chairman.



WORTH THE READ - TAKE A MOMENT

We have been alerted by Trudy Sessa - one of our regular readers in New York.

Health Concern - dateline 19/06/2001 USA

CNN REPORTS A NEW VIRUS HAS BEEN RECENTLY DISCOVERED. ONE PERSON CAN PASS IT ON TO MILLIONS AS IT IS VERY CONTAGIOUS.


The center for disease control has reported this week that the virus spreads very rapidly from one person to the next. they have put a very interesting name on this virus.....! so all healers be aware.....!

**IT IS CALLED --- A SMILE!! --- UH! OH! TOO LATE
SEE IT ON YOUR FACE ALREADY!**

YOU'VE GOT THE VIRUS!!!

Alert! you have just been infected by a person that cares!

So pass this virus to all your friends and all you meet and show that you care.



It doesn't matter how long we may have been stuck in a sense of our own limitations. If we go into a darkened room and turn on the light, it doesn't matter if the room has been dark for a day, or a week or ten thousand years - we turn on the light and it is illumined. Once we confront our capacity for love and happiness the light has been turned on.

SHARON SALZBERG.

Who says keeping accurate notes on patients isn't necessary?

DOCTORS NOTES ON PATIENTS CHARTS: (ACTUAL NOTES-UNEDITED!)

1. Patient has chest pain if she lies on her left side for over a year.
2. On the 2nd day the knee was better and on the 3rd day it disappeared completely.
3. She has had no rigors or shaking chills, but her husband states she was very hot in bed last night.
4. The patient has been depressed ever since she began seeing me in 1993.
5. The patient is tearful and crying constantly. She also appears to be depressed.
6. Discharge status: Alive but without permission.
7. Healthy appearing decrepit 69 year-old male, mentally alert but forgetful.
8. The patient refused an autopsy.
9. The patient has no past history of suicides.
10. Patient is always telling me about her pains and problems. This remains a significant pain to me. .
11. Patient's past medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.
12. Patient appears responsive, but unable to communicate with me.
13. Between you and me, we ought to be able to get this lady pregnant. Since she can't get pregnant with her husband, I thought you might like to work her up.
14. Bladder is under control, but cannot stop urine from seeping.
15. She is numb from her toes down. While in the ER, she was examined, X-rated and sent home.
16. Rectal exam revealed a normal size thyroid.
17. The skin was moist and dry.
18. Occasional, constant, infrequent headaches.
19. Patient was alert and unresponsive.
20. Complains of chest pain occasionally. Otherwise just a pain.
21. Testicles are missing on this woman. She stated that she had been constipated for most of her life, until she got a divorce.
22. If it weren't for the fact that the patient is dead, I would say he was in perfect health.
23. Patient was seen in consultation by Dr. X, who felt we should sit on the abdomen and I agree.
24. Heart problem is fixed. Patient died at 10:07 this morning.
25. Patient has two teenage children, but no other abnormalities.
31. The blood work-up showed no antibodies present. Need the rest of the blood to be sure, however.

During a recent visit to Singapore the following article was spotted in the May 11 issue of the Singapore Times. It would appear that we are not the only ones concerned with healing and healer choice and registration.

Let the patient choose healers he trusts **"All healers will eventually have to be registered"**

(Singapore Times, May 10 2001).

Julia Wongs point about Registering all practitioners goes the way of all Western governments It is telling that on the same day, The Straights Times carried an article headlined "US doctors give mediocre ratings to health care quality," in which it was revealed that 98,000 patients die of preventable medical errors each year.

I have seen data which suggests that this figure makes doctor-induced death the fourth largest cause of death in America. And my point? That these deaths are due to errors by registered medical practitioners.

In other words, registration per se is no guarantee of good health practice or patient safety.

More importantly, perhaps, registration gives legal authority to certain forms of practice, marginalising less orthodox forms of care.

While registration appears at glance to be more in the public interest, what happens is that certain practices become institutionalised in the law, and medico-legal costs skyrocket within a short time as adherence to such practices is tested in the courts.

While medical costs are still (barely) affordable in Singapore, don't make the mistake of taking away the peoples freedom to choose health practitioners who suit them, despite the misgivings of more orthodox practitioners.

We don't want to reach a situation where a person can be prosecute for attending to himself!

John Harrison

The observations made by Mr. Harrison, in the above article, are important to and relevant to healers everywhere, they are as applicable to the UK as they are to anywhere else. However, we must recognise that the registration of healers is without doubt the only real safegaurd so far as those patients seeking help, from whatever source, are concerned



**"Be the change you want
to see in the world."**

GANDHI.

***"It is difficult to say what is impossible, for the dream
of yesterday is the hope of today and reality of tomorrow"***

ROBERT H. GODDARD.

How horseradish hormone could help fight cancer

Scientists believe that plants including the humble horseradish could help in the fight against cancer. They have found that a hormone which helps plant shoots bend towards the light, and cuttings to grow roots, contains powerful anti-cancer properties. A team at Mount Vernon Hospital, West London, has created synthetic versions of Indole Acetic Acid (IAA).

Scientists think another molecule derived from the horseradish could be the trigger needed to turn the hormone into a cancer-beating agent. It breaks IAA up into smaller chemicals which react with others in the body to produce powerful toxins. Using genetic or antibody based techniques, researchers hope to target the horseradish molecule directly to the cells of the tumour. Professor Peter Wardman, heading the Cancer Research Campaign team, said: "We're excited that a common or garden plant hormone could fulfil one of the ultimate aims of cancer research by providing a drug that only attacks cancer cells and leaves the rest of the body untouched."

More News - London

-- Zulus' Poison-tip, arrows may beat cancer --

LONDON - A poison used by Zulu tribes on the tips of their arrows and spears has surprised scientists by successfully attacking tumours in cancer patients.

