

# *News & Views*



*Registered Charity  
No. 275081*

## *Winter 2001/2*

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# 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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**Editors of J.A.S.H. Newsletter - Yetta and Maurice Powell**

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First of all, Yetta and I would like to again thank all those who showered us with such good wishes; celebrating 50 years of marriage is quite something, even more so when so many helped to make the occasion so joyously memorable.

For us the year 2001 has been very exciting indeed, we never dreamt that we would be travelling as much as we did. First to Israel, then Australia, then to New Zealand and home by way of Singapore. Then off to Verona and the excitement of Italy. Then, it was back home, staying just long enough to get ourselves together in readiness for a voyage on the QEII to Cape Town by way of Madeira, The Cape Verde Islands, and St. Helena. But nothing prepared us for the beauty of South Africa ---!

As might be expected the world of healing figured extensively in our comings and goings, but more about that further on.

***We wish all our readers a very happy, healthy, peaceful and fulfilling 2002.***

*Maurice & Yetta Powell Editors.*

## Chairman's report December 2001

Representing the Jewish Association of Spiritual Healers, Brenda Peace and myself have attended several meetings in order to keep J.A.S.H. at the leading edge with the formation of the UK Healers, Brenda's input to the training schedule has been invaluable and has accordingly given her many long and weary days, but will be appreciated by all Healers in the future, as it most certainly is by the team from several Healing Organisations currently working towards a minimum standard of best practice within the Healing Movement. Further information about training will be found on the BAHA Web site --- BAHA Healing.co.uk.

The AGM of the British Alliance of Healing Associations was held 21<sup>st</sup> October 2001 where Murray Muspratt-Rouse announced his retirement as treasurer, our thanks to Murray for all his guidance, hard work and expertise whilst in office. Our new Treasurer is Megan Long from The Greater World Spiritual Centre, all best wishes to Megan in her new role. Our insurance policy is Brokered by Bervalemead and covered by Axa Insurance, Policy number LS BDY 1190420 Professional Liability Insurance, for the next three years.

21<sup>st</sup> November 2001 saw the inaugural meeting of the UK Healers where some sixteen healing organisations were present representing approximately 14700 healers between them. The aims of the UK Healers are:-

- 1) To develop proposals for a national minimum standard for healing practice.
- 2) To determine whether these are acceptable by the majority of practising healers to organise the establishment of a self regulatory body.
- 3) Follow guidelines and proposals of the Foundation for Integrated Medicine.
- 4) To be aware of Governments concern to protect the public.
- 5) To adhere to the House of Lords Select Committee report on Complementary and Alternative Medicines' suggested recommendations of an open and transparent partnership.
- 6) To encourage the regulating body from each therapy to unite.
- 7) To protect the public, give credence to the Healing Movement and to lead to Government recognition.
- 8) Initial draft minimum standards have been formulated,
- 9) Independent Chairman is required and get other Healing Organisations involved,
- 10) Submit the draft minimum standards to Healthwork UK for further refinement.

You may ask how healing can be regulated, it cannot, but the healer can. The structure of the lead body must have an independent Chair, 15 on the Council, at least one third of whom are lay people.

I am sure you will all join me in wishing our editors, Yetta and Maurice many more happy and healthy years together, having just celebrated their Golden Wedding anniversary, and would you please add my daughter Kim to your Distant Healing list, as she has been involved in a serious road accident, thank you.

*Steve Sharpe Chairman.*

## *Friend...*



If one day you feel like crying ...  
Call me.  
I don't promise that I will make you laugh,  
But I can cry with you.

If one day you want to run away ---  
Don't be afraid to call me.  
I don't promise to ask you to stop ...  
But I can run with you.

If one day you don't want to listen to anyone,  
Call me.  
I promise to be there for you,  
And I promise to be very quiet.

But if one day you call  
And there is no answer ...  
**Come fast to see me.**  
**Maybe I need you.**

*--- Anonymous.*

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## **ATTITUDE** by Charles Swindoll

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day, We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...