Extracted from the root bark of *Combretum caffrum*, also known as the Cape Bushwillow, the poison has opened up a radically new way of combating solid tumours which make up about 90 per cent of cases yet often defeat existing therapies.

Unlike conventional tumour treatment, which often destroys healthy as well as cancerous cells, the Zulu poison homes in on blood vessels formed inside tumours, reported the Electronic Telegraph.

Why the poison does this is still unknown. But by shutting off the cells supply of oxygen and nutrients, the poison --- also used in traditional African medicines stops a tumour from thriving and forces it into decline.

At an annual meeting of the American Society of Clinical Oncologists in San Francisco, British scientists said on Saturday night that tumours in half the patients in a clinical trial had shown a 50 per cent reduction in blood flow --- confirming the anticancer potential of a compound, based on the poison, called CA4P.

Dr. Gordon Rustin of Mount Vernon Hospital, London, told The Telegraph "The results are exciting. This is the first totally convincing evidence for a whole new way of attacking tumours."

He said that trials using CA4P together with conventional anticancer drugs will begin by the end of this year. If these are successful, patients with colon and lung cancer could benefit within the next three years.

THE GRADUAL PROCESS of SPIRITUAL HEALING

*With healing, no one case can be considered
to be a precedent for another.*

RA Y BRANCH

A PATIENT has asked to be told more about why some healings are gradual. We find that with certain conditions the healing does take time and there are many factors that can account for this.

In general, however, while we see the quick and 'instantaneous' healings, these are not the rule, but that in most cases some period of time is needed to remove the *cause* and then the *symptoms*.

Every healing situation must be considered individually. If it should be that the effects of the disease have consolidated, as with arthritis, and the joints have become locked or semi-locked or distorted, then a longer time is needed than with a patient who has a mild form of arthritis.

If the complaint is a form of paralysis and wastage has followed, time is needed to restore the wastage through the natural recuperative powers of the body aided by the healing.

With healing, no one case can be considered to be a precedent for another. With even similar conditions, one patient may respond quickly while another needs a longer time.

Perhaps it is also well to consider the nature of the *cause* of the disease, for this must first be removed before the symptoms can be overcome. If the character of the cause is deep-seated and of long duration, then the time factor will vary for its removal. Perhaps in this connection when the affliction results from a long-standing physical injury or from some very deep-seated emotional disturbance the healing influences can only make progress slowly.

Next we have to consider the way of life of a patient. If he suffers from arthritis and he is living in damp conditions, then this will tend to maintain the disease, for the cause remains. If one has eye weakness and one's employment continues to cause eye strain, then any improvement from the healing is likely to be hindered; or with nerve troubles and the patient lives under continual stress, the ill-condition is protracted.

Another factor to be considered is the receptivity of the patient to healing. Some people are more receptive than others; why this is may be obscure, and may concern the total make-up of the individual.

Then, again, one trouble may induce others and it is only when the primary disturbance is removed that the associated conditions will be mastered.

Thus it will be seen that there are many factors that can affect healing progress, but we have found the following to be true: with many patients who have had a period of healing but with no remarkable progress, the time does come when we see the ill-conditions begin to yield. In these cases it appears that removal of the cause and with it being overcome the symptoms recede.

Healing produces a state of change, either in a person's outlook or in an organic or chemical form. and it is from these changes the healing results. We are convinced that no matter how long-standing or chronic an ill-condition may be, help is given in some way to every patient. It may be in arresting the trouble, in building up resistance and in the giving of strength or mental comfort and easement. Help is always there in some form or another and we never limit all that can be achieved, no matter how critical an ill-condition may be.

Reprinted from THE SPIRITUAL HEALER.

Beat back pain.....

The complementary medicine business is booming, with new therapies constantly being developed and hospitals giving many treatments their stamp of approval

Nikki Goldstein **GOOD MEDICINE - AUSTRALIA**

Back pain is one of our most pressing community-health issues. Approximately 80 per cent of Australians will experience some form of back pain during their lifetime and, according to the Australian Bureau of Statistics, it is one of the leading causes of illness and absenteeism.

The good news is that, if you suffer from persistent back pain, you have many treatment options to choose from - yoga physiotherapy, osteopathy, chiropractic and Pilates all help relieve the sometimes crippling symptoms associated with back problems. However, one therapy that's gaining ground as a potential saviour for back-pain sufferers is the little-known treatment called cranio-sacral therapy.

"It's often a last resort for people who have tried everything else, but it can deliver amazing results," says Raymond Smith, a specialist in cranio-sacral therapy from the 'Naturecare Wholistic Medical Centre' in Crows Nest, Sydney.

Cranio-sacral therapy is designed to balance and realign the head, spine and central nervous system. The therapy specifically targets the fibrous meningeal membrane that covers the inner surface of the cranium and forms a sac that stretches down the spine to the sacrum (pelvis). This membrane contains the whole central nervous system and its surrounding fluid called the cerebrospinal fluid.

"The manufacture and circulation of the cerebrospinal fluid is incredibly important to the proper functioning of the whole body," explains Raymond. "It affects the brain, spinal cord and nerves, which, in turn, affect the health of every muscle, bone, tissue and system."

Cranio-sacral therapists believe that in cases where the rhythmical movement of the cerebrospinal fluid is inhibited, such as the misalignment of the spine or distortion of the bones in the skull, the entire system can be disrupted. Back pain, headaches, digestive disorders, hip and leg pain, and irritable bowel syndrome can all be signs that the cranio-sacral system is not functioning at its peak.

A session with a cranio-sacral therapist usually involves lying on your back for between 20 minutes and one hour (depending on your condition and the approach the therapist takes), while the practitioner sits at your head with their hands wrapped around your skull. The therapist uses a subtle technique, and the movements of all 29 bones and fluid in the head are monitored and coaxed gently and slowly. It's not uncommon for patients to drift off to sleep as they feel their head being restfully massaged.

Cranio-sacral therapy is practised on its own as a specialist therapy, although many osteopaths use this technique in conjunction with other bodywork.