**We are in charge of our Attitudes!**

*Submitted by Gloria Gersten USA.*



**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**

**also at**

**THE GLEBE HALL, GLEBE ROAD, STANMORE**

**(A short walk from Stanmore - Jubilee Line Underground Stn.)**

**Healing given every Thursday 2.00 -- 4.30 p.m.**

**by J.A.S.H. MEMBERS & Probationers**

**All are welcome. *for further information please phone 020 8954 0787.***

**and at**

**THE WHITE DOVE HEALING CENTRE**

**EAST LONDON - (Close to Redbridge - Central Line Underground Stn.)**

**J.A.S.H. Healer Members & Probationers give healing**

**every Tuesday and Thursday under guidance of Rita Vangelder,**

***for further information on this clinic please phone 020 8551 5289***



*Life is like a ladder  
We all have to climb.  
Hence this special friendship rhyme.  
We move up and down.  
Hopefully, with smiles and no frown  
Loving memories, some forgotten others told,  
Like souvenirs, we treasure and hold.  
Changes occur, that's a fact of life.  
We need peace, happiness and no strife.*

*Shalom. (Mrs.) Lily Jacobson.*

Information received from

**The Sheila Samson Centre of Enlightenment • M.P.H - Israel**  
**8<sup>th</sup>. Esoteric Linkup Conference**

**AWAKENING TO THE GOLDEN WAY OF LIGHT**

**True freedom is a gift given to all who seek and become aware**

**11—13<sup>th</sup> April 2002**

Being held at the - **Avia Hotel, Yehud** - (close to the airport)

**Cost of conference - \$180 Payment before the end of February \$160**

This price includes: lectures and workshops. Simultaneous translation Lunches and coffee  
**The conference of the Golden Way of Light is the festival of freedom. The golden way is the unity of all humanity and all life. It is the ability to free the self of old worn-out ideas that hold one in fixed habits. Each one of us is able to forgive and release the fears that hold us back. We are then able to work through the heart and find unity within the self and life.**

For further details please call the Sheila Samson center - Israel 972 3 5346835  
or e mail: [junelevy@barak-online.net](mailto:junelevy@barak-online.net)

We thank those who have already shown their interest in participating and coming to share and spread the light of peace and love - all are welcome.

**The Sheila Samson Centre of Enlightenment • M.P.H**  
**1, Hamitnahalim St., P.O.Box 6555 Ganei Yehuda ISRAEL**

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**A WORD ON CHIROPRACTIC PHILOSOPHY**

The chiropractic philosophy is a simple one that believes:-

1. All health comes from within.
2. Your nervous system runs, co-ordinates and maintains your body.
3. You need a good functional nervous system to be HEALTHY.
4. Subluxations disturb the function of the nervous system.
5. Chiropractors are skilled in the detection and removal of subluxations using specific, gentle adjustment of the spinal vertebrae using the hands or specially designed implements.
6. Your mind has a powerful influence upon your health. you can think yourself sick or you can think yourself well.
7. Chiropractors recognize that true healing involves all aspects of the physical, chemical and emotional facets of your problem.
8. Drugs and medicines do not solve the problem of disease, only push your ailing body further into adaption.
9. Chiropractic is able to release the power of your inborn healing ability by clearing harmful nerve pressure from subluxations.

**Chiropractic adds life to years, and years to life.**

*Reprinted by kind permission Dr. Richard Cook, LOWLANDS Family CHIROPRACTIC CLINIC*

# MAKING SENSE OF THE BIBLE - III

Rev. Ralph Seelig

Chapter II of Genesis begins with the perfect creation which is spiritual in character. Metaphysically there are only the perfect ideas (from Chapter I) and the perfect idea of God, which is the spiritual man, who walks and talks with God. This being is absolute consciousness, or "the garden."

In the garden is the tree (the functioning in knowledge) of life. That is, complete awareness of perfect livingness. As God also plants here the tree of the knowledge of good and evil, this must also be good. It means that man has the ability in his consciousness of choosing good or evil. Since God's great gift of Himself embodies freedom, this spiritual man is free to choose.

We read of the creation of woman, which is an essential element of the perfect spiritual being. The hermaphrodite creation is complementary and whole.

In Chapter III there develops the drama of the serpent, which appears to converse on equal terms with the female aspect of man. The serpent represents the subtle choice. Its nature is "sinuous," (could we say it embodies "sin?") What does it offer? The tree is already there to be known, but now the suggestion is to eat of the fruit, i.e. To **absorb** the good and evil. This is very different. The perfect Adam-Eve spiritual creation now becomes subject to consequences of good and evil, and can no longer remain in blissful oneness with Creation. (Must leave the Garden of Eden and become involved in worldly experience.)

We can see here that we have moved from pure "involution" to the first stages of "eve-olution". I am sure that the Infinite Mind has created the ingredients in a perfect way, even if we cannot realise the complete implications.

What we are facing is the movement towards experience. The outer world in which we live is this experience and our choices will always involve yes or no to good and evil.

"The Lord God sent him forth from the Garden of Eden, to till the ground from whence he was taken." The remainder of the Bible is a commentary in story-form of what man does with this challenge, how sometimes man regains a oneness of consciousness with the Lord God and sometimes the consequences of failure.

There is always the promise of His goodness. What man can learn is that the choice is his. God does not choose for man, for that would be making of him an automaton. **God has given to His creation the freedom of Spirit!**

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**“Nothing** occurs in your life --- nothing--- which is not first a thought. Thoughts are like magnets drawing effects to you.”

*Neale Donald Walsch.*

## **A FABLE: THE POWER OF WORDS**

A group of frogs were traveling through the woods, and two of them fell into a deep pit. All the other frogs gathered around the pit. When they saw how deep the pit was, they told the two unfortunate frogs that they would never get out. The two frogs ignored the comments and tried to jump up out of the pit. The other frogs kept telling them to stop, that they were as good as dead.

Finally, one of the frogs took heed of what the other frogs were saying and simply gave up. He fell down and died. The other frog continued to jump as hard as he could. Once again, the crowd of frogs yelled at him to stop the pain and suffering and just give up. He jumped even harder and lo and behold, he made it out. When he had caught his breath, the other frogs asked him: "Why did you continue jumping? Didn't you hear us?" The frog explained to them that he was hard of hearing. He thought that they were encouraging him the entire time.

The power of words --- it is sometimes hard to understand that an encouraging word can go such a long way. Anyone can speak words that rob another of the spirit to continue in difficult times. Special is the individual who will take time to encourage another. Be special to others.



## **The Power of words ....**

... The power of words. This is a topic that I had the opportunity to speak about recently.

On our cruise on QEII to Cape Town to celebrate our Golden Wedding Anniversary we had the privilege of giving talks to our fellow passengers in one of the lecture theatres. Maurice spoke on 'Aspects of Healing' and gave healing afterwards and on another day I spoke on 'Exploring the Power of Words'. It was a great thrill and created a lot of interest. Many people spoke to us afterwards about our talks and suggested that we should give more of them, believing that we were returning to Southampton on the return voyage and were most disappointed to hear that our trip on board was only to Cape Town.

I spoke on the powerful energy of words and thought and how it effects ourselves and others, showing through kinesiology the immediate effect on the body of positive and negative thought.

I had given a similar lecture at the Harry Edwards Healing Sanctuary, some years ago to a group of about a hundred healers, but had to modify it for QEII passengers.

*Continued on page 9.*

I am sure that all readers wherever they go --- like us --- meet like minded people who are interested in what we do.

We have been very fortunate this year; 2001 in having travelled to Israel, Italy, Australia, New Zealand, Singapore and now South Africa and wherever we have gone we have met wonderful, spiritually attuned or 'seeking' people.

In South Africa despite warnings from well meaning friends of violence and of it being unsafe to travel to, we found only kindness, friendliness, courtesy and gentleness. True we were only tourists and don't live there and they have extremely difficult economic and political problems. Nevertheless we were impressed by much spiritual awareness, a strong love and desire to care for their wild animals and the environment.

It is a very beautiful country --- the scenery is stunning and so much sunshine! True they are going through a very, very difficult time of transition, and many are leaving the country because of the present unrest and uncertainty, but there are others who are determined to improve conditions there for all. Hopefully we will visit Cape Town again in the not too distant future.

In Cape Town we bought a copy of the 'South African Journal of Natural Medicine', as recommended by Dr. Geraldine Mitten who gave 6 extremely interesting and informative talks on board ship about health and anti-aging. It is a beautifully produced magazine full of very inspiring, thought provoking articles by doctors and other professionals who are dedicated to providing information about all aspects of natural holistic medicine, from every possible source. Articles in the issue we bought included topics on subjects like:-

'Mind - Body Medicine by Dr. Bernard Brom, 'Nutrition & The Practice of Medicine' by Professor Majid Ali, 'Whole -Person Wellness' by Dr. DP van Velden, 'Sick Buildings & Sick Food' by Dr. L. Emdin and quite a number of other articles of a like nature. These too are written by people of high standing within the medical establishment.