What kind of patient.

Holding our clinic in a Synagogue one would expect only Jewish patients. But it is not so.

When we started, twelve and a half years ago, I was shocked to hear many patients say "It must be safe in the Synagogue! "

It turned out that they had long hankered for healing but perceived it as a Christian thing and were frightened. What of? Perhaps they feared missionary pressure. Living in a more or less Christian society our colleagues do not always realise the degree to which behaviour they think neutral actually carries strong Christian overtones. I have worked with all sorts of Christians, with Bahai, Buddhist, etc. Healers are healers, but it is true there is, with a few Christians, a slight religious pressure to; them it is so natural I do not think they realise they are doing it, or that anyone could object. Others are lovely in leaving all that out when it is not appropriate. I have found this particularly with some Christian priests.

But that is why JASH was founded in the first place. To enable those who want them to find Jewish healers. Now it has even more value, as it tells the world that healing is Jewish too, and it gives us a voice in the healing world.

Some of our patients are very *frum* (*religious*) and almost feel it a sin to set foot in a Reform building.

Which seems to me a sin related to idolatry. But they really look frightened, poor things. We have to explain that the Synagogue simply makes the room available and that healing is neutral, not sectarian.

More interesting are the Gentiles who find their way to us. Word of mouth plays a large part in bringing them. One strapping young man came "Because my Jewish friends told me to." One young woman wore the prettiest cross I have ever seen. Another, in deep trouble, came because of our Rabbi Hugo Gryn. His words on television, on the Moral Maze, spoke more to her problems than anything her own people had said. She began to come to Synagogue to hear his sermons which helped her. She saw our notice and came to us. Over a longish period we were able to help her and she picked up her life again. The latest, who felt no barrier, wore a gold crucifix.

As far as we are concerned, because we are in a Synagogue the healers should be Jewish - and everyone in need is welcome. For surely it should be like the old Temple, a house of prayer - support - help - for all people.

RUTH GREEN J.A.S.H.

The power of faith

Barbara Sofer - Jerusalem Post April 2001

On October 17, on the on the last day of Succoth, Rahel Ohana came home early from work as head of housekeeping in a Beersheba health service. She had a lot to do. Her son Shimon, 19, had invited four fellow border policemen home for Simhat Torah: an Ethiopian immigrant, two Russian immigrants, and one from Rahel's native Morocco. She and her husband Meir, a policeman, had decided to give the young men "a holiday they would never forget," Rahel had ground 14 kg of meat for stuffed vegetables and meatballs.

The beeping of a news bulletin on TV caught Rahel's attention. The announcer said that a border policeman was shot in the Gilo neighbourhood of Jerusalem. He was in serious condition. "His poor mother," Rahel said aloud.

Within the hour she heard car doors slamming outside the apartment block.

From the window, Rahel saw Meir, surrounded by higher ranking police officers. Something in their body language frightened her. All she could think of was that internal affairs found some flaw in her husband's performance. But when she saw Meir's face, Rahel knew something more horrible had happened. Shimon, their son, was that soldier shot in Jerusalem, he told her. She was that mother to whom she had just expressed sympathy. The ride to Jerusalem seemed impossibly long. At last, Rahel burst into the Trauma Unit of Hadassah Medical Centre and saw Shimon; lifeless, with two holes in his heart.

Clinically dead, he had less than a 1% chance of being revived. Nonetheless, Professor Avi Rivkind, a talented surgeon and the grandson of a Kotsk Hassid, made what sounded like a peculiar prediction. "One day I'll run in the streets of Beersheba with your son," he promised Rahel.

She clung to that hope.

Shimon survived surgery and lay in a coma. His parents and his five older sisters kept a vigil at the hospital. "God willing, everything will work out," she told visitors. "My son came back from the dead and I know he'll wake up." Just over three weeks later, Shimon opened his eyes. His mum was at his bedside.

Rahel told me this story recently in Paris. She and Shimon had been invited to take part in, a presentation about the Trauma Unit at the Hadassah-International Conference, a gathering of European and South American benefactors of Israeli technical and medical research.

This was their first time abroad. I, too, was attending the conference, and happily volunteered to accompany them.

Shimon doesn't remember being hit by the sniper, and he feels fine. Snapping photos at the top of the Eiffel Tower, no one would have guessed that the handsome young man was anything but a typical tourist. Rahel never took her eyes off him.

Like our Matriarch Sarah, Rahel is often haunted by the near-sacrifice of her son. Sitting in the elegant Luxembourg Palace, watching the film footage of her son's "death" just six months ago, Rahel relived the terror she'd experienced despite the happy ending. Her French is fluent but, all she could say when called to the podium was, "Thank you. Thank you for giving me back my son." Afterwards, when we were alone, Rahel told me another part of the story.

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Three weeks after Shimon woke up, his feeding; tube was removed, Shimon refused to eat.

Rahel, the sort of cook who puts a dozen home-made salads on the table for Shabbat, knew what a picky eater he was. Their only son, they'd spoiled him she admitted, she and Meir and Shimon's five sisters.

He won't eat hospital food, she sheepishly told the surgeon. Without missing a beat, Rivkind sent her home to cook whatever Shimon loved best.

Before Rahel called a taxi; she phoned her neighbour and asked her to defrost a package of that ground meat she'd never cooked for Simhat Torah. When Rahel arrived in Beersheba after midnight, she began frying Moroccan-style meatballs. Towards dawn; she took a taxi back to Jerusalem carrying the steaming pot.

Frying meatballs was one thing, but feeding her son, still hooked up to tubes and monitors, was quite another. Rahel demanded that Rivkind stay in the room in case something awful happened.

Shimon ate the first meatball. He made motions that he was still hungry.

"Frankly, the food didn't seem just right for a sick person." Rachel said. "Each of my meatballs is quite a portion."

"Give him another one;" Rivkind coached.