We have taken out a subscription with this journal and have been in touch with its editor, who agrees that knowledge and views should be shared. In due course we hope to reprint some of the articles, which will certainly be of interest our readers.

YETTA POWELL.

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*I am The Light , I am Love,  
I am Goodwill, And I am Peace.  
And through me will flow that great Energy,  
that will Pour out to all the Earth  
And to all the Peoples On the Earth,  
That will bring Peace, Love and Goodwill To all on Earth.*

**MPH - Creative Living Group, Israel.**

# WATER

1. 75% of people are chronically dehydrated.
2. In 57% of people the thirst mechanism is mistaken for hunger!
5. Mild dehydration will slow down your metabolism by 5%.
4. ONE large glass of water can shut down midnight hunger pangs.
5. Lack of water equals daytime fatigue.
6. 8—10 glasses of water per day can decrease back and joint pain by up to 80%.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, basic maths and focus difficulty.
8. Drinking 5-6 glasses of good water per day decreases the risk of colon cancer by 45%, slashes breast cancer by 79%. and bladder cancer by 50%.
9. **HAVE ANOTHER GLASS OF GOOD WATER!!!**

## “HAVE ANOTHER COLA”

1. In many USA states, the Highway Patrol carries 2 gallons of cola to remove blood stains from road accidents.
2. Place a steak in a bowl of cola for 2 days and it will be GONE!
5. To clean a toilet bowl, pour in cola and let it sit for 1 hour and you can then flush all stains from the vitreous enamel.
4. To clean a rusted bolt or car battery terminals, apply a cloth soaked in cola for several minutes.
5. To remove grease from cloths add cola to the washing.
6. THE ACTIVE INGREDIENT IN COLA IS PHOSPHORIC ACID. The P.H. Level is 2.8 and it will dissolve a metal nail in about 4 days.

## ENJOY YOUR COLA!!!

By **Robyn Wood** - Queensland, Australia.

As published in FOCUS - Magazine of World Federation of Healing.



## EINSTEIN'S WORDS OF WISDOM

“**Strange** is our situation here on earth. Each of us comes for a short visit, not knowing why, yet seeming to have a divine purpose. From the standpoint of daily life: however, there is one thing we do know: that man is here for the sake of other men: for the countless unknown souls with whose fate we are connected by a bond of sympathy. Many times a day I realise how earnestly I must exert myself to give in return as much as I am still receiving.”



*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 Healmembers.*

*“Dear friends around the world,* the events of this day 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 and we took earnestly for ways in which we might recreate ourselves anew as a human species, so that we will never treat each other this way again.

The hour has come for us to demonstrate at the highest level our most extraordinary thought about **Who We Really are**. There are two possible responses to what has occurred today. The first comes from love, the second from fear.

If we come from fear we may panic and do things —as individuals and as nations—that could only cause further damage. If we come from love, we will find refuge and strength, even as we provide it to others.

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, both now, and for years to come.

We will set the course for tomorrow, today. At this hour. In this moment. Let us seek not to pinpoint blame, but to pinpoint cause. Unless we take this time to look at the cause of our experience, we will never remove ourselves from the experience it creates. Instead, we will forever live in fear of retribution from those within the human family who feel aggrieved, and likewise, seek retribution from them. To us the reasons are clear. We have not learned the most basic human lessons. We have not remembered the most basic human truths. We have not understood the most basic spiritual wisdom. In short, we have not been listening to God, and because we have not, we watch ourselves do ungodly things.

The message we hear from all sources of truth is clear: We are all one. That is a message the human race has largely ignored. Forgetting this truth is the only cause of hatred and war, and the way to remember is simply: Love, this and every moment. If we could love even those who have attacked us, and seek to understand why they have done so, what then would be our response? Yet if we meet negativity with negativity, rage with rage, attack with attack, what then will be the outcome?

These are the questions that are placed before the human race today. They are questions that we have failed to answer for thousands of years.

Failure to answer them now could eliminate the need to answer them at all. If we want the beauty of the world that we have CO-created to be experienced by our children and our children's children, we will have to become spiritual activists right here, right now, and cause that to happen. We must choose to be at cause in the matter.

So, talk with God today. Ask God for help. for counsel and advice. For insight and for strength and for inner peace and for deep wisdom. Ask God on this day to show us how to show up in the world in a way that will cause the world itself to change,

*Continued overleaf.*

and join all those people round the world who are praying right now, adding your Light to the Light that dispels all fear.

That is the challenge that is placed before every thinking person today. Today the human soul asks the question: What can I do to preserve the beauty and wonder of our world and to eliminate the anger and hatred and the disparity that inevitably causes it—in that part of the world which I touch?

Please seek to answer that question today, with all the magnificence that is You. What can you do TODAY... this very moment? A central teaching in most spiritual traditions is: What you wish to experience, provide for another. Look to see, now, what it is you wish to experience, in your own life, and in the world. Then see if there is another for whom you may be the source of that. If you wish to experience peace, provide peace for another.

If you wish to know that you are safe, cause others to know that they are safe. If you wish to better understand seemingly incomprehensible things, help another to better understand.

If you wish to heal you own sadness or anger, seek to heal the sadness or anger of another. Those others are waiting for you now. They are looking to you for guidance, for help, for courage, for strength, for understanding and for assurance at this hour. Most of all. they are looking to you for love. My religion is very simple. My religion is kindness.—

*Dalai Lama.*

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*E*ach second we live is a new and unique moment of the universe, a moment that will never be again... And what do we teach our children? We teach them that two and two make four, and that Paris is the capital of France. When will we also teach them what they are? We should say to each of them: Do you know what you are? You are a marvel. You are unique- in all the years that have passed, there has never been another childlike you. And look at your body- what a wonder it is! Your legs, your arms, your clever fingers, the way you move. You may become a Shakespeare, a Michalangelo, a Beethoven. You have the capacity for anything. Yes, you are a marvel. And when you grow up, can you then harm another who is, like you, a marvel? You must cherish one another. You must work - we must all work - to make the world worthy of its children.

Pablo Casals.

## *A PSALM OF DAVID Psalm 27*

The Lord is my light and my help. Whom shall I fear?  
The Lord is my strength of my life. Whom shall I dread?  
When evildoers draw near to slander me, when foes threaten, they stumble and fall.  
Though armies be arrayed against me, I will have no fear.  
Though wars threaten, I remain steadfast in my faith.  
One thing I ask of the Creator, for this I yearn: to dwell in the house of the Lord all the days of my life, to behold Gods beauty, to pray in God's sanctuary.  
God will hide me in His shrine, safe from peril. God will shelter me beyond the reach of disaster.  
God will raise my head high above my enemies. I will bring God's offerings with shouts of joy, singing, chanting praise, to the Creator.  
Oh Lord, hear my voice when I call; be gracious to me, and answer.  
It is You that I seek, says my heart. It is your presence that I seek, O Lord.  
Hide not from me, reject not your servant.  
You have always been my help, do not abandon me. Forsake me not, my God of deliverance.  
Though my father and my mother leave me, the Lord will always be there for me.  
Teach me your way, Oh Lord, guide me on the right path, to confound my oppressors.  
Abandon me not to the will of my foes.  
False witnesses have risen against me, people who breathe out lies.  
Mine is the faith that I surely shall see the Lord's goodness in the land of the living.  
Hope in the Lord and be strong. Take courage, hope in the Lord

***AGAINST SUCH DARKNESS AS SEPTEMBER 11 2001 ---WE MUST RETALIATE WITH LIGHT.***

---

**M**y God this soul, from thee derived,  
Is as Thou gav'st it, pure;  
By Thee created, formed, inbreathed,  
Through Thee it shall endure;

---

**L**et the words of my mouth and the meditation of  
My heart, be always acceptable  
Before Thee Lord my Rock and my Redeemer.

---

We know that laughter heals, so here are some more gems which we hope will encourage that healthy smile.

*There is no doubt at all, the following written answers to children's test and examination papers are the real thing . .*

**Q.** What did Moses do for a living while he was staying with Jethro?

**A.** He married one of his daughters.

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The year 1720 saw the opening of the Irwell Canal at Manchester. The Chinese brought this over.

\*\*\*

The Old Lady of Threadneedle Street is Florence Nightingale in her old age.

\*\*\*

Pluto composed the music of The Magic Flute

\*\*\*

A blood vessel is a man's lifeboat.

\*\*\*

A sheep is mutton covered with wool.

\*\*\*

The home of the swallow is the stomach.

\*\*\*

Quinine is the bark of a tree: a canine is the bark of a dog.

\*\*\*

He has gone to Switzerland to remunerate his health.

\*\*\*

A cat is a carnation because he eats meat.

\*\*\*

Father has been in bed with an allegory in his leg.