She gave him a second fried meatball Shimon wanted more. The professor nodded. Shimon ate a third and then a fourth. Then he smiled.

Rahel found a distant relative in Jerusalem who volunteered the use of her kitchen. For the rest of Shimon's hospital stay, Rahel made his favourite dishes. At last, he walked out of the hospital with no assistance.

Never underestimate the power of a mother's cooking or a mother's love.

The Ohanas made Seder at home this year Rahel and Meir and their daughters Bella, Sholmit, Limor, Etti and Shira, their husbands, their nine grandchildren and Shimon. As is their tradition, they sang the Four Questions all together. "What could be a greater gift than having my family around me?" Asked Rahel.

While Shimon was in a coma, people were sometimes crass enough to warn Rahel that if her son woke up he might be a vegetable. "Didn't they think I had already realised every terrifying possibility?" she said: "They kept saying they didn't want me to get my hopes up so I wouldn't be disappointed, but they had it wrong. When you're at your lowest, hope, faith and prayer are what keeps you going. You have to focus on the positive."

This Shabbat we chant the Song of the Sea, sung by our ancestors as they crossed the Red Sea after the Exodus, pursued by the Egyptians. "I will sing to God, exalted above the arrogant." --- Miriam and the women went forth with tambourines and with dances. How did the women know to bring those tambourines; asks the Midrash? How did they know there would be cause to sing? --- Our foremothers understood that even in dark and frightening times our strength is in our optimism.

We need to remember that, too.



Examples of why the English language is so hard to learn

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) I did not object to the object.
- 9) The insurance was invalid for the invalid.
- 10) There was a row among the oarsmen about how to row.
- 11) They were too close to the door to close it.
- 12) The buck does funny things when the does are present.
- 13) A seamstress and a sewer fell down into the sewer.
- 14) To help with planting, the farmer taught his sow to sow.
- 15) The wind was too strong to wind the sail.
- 16) After a number of injections my jaw got number.
- 17) Upon seeing the tear in the painting I shed a tear.
- 18) I had to subject the subject to a series of tests.
- 19) How can I intimate this to my most intimate friend?

Let's face it - English is a crazy language.

There is no egg in eggplant nor ham in hamburger; neither apple nor pine in pineapple.

English muffins weren't invented in England or French fries in France.

Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.

We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

Why is it that writers write, but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth beeth?

One goose, 2 geese, so one moose, 2 meese? One index, 2 indices?

Doesn't it seem crazy that you can make amends, but not one amend.

If you have a bunch of odds and ends, and get rid of all but one of them, what do you call it?

If a vegetarian eats vegetables, what does a humanitarian eat?

Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship goods by road and send cargo by ship?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill out a form by filling it in and in which an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race (which, of course, isn't a race at all).

That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

Contributed by one of our American readers.

MAKING SENSE OF THE BIBLE

-A COMMENTARY BY The REV. RALPH SEELIG

For thousands of years we have followed the Bible whether we have understood the deeper meanings or not. Sometimes we have commented upon the apparent anomalies, and even factual contradictions. For example, in Genesis Chapter I verse 3 we read that God created

"Light" on the first "day". Yet in verses 14 -16 we read that God created lights, thus dividing day from night, on the fourth day.

Still in the Creation stories we read Chapter I & verses 1-3 of Chapter II completing creation, yet there follows in Chapter II & III what is ostensibly a different perspective of Creation. One further example of apparent contradictions will suffice for the moment. In Genesis Chapter VI verses 19 -20 we read that two animals of every species are taken into the ark, yet in Chapter VII verse 2 there are seven males and seven females of all clean beasts to be taken in.

As we read through the Bible we find many stories repeated, often with somewhat different versions.

If we are to benefit from our reading, we do need to understand how these anomalies come into existence, and their justification, for the Bible is a holy book, inspired with the Word of God.

THE BACKGROUND OF THE BIBLE'S COMPOSITION

Scholars have recognised that there have been varied composers and writers down the ages, writing at different times and with different interests to put over. Some were from Israel, the Northern State after Solomon's time, whilst others, based in Jerusalem, were from the Southern State of Judah. What we now accept as one cohesive whole, was developed at a later stage by one or more scholars who were taking the various versions and skilfully welding them together.

Who this person, or series of persons were, may never be conclusively established, but there is a good reason to believe that it was Jeremiah, writing around 600 - 580 BC.. It may alternatively be Ezra (and Nehemiah) after 538 BC, on the return of the exiles to Jerusalem.

Bible scholars have identified the writers as follows:-

"P" or PRIESTLY writers from the Southern Kingdom of Judah who were concerned to preserve the ancient traditions and the holiness code, including Ritual Law (see book of Leviticus).

"J" or YAHWIST writers who saw Yahweh as supreme God of the Hebrew nation and the descent of tradition through Moses and David.

"E" or ELOHIST writers from the Northern Kingdom of Israel who see Elohim God Who is above and through all, but also recognising Moses as the great Prophet.

"D" writers of Deuteronomy who saw the upliftment of religion through Moses' teachings, revealed around 621 BC.

Relating these main streams to the various parts of the Bible we find for example that Chapter I of Genesis comes through the inspiration of the "P" writers, whilst Chapter II onwards are the teachings of the "J" writers.

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We cannot be sure how deeply the "P" writers intended to go. Their language is related to material aspects of creation, such as "dry land, firmament, animals, man" and so on. Perhaps they used these terms literally so that their simple readers could identify with stages of progress. Maybe they saw deeper significance's in the terms. If so it could indicate, as we said above, "LIGHT" in verse 3 as a spiritual quality, the dawning of awareness without which nothing could be. In this case, light from the sun, during the day, would equate to the capacity to understand, whereas the moon's light could be a reflection, not an initiation, and would relate to the quality of our will which carries out (or fails to do so) the intention of spiritual understanding, where the two are in harmony.