\*\*\*

Artificial respiration is what you make a person alive with when they are only just dead.

\*\*\*

Phlebitis is a disease frequently taken by people looking after menageries.

\*\*\*

To be struck by lightning is an act of God in very suspicious circumstances.

*reprinted by kind permission of 'THE SPIRITUAL HEALER'.*

## Code of Conduct

Listed below are extracts from the Code of conduct as laid down by BAHA full copy of which is in your possession please ensure that at all times you abide by the full code of conduct failure to do so could result in your insurance being void and disciplinary action being taken.

**Healing must only be given in response to an invitation from the patient or their representative.**

**Healers must never claim to 'cure'. The possible therapeutic benefits may be described: 'recovery' must never be guaranteed.**

**Healers should ensure that they themselves are medically, physically and psychologically fit to practice.**

**Healers must not countermand instructions of prescriptions given by a doctor.**

**Healers must never give a medical diagnosis to a patient/client in any circumstances: this is the responsibility of a Registered Medical Practitioner.**

**Healers must ensure they keep clear and comprehensive records of their treatment including dates. This is especially important for the defence of any negligence actions as well as for efficient and careful practice.**

**Healers must never offer a clairvoyant reading during a healing session.**

**Healers should only heal in a conscious state of attunement. Trance conditions are neither recognised in law nor covered by CHO 's insurance. Any individual concerned will be held personally responsible.**

**To avoid offending some patients healers must not raise the question of their religious beliefs unless this is invited by the patient..**

### **Your help is needed ...**



As our readers know, JASH NEWS & VIEWS goes out to people all over the UK, Europe, the Middle East, USA, Canada, Australia and now even to South Africa.

So we would like to improve the look of our magazine. Ideally we would like to see it printed on a gloss paper; so that we can include clear, realistic illustrations and photographs in our articles. Even use colour when appropriate or necessary. But such improvements need money.

*As a registered charity JASH keeps all costs down to a minimum, all its officers are unpaid volunteers and we would not have it any other way.*

However, to cover the costs of improved reproduction money would have to come from somewhere. So donations, from readers, sent in specifically for this purpose would be most welcome.

We could then carry paid for advertisements, and reviews of newly published book related to healing and complimentary medicine, this would help to bring in funds for further improvements. But to do all this, we initially need the help of you our readers. **Your Editors Yetta & Maurice Powell.**

# Simplicity Itself

C.O.J.

**CONFIDENCE • OPTIMISM • JOYFULNESS**

*will bring health, and will sustain the health process.*

HAROLD HYATT

This maxim with which to greet the day is basic, positive and economical with words. We can all create our own texts. Not the tedious convoluted wordage that one comes across so often.

I remember once peeping into a University library book that my daughter was studying. No wonder she had a furrowed brow, poor girl! Some of the sentences were so long that by the time you got to the end you had forgotten how the sentence had begun. The pedants do love juggling with their own jargon.

Not so the really genuine Greats. Their writings ring with the truth, and are easily and naturally applied because their teachings are motivated by Love. They are simplicity itself.

Any health programme depends upon the patient's ability to receive, but first there must be relaxation. Inability to relax is the curse of modern life. Many are the courses, books, tapes, and videos which claim to reveal the secret. Yet relaxation is easily available through one's bedroom window!

Are you sitting comfortably? Then just look for ten minutes at the beauty of the slowly moving clouds. (The operative word is *slowly*). Notice their changing because of shape, colour, size. . .

If clouds only appeared once a year we would call it World Cloud Day and have a national holiday to celebrate. But they appear almost every day. How the good Lord spoils us.

*Dreaming dreams, visualisation, and the power of imagination* are vital signposts. These help lead to the attaining, and to the maintaining, of health. One can project imagination and visualisation backwards as well as forwards. The exercise can be one of nostalgia, but it must not dwell on the "might have been". Instead seek out the thrill and achievements, and happiness of past events. These then become a springboard for present endeavours. The dominant theme must be love and service, the desire to be of use no matter in how small a way.

Spiritual healing is not magic, but a spiritual science. It is not an alternative therapy, but a complementary one, to be used together with medication and self-help. It is best described as "telescopic", bringing betterment nearer and quicker. What a lovely expressive word is 'betterment'. This was coined by Harry Edwards, the champion healer and wordsmith. It was he also who suggested the health benefit of looking forward with great anticipation to the simple things of life: the afternoon cuppa, a chat with friends, one's favourite TV. or radio programme, etc.