From this conclusion we may be prepared to examine each of the qualities summarized as the seven "days" of creation. We can recognise Divine Intent in the first story of creation, and the application on Earth (so to speak) including Man as a divine creation and then as a human being.

THE REVEREND RALPH SEELIG.

Venues where Member Healers of J.A.S.H. give healing

A weekly clinic is held every Tuesday from 11.00 am -- 1.00 p.m.

at

WEST LONDON SYNAGOGUE

33, Seymour Place, W1H 6AT (Marble Arch)

Everybody is welcome at this J.A.S.H. CLINIC

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From our readers....

A mind , Body & Spirit Show Down Under-----

I was in Australia recently (Brisbane to be exact) with your editors, Maurice and Yetta Powell; and whilst getting dressed “heard” an advert on TV that there was to be a Mind Body and Spirit Show at the Convention Centre over the coming weekend.

At breakfast I told Maurice and Yetta on the Saturday after spending the morning in the Botanic Gardens, which were right opposite our hotel, we went to see what the show was like and to contact any healers that were there.

The show was very similar to ones I’ve attended in England, but with a few of the stalls showing things appertaining to Australia only. But the atmosphere was lovely, as always and the food outlets appalling as always!!

Yetta and Maurice found their opposite number on the healing stand and exchanged details and promised to send them your magazine in the future. And I bought a beautiful, bejewelled fairy wand from the “fairy stand” for my young granddaughter; and some tea-tree oil as it comes from Australia so it was nice to buy it from source. And it was interesting to see the similarities of layout of the exhibition and talk to the exhibitors on their specialist subjects--- some of which, as usual were very strange, but thought provoking nonetheless

CAROL COBB.

HEALING WORKS IN MYSTERIOUS WAYS



On a recent outing my friend Yetta (Your Editor) and I discovered little angels; which on an impulse I put in my purse, together with some loose change. A day or two later when I paid for my goods, I had my first experience. The cashier was almost rude, and vibrations coming my way were almost off-putting. To my surprise one of the angels fell out of my purse, and on impulse I said: “Oh, this is for you!” I have seldom seen such a rapid change in feelings in anyone. The lady said: “Oh, you don’t know HOW MUCH I NEEDED THAT, I’ve had such a bad time lately, THANK YOU SO MUCH.”

You know the proverb about giving a Smile means so much, but sometimes people are too tired to smile, and that is perhaps just when they need one most. It made me realise that often under immense pressure, pain, problems or sadness people react strangely, and instead of inviting love and help, they reject others - and yet they need help most, at those difficult times.

So often now when I sense these feelings in people I feel impressed to say, “look a little angel for good luck,” and invariably it is needed, and spreads happiness. I have now added stars and hearts to my collection, and on a shopping trip with a friend of mine we had yet another experience. Often an angle will just fall out with the change in my purse, but this time it was different. I was rather preoccupied, and did not really look at the cashier, when something literally jumped out of my purse, and fell behind the lady. My friend just said, “What flew across there?” So I asked the cashier to be kind enough to bend down, as something was on the floor behind her, and it was for her to keep. The look on her face was again so amazing. She said, “Oh thank you, you’ve now idea how much I need this.”

Well need I say any more?

Lots of love from Susanne, and thank you Yetta for introducing me to my lovely angels.



A Question of understanding

A nursery school teacher was telling her class about patriotism.

"We live in a great country," she said. "One of the things we should be happy is that, in this country, we are all free."

One little boy came walking up to her from the back of the room. He stood with his hands on his hips and said "I'm not free!" Taken aback by the boy's positive attitude, she said "well, at your age I will admit that you are not allowed to do anything you want, but what I meant is that your

family can do anything that is legal. Now do you understand that you are free?"

"No -- I'm NOT free," he said looking up defiantly, "**I'm four!**"

Reprinted from HEALING HANDS,

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Hawk

Up above the hawk's eyes scan
The horizon for any form of life
To feed its family of hungry chicks.
Down below a rat nervously peeps
And out into the open wildly leaps.

Up above the hawk's eyes scan.
It dives down deep, then soars
Up in to the sky, with rat in claws.
Down below are the eyes of man
Watching and waiting to play his plan.

Down below the man's eyes scan
The skies for any form of life.
How many has he claimed today?
He sees another and takes aim.
High above the hawk feels pain.
Never will she fly again.

Why, oh why, must man take life?
Not for food, but thrill of sport
When God created the heavens and earth
He never intended man kill for mirth.
In nature's delicate ecosystem
Life is precious to ALL who live there.

Lynda Craven

THAT FINE LINE

Does the horizon line to the east
Inspire feelings on which we can feast?
Poetic feelings of hope and longing?

Have the sharp winds frozen your dreams to frost?
Are your ideals on the rocks, splattered and tossed
By the ferocious passion of a frustrated sea?

And is it there, where disappointment has to weep,
Where longings submerged so deep
Interface with that hope?

And when a sunset sky, rose red, and bejeweled
Is hidden by clouds, is it fooled
Into thinking it's not happy any more?

Deep in the forest of . ancient dreams,
Where angels spin their golden schemes,
Can we cross our lines and join them?

MICHAEL GERSTEIN.

Balance

If you know the point of balance
You can settle the details.
If you can settle the details
You can stop running around.
If you can stop running around
Your mind will become calm.
If your mind becomes calm
You can think in front of a tiger.
If you can think in front of a tiger
You will surely succeed.

From the writings of Mencious
Ancient Chinese sage.

“We must take care to live not merely a long life, but a full one; for living a long life requires only good fortune, but living a full life requires character. Long is the life that is fully lived; it is fulfilled only when the mind supplies its own good qualities and empowers from within.”

SENECA.

I'd Pick More Daisies

If I had my life to live over, I'd try to make more mistakes next time.

I would relax. I would limber up. I would be sillier than I would have this trip. I know of very few things that I would take seriously. I would be crazier.