To return to C.O.J. A morning maxim such as this is best said when the mind is free from the coming day's thoughts and problems. You are preparing yourself, mentally and physically for a good day. "*Confidence — Optimism — Joyfulness ...*" must be accompanied by your acting the part of a happy person, even if you don't feel that way. This, of course, is the whole point of the exercise!

*Continued on Page 17*

Therefore hum, whistle, sing. Smile at yourself in the mirror. You will be amazed how soon your entire being will respond. Clothe yourself in positive thought. Say 'good-bye' to corrosive negative thinking.

I remember my early days as a probationer teacher. "Never teach by a negative" was one of our many guidelines.

Thus, a teacher seeing a child running down the school corridor should *not* shout "Don't run!" The teacher should instruct, "WALK along the corridor!" This is because of the two words 'don't' and 'run'. It is the word 'run' that will stick in the child's mind, and will reinforce wrong behaviour.

Such teaching has relevance to the dismal power of negativity in the retarding of healing.

Some years ago I heard of a lady who developed eczema. It was incurable until her medication was reinforced by spiritual healing, prayer, and meditation.

Delighted with her condition she decided to visit her estranged father who was an atheist. Scornfully, he dismissed the incredible cure as pure coincidence, despite his daughter's protests. She was shaken to the core. A few days later the eczema returned.

Clearly, then, a negative attitude can be powerful in the wrong way. Fortunately, positive thoughts can be a tremendous power for good in the right way.

Despite the world being awash with wickedness there is a great deal we can do to cope and conquer and make sure that righteousness will prevail. We must feast our minds on goodness, avoiding media mayhem like the plague. We are not compelled to watch scurrilous items on the television, nor read the gross evil in the Press. All this can be avoided by discrimination.

A world famous figure once complained of the immorality of the day. The crime, the lack of respect of youth for the older generation, falling standards in society, and the rising despair throughout the land. This was said by Socrates!

The antidote then, as now, is the Golden Rule of good neighbourliness, plus the pursuit of everything which enhances the human spirit. Also the conviction that we are eternal beings, destined to triumph ultimately over adversity because of the support of the everlasting arms of God.

There is a charming yet profound story in the Talmud, the ancient book of Jewish tradition. A certain rabbi was not best pleased with his congregation because they were always quarrelling. Each one believed that he, or she, had more troubles than anyone else in the synagogue.

One day he turned up with a large pile of sacks. Silently he handed them out to the puzzled worshippers. When everyone had a sack he mounted he pulpit.

"Friends, you all believe you have the world's troubles on your shoulders. Here is your chance to get rid of them. Put all your troubles in the sack, and exchange them."

"This man has the wisdom of Solomon!" they chorused.

Next Sabbath they trudged up the synagogue steps.

"Well?" said the rabbi. "Why so miserable?"

They sighed. "Master, when we got home we opened our sacks.

"We found troubles. Different from our own, but just as bad. Rabbi, please can

we have our own sacks back?"

I do believe that the good Lord has tucked away amidst the Omnipotence and the Omniscience, another crock of gold: a *sense of humour*. This is a blessing indeed.

So when everything goes wrong --- you know the kind of day I mean --- then just laugh. It will clear the air of those pestilential mischievous gremlins.

### CHECKLIST

1. *Each morning say your chosen health text.*
2. *Try to act the part of a happy person.*
3. *Relax with the clouds.*
4. *See the funny side of things.*
5. *Go to it!*
6. *Dream dreams. Think positive.*
7. *By word and deed, help illuminate the world.*
8. *It's not what you eat, it's what's eating you.*
9. *"God is with, within, and all round me."*
10. **ALL BLESSINGS.**

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## **Just Think! --- Your Amazing Body.**

Contains 60 trillion cells (6 with 13 zeros after).

Has 600 muscles and 300 bones.

It takes 40 muscles to frown and only 17 to smile.

The heart beats 72 times each minute, that's 100,000 times a day and 30 billion in a lifetime!

8 million blood cells die every second and are replaced.

It takes 20 seconds for a blood cell to circle the entire body.

If all the blood vessels were laid in a line they could go around the world twice!

We blink 12 times a minute.

We breathe 9 million times in a year.

Air moves in and out at 5 miles per hour.

When we cough the air moves out at 60 m.p.h.

A sneeze can be expelled at 100 m.p.h.