I would be less hygienic. I would take more chances . I would take more trips. I would climb more mountains, swim more rivers and watch more sunsets....

I would eat more ice cream and less beans.

*I would have more actual troubles and fewer imaginary ones,
You see, I am one of those people who live prophylactically and sensibly, and sensibly, hour after hour, day after day. Oh I have my moments and if I had to do it all over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead each day. I have been one of those people who never go anywhere without a thermometer, a hot water bottle, a gargle, a raincoat and a parachute.*

If I had to do it again I would go places and do things and travel lighter than I have.

If I had my life to live over, I would start barefooted earlier in the spring and stay that way late in the fall.

I would play hooky more.

I wouldn't make such good grades except by accident.

I would ride on more merry-go-rounds.

I'd pick more daisies.

Nadine stair.

87 Years Louisville Kentucky
The Turning Point Journal)



Remember, as the strength of a chain is determined not by the number of its links but by the quality of each link, even so is JASH in bringing healing to those who seek healing, measured not by the numbers of healers under our banner, but by the quality of each of our Healer Members.

Heaven

.... This 85 year old couple, having been married almost 60 years, had died in a car crash. They had been in good health the last ten years --- mainly due to her interest in health food and exercise.

When they reached the pearly gates, St. Peter took them to their mansion which was decked out with a beautiful kitchen, master bath suite and Jacuzzi.

As they oohed and aahed, the old man asked Preter how much all this was going to cost.

"It's free," Peter replied, "This is Heaven."

Next they went outside to see the championship golf course that the home backed up to. They would have golfing privileges every day, and each week the course changed to a new one representing the great courses on earth.

The old man asked, "What are the green fees"?

Peter's reply, "This is heaven, you play for free."

Next they went to the club house and saw the lavish buffet lunch with the cuisine's of the world laid out.

"How much to eat?" asked the old man.

"Don't you understand yet?" This is heaven, it is free"! Peter replied.

"Well, where are the low fat and low cholesterol foods?" the old man asked timidly.

"That's the best part ... you can eat as much as you like of whatever you like and you never get fat and you never get sick. This is Heaven."

The old man looked at his wife and said. "You and your stinking bran muffins!! I could have been here ten years ago."



Coping with frustration ? Well here's a novel way

As a new bride, Aunt Edna moved into the small home on her husband's ranch near Snowflake. She put a shoebox on a shelf in her closet and asked her husband never to touch it.

For 50 years Uncle Jack left the box alone, until Aunt Edna was old and dying.

One day when he was putting their affairs in order, he found the box again and thought it might hold something important.

Opening it, he found two doilies and \$82,500 in cash. He took the box to her and asked about the contents.

"My mother gave me that box the day we married," she explained. "She told me to make a doily to help ease my frustrations every time I got mad at you."

Uncle Jack was very touched that in 50 years she'd only been mad at him twice.

"What's the \$82,500 for?" he asked her.

"Oh, that's the money I made selling all the other doilies," she answered.



To all our many readers everywhere, this is your forum !!!
Please let us have more input from you.



Those of you who are full healer members of JASH tell us about what you are doing or about unusual events that you've experienced when working with patients.

Use JASH 'NEWS & VIEWS' as a forum to express your own views and news on healing and anything relevant to Spiritual Healing---

We want to hear from you!

We want to be able to print stories and information derived from JASH members wherever and whenever possible.

We are certain that there's lots and lots of material out there, but it's up to you to send it to us. But do remember we have to be able to read what you send in, so, clear bold reproduction please of whatever you do send ---, preferably typed if possible and do remember if it's not your own original material, we have to know the source, and that you have obtained permission from the author or publisher for it to be used by us.

Editors of JASH NEWS& VIEWS, Yetta & Maurice Powell.



Being in Queensland, Australia recently I thought how lucky the Australians were to have sunshine all the time, but then I realised that firstly I wouldn't want hot sunshine all the time and also how in England we are grateful and appreciate our fewer sunny days. Rather like our lives, sadness makes us respond more deeply to joy when it comes. It's only the other side of the coin after all.

YETTA POWELL.

May you have...

ENOUGH happiness to keep you sweet
 ENOUGH trials to keep you strong
 ENOUGH sorrow to keep you human
 ENOUGH hope to keep you happy
 ENOUGH failure to keep you humble
 ENOUGH success to keep you eager
 ENOUGH friends to give you comfort
 ENOUGH health to meet your needs
 ENOUGH enthusiasm to look forward
 ENOUGH faith to banish depression
 ENOUGH determination to make each day better than yesterday.

Reprinted from THE SPIRITUAL HEALER

Good samaritan --- lucky cat

In these troubled times, here's a story that might restore some faith in humanity. A few Fridays ago, as I approached the panic phase of making dinner - my guests were due, and the chicken was nowhere near the oven, I got an emergency call.

Actually it was a knock on the door. A young man had found an injured cat by the roadside, put it in a box and brought it to me. One look, and I forgot about dinner.

The cat had been hit by a car. A grave head injury had partly popped her left eye from its socket. She also could not bear weight on her right foreleg. If it's true that cats have nine lives, this feline had clearly used up one of them.

For all her distress, she was quite calm with all vital signs in normal range. I restored the eye to its socket and x-rayed her right front leg. The x-ray confirmed my suspicion that her leg wasn't broken, but lame from something called radial nerve paralysis.

This results from trauma to the radial nerve in the shoulder area, It leaves the front leg incapable of bearing weight, as the limb is folded and dragging. Most often, with time, it spontaneously heals, though not always.

Having done all I could to stabilise the cat I left her in the clinic cage and returned to the kitchen. Our guests, long familiar with the vagaries of my profession, did not mind the wait.

The cat healed well over the next few days. Once her eye swelling went down and the lid opened, her "popped" eye reacted to light stimulus and began functioning again.

In two days she was eating and drinking, and by day three began to bear weight on her right front paw. She no longer needed, nor wanted to be caged in the clinic. But she had to be as no one had called in to ask about a lost cat.

By Wednesday I felt more like her jail guard than her doctor, so I phoned the young man who'd found her. To my surprise, he agreed to take her home until we found her original, or new, owners. He truly impressed me: He'd not only rescued the cat, but was willing to give her a foster home.

The next Friday, during regular clinic hours, a family came in, placed a purple plastic cat carrier atop my examination table, and began telling me how, for a week, they had mourned the disappearance of their cat.

Then suddenly that same day, they continued, their cat came back home. She had a scrape above her left eye, a right-front-leg limp, and would I take a look at her? Sure enough, it was the very cat that a mere week ago had appeared at my kitchen door. I told them the story of what had happened to her. We then called her foster home, and were told she'd left that very morning and not come back. Well we know where she went: Home!

"Kiki," as she is called, had very grateful owners, and I --- well, my faith in people was somewhat restored. Good Samaritans are an endangered species today, but they are not extinct. That's nice to know.



Laura Katzman. ---JERUSALEM POST

The Healing Power of TOUCH

Touching communicates love, consciously or unconsciously, and can trigger metabolic and chemical changes in the body that help in healing. Touching also controls endorphins, which are natural body hormones that control pain and our sense of well-being. *Phyllis KDavis, PhD.*

WE KNOW that babies who do not get touched, cuddled or held will just waste away. Dr Rene Sprits of the University School of Medicine in Colorado, prescribed touching in orphanages for babies who were listless, withdrawn and very slow in mental and physical development. In another instance, paediatrician Dr. John Hold mandated that all babies must be picked up and cuddled five times a day, resulting in a drop in mortality and an increase in the sick babies who became well. We know that physical contact extends our own longevity and cuts down on the number of visits to a doctor. We have scientifically confirmed that touch is a biological necessity, and we are finding that the mere act of touching can promote well-being. Science can now document what primitive peoples knew long ago. Touching has beneficial effects on the body's internal workings. At the University of Maryland Medical School, doctors have discovered that heart rates change when people are touched, and that holding the hands of people who are in deep comas, or even paralysed, produces significant cardiovascular reactions.

HOW TOUCH CAN HEAL

You may be wondering how touch can actually heal. Perhaps you've been in the mountains or near a waterfall and have experienced feelings of well-being. It is more than just the scenery producing the feeling. This well-being comes from something called negative ions. An ion is an electrically charged atom or group of atoms. When an ion contains excess electrons, it becomes a negative ion, which can be beneficial to us. Machines that generate negative ions are highly recommended and are beginning to be more widely sold now. For over 60 years, we've known that ions affect the body, but knowledge of the specific effects is still minimal. Positive ions, those deficient in electrons, seem to produce lethargy, headache, irritability, and inflammation of mucous tissues. The most extensive use of negative ion concentrations at present is for burn therapy.

Ions affect healing through touch. Dr David Corey says, "The nervous system has lots of ion channels." And Dr Frederich Sachs has made the exciting discovery of a new ion channel, which is at the molecular level. When something presses into your skin, sensory nerves send a message to the brain. The nerves are fired, it is believed, by specific ion channels just recently discovered, which seem to explain how touch heals.

"These ion channels appear to be an essential mechanism by which the body communicates with itself, and individual cells communicate with themselves ", says Dr Sachs. This means that this cell-to-cell communication internally sets up the body as one large sensory organ.

Continued on page 24.

This discovery could have implications for touch perception, hearing and balance, regulation of blood pressure, lung inflation, gut distension, cerebrospinal pressure, organ stretch and perhaps even homeostasis. Possibly, this could offer some explanation as to why touch is so crucial to one's health and well-being. These findings on ion channels were accidental, discovered during experiments with chick embryo tissue. Hopefully, future studies will confirm this theory.

CARE OF THE ELDERLY

When I completed one of my master's theses on the effects of touch on learning, Jerry, one of my professors, was rather sceptical - open to this notion, but sceptical. Months later, he came to tell me of his personal experience with the power of touch. His father had suffered a serious stroke and lay unconscious in intensive care, surrounded by monitoring and respiratory equipment. Jerry had no conscious memory of ever having touched or having been touched by his father but he remembered something he'd read in my essay. He reached out and placed his hand on his father's head. The equipment seemed to go wild. Panic stricken, he immediately found a nurse who reassured him that what he had done was helpful and that such a reaction to touch was common. As his father recovered, Jerry made it a point to touch him on every visit. One day his father hugged him - a profoundly moving experience for Jerry.

After studying successful efforts by nurses in using caring touch with patients, Irene Burnside, a nursing researcher, initiated her own 'touch therapy' experiment. She used touch as a means to modify behaviour. In group sessions with elderly regressed patients, she would greet and say good-bye to each patient with an Indian handshake - that is, along with a typical handshake gesture she would also place her other hand on top of the two clasped hands. She also laid her hand on patients' shoulders when she spoke to them, touched them as she passed out food, and even danced with some patients. She observed increased touching among the patients, better response to music, increased eye contact, and less hallucinating; in other words, more response to other people and to their environment.

TRAUMA AND PAIN

Traumatic injury is another area where touch can provide immense value. The Shrines Burn Institute medical personnel ---say touching functions as a major antidepressant that aids in the production of endorphins. Sometimes touch is the only contact with burn patients. All the medicines and antiseptics in the world won't help if a patient no longer has the will to live. Medical professionals state that touch is one of the most important aspects of rehabilitation, whether for an acute illness or a severely burned patient. A nursing supervisor says that sometimes she rubs the only unburned part of a patient's body in order to stimulate his or her will to live. At times it may only be the top of a head or bottom of a foot. Touching, such as when someone holds our hand, helps put our mind at ease, helps us relax, and stimulates our spirit so that our body responds and our pain lessens.

Continued on page 25.

There are many examples of how and why touch aids in reducing pain. It has been suggested that many ailments, especially chronic headaches, could be the way a person subconsciously asks for love when unable to ask directly. Dr David Bresler suggests hugging as a remedy for headaches. It also works on other types of pain, reducing arthritis discomfort and helping promote circulation and emotional stability in diabetics. Any health problem responds well to touch, and it can provide a positive emotional state, thus aiding the body in its healing process. Touch can motivate our bodies to reduce fear, frustration, and the sense of helplessness that illness so often engenders.

BIRTH COMPANIONS

When my daughter-in-law said her prenatal instructor had suggested a doula, or midwife, and what did I think, I said yes, of course. Our modern birthing practices have traditionally excluded the presence of these comforting, nurturing women. Yet, in a survey of 186 cultures, only two had men participating in the birth process. In all but 4 per cent, a female companion trained in midwifery helps with the birth. My daughter-in-law was fortunate that the hospital in which she would be giving birth supported the presence of a doula as a birth companion.

Doula is a Greek word for a 'woman caregiver of another woman' ; it is a new name for what midwives traditionally did, except that the prenatal care and the actual delivery are, in this latest arrangement, still performed by the doctor. The doula then sometimes comes to the couple's home during early labour and helps them make the transition to the hospital or birth centre. She holds, touches, and strokes the labouring mother, and reassures her with soothing words of encouragement. She explains what is happening to her, and remains by her side, sometimes playing music and massaging her, as well as comforting and reassuring the woman's partner. She may also negotiate with the hospital staff on behalf of the family.

The British psychoanalyst D.W. Winnicott suggests that "the baby's development cannot take place except in relation to the human reliability of the holding and handling." Marshall Klaus, paediatrician and author of *Parent-Infant Bonding*, suggests that the doula produces this holding environment for the mother through a physiological process during a period in which the mother cannot control herself.

Holding the mother is a strong metaphor for what the mother does for the baby.

Thus, there is a strong possibility of, in a sense, re-mothering the mother. It is possible that "we may have the ability to change internally a woman who has had poor mothering." This would truly be a healing touch.

This article by Phyllis K. Davis Ph/D, appeared in April/May 2001 NATURE & HEALTH

Phyllis is a professional counsellor and communications consultant and author of *The Power of Touch* --- she holds a B.S. in Speech Communication, an M.A. , in Counselling Psychology and Interpersonal Communication, and a PhD in Somatic Psychology.

On the following page Phyllis gives us a very definitive way in which to evaluate a healer. We believe that most of our readers will find her evaluation most important.

---- Your Editors.

5 CHARACTERISTICS OF AN EFFECTIVE HEALER

1. The first characteristic a healer should possess is a sense of purpose. You need to have a goal, to know what you want and what you are going to do.

2. Second, you need to possess self-discipline in order to spend the time and effort required to read, learn, practise, and perfect the skills involved in healing by touch.

3. Third, you need to hold in your heart the compassionate or motivated interests of the person you are healing. You need to come from a space within of unconditional love rather than your own ego needs. Since energy wrapped up in your emotions is directional, your motivation directs the energy.

4. An ability and willingness to confront yourself with the truth of why you desire to heal is an important fourth characteristic. Healing is a powerful instrument, so know yourself and your power well. Why do you want to do it? Be truthful with yourself. The reason is important, but even more important is the asking of the question and being willing to see the real reason you want to use touch therapeutically.

5. Health is the fifth characteristic, in the sense of wholeness and harmony within the self.

Phyllis K. Davis PhD --- Nature & Health Apr/May 2001



Help JASH become more effective !!!

It's up to every member, not just one or two of our more active healer members.

In the interest of healing we ask that each healer member of JASH helps raise the profile of healing. Tell people what you do, encourage people to acknowledge the help that they receive from you as a healer.

Point out that they can, train as probationer healers or that they can encourage others to do so.

Suggest that they speak to young people about healing, and about the joy that it will bring them, by helping others.

Encourage them to consider being trained as probationer healers.

It's up to every registered healer member of JASH, or registered healer members of other bonafide healing organisations, to attract new, young people into healing and give them every encouragement and opportunity, to become fully trained and accredited .

Let us all make a determined effort to bring new people into our healing organisations ---.

Do remember, if somebody helped you to develop and become a healer, the best way you can show your appreciation is, for you to do the same.

---The future of healing is up to each of us ----!

A RED INDIAN PRAYER

Oh Father, whose voice I hear in the wind, and who gives life to all my people. Hear me, for I am young, small and weak, I need your strength and wisdom.

I seek strength, Father, not to be superior to my brothers, but to be able to fight my greatest enemy --- myself.

I seek wisdom, the lessons you have hidden in every leaf and rock so that I may teach my people. May my hands respect the many things you have made and my ears be sharp to hear your voice. May I always walk in your beauty, and let my eyes ever behold the red and purple sunsets, so that when life fades

Like the setting sun, my spirit will come to you without shame.

I have spoken. --- **Sleeping Fox.**

Reprinted from THE SPIRITUAL HEALER

Quotes to inspire....

“Underlying everything is the silent voice of God ever calling on us through all things that are beautiful and that make life worth living.”

PARAMAHANSA YOGANANDA.

“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”

NORMAN VINCENT PEALE.

“It is the lifted face that feels the shining of the sun.”

ROBERT BROWNING.

“It isn't what you have in your pocket that's important but what you have in your heart.”

CARDINAL BERNADIN.

“Be kind; everyone you meet is fighting a hard battle.”

JOHN WATSON.

“KINDNESS GIVES BIRTH TO KINDNESS.”

SOPHOCLES.

“Joy is not in things; it is in us.”

CHARLES WAGNER.

“Treat people as if they were what they ought to be and you will help them become what they are Capable of becoming.”

GOETHE.

**Yesterday is History,
Tomorrow is s Mystery,
and Today is s Gift :
That's why we call it
The Present.**