The nervous system controls your whole body.

There are 100 billion neurones, if you were to count them all at one per second this would take 3,171 years!

The brain is like a computer, but it never switches off & organises everything.

The brain send electrical impulses down the spinal column then through the nerves to every organ, tissue and Cell.

These signals travel at 300 m.p.h.

Light pressure on nerves reduces the transmissions by up to 40%

When our nervous system is working correctly we are healthy.

*Reprinted by kind permission Dr. Richard Cook, LOWLANDS Family CHIROPRACTIC CLINIC*

## *How to Boost Your Brain Power !*

Here are some easy ways to Improve your brain's function - and who doesn't want a better memory or more intelligence?

The brain weighs only 4 lbs (1.5Kgs) yet uses 25% of our blood oxygen! So, anything that improves oxygenation and circulation will help. Gentle exercise such as walking, with controlled breathing is useful, so is good nutrition - get on a balanced diet with care to obtain adequate vitamins and minerals, but avoid animal fats.

Try cross crawl for 45 seconds in the mornings, to wake you up and unscramble your neurological wiring. This involves marching on the spot with your opposite arm and leg moving to touch the right elbow to the left knee, then the left elbow to the right knee. Do this at a fairly brisk pace and count each contact till you reach the count of 60.

Drink plenty of water, 6-8 glasses each day will assist your circulation by thinning the blood easing the load on the heart, and of course avoid anything that interferes with blood flow such as smoking.

Keep your mind active - do something challenging every day, the Times crossword, a quiz or read up on a topic or learn a new skill; anything to create more brain connections.

Keep away from harmful chemicals the heavy metals, dioxins, pollution and over-indulgence in alcohol. Try not to become too stressed - relax and have a positive frame of mind.

Above all get regular chiropractic, this will maintain your nervous system at peak efficiency and get some cranial manipulations which keeps the vital fluids within the brain flowing around preventing premature senility.

*Reprinted by kind permission Dr. Richard Cook, LOWLANDS Family CHIROPRACTIC CLINIC*

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### **TRUE HOME**

This body  
Is like a hotel room  
Lived in temporarily,  
In relative comfort.  
Sometimes things go wrong,  
The taps don't turn on properly  
It's not easy to sleep,  
The air conditioning dosen't work,  
And it never really belongs to you,  
For eventually you have to give back  
the key.

This heart, this soul  
Is our true home.  
No harm can befall it,  
No discomfort touch it,  
It's never too hot or too cold.  
Always the right temperature,  
Always peaceful, always calm.  
No problems in our true home,  
Where we live in blissful comfort,  
And --- we get to keep the key  
forever!

*Y. POWELL.*

# THE STORM OF GRIEF

Believe it or not, you CAN learn to weather it.

*by Gloria Gersten*

Going through the various stages of grief is like being caught in a small boat at sea in a bad storm; if you are lucky, you will not be alone. After losing a loved one you are destined to ride through the most vicious, horrendous storm you will ever encounter. you cannot fly over it, duck around it, or go under it.

To retain your emotional balance, head directly into the storm. Unfortunately, one cannot even prepare for this disaster— forget the drugs, booze, and tranquilizers. All these so-called "helpers" only quiet your pain and anesthetize you from feeling your loss; they prolong and delay the start of your grief therapy. One must go through the storm in order to live a normal, peaceful life again.

Lightning has struck you but you are still here. Inside, you are in a state of shock— almost paralyzed by your loss and numb from your tragedy. Your heart is beating, you know you are breathing, you are coping like a robot, but you don't have any feeling inside or much awareness of what is happening around you.

Black clouds encircle you, the relentless waves pound the boat as you are pitched up and down. Heavy sheets of water pour their fury upon you. You are far off course. One learns quickly how to be a good sailor; there are no choices. To do otherwise means to capsize and drown.

Time seems to stand still. Helpless, you cower in the bowels of the boat, hanging on tightly. It would be so easy to give up and slip over the side, but faith, courage, and hope give you the tenacity to endure.

One day the sky is clear and sunny, the water is calm, and land is close by.

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**Justify within your soul the many reasons you  
have to be here, and count your blessings for  
what you do have left.**

---

Somehow, by some miracle, you have made it to a safe harbor— you have weathered your storm of grief. When deep in your sadness, you might find this impossible to believe, but time, keeping busy with everyday activities, and surrounding yourself with compassionate friends will get you through. Join a grief-therapy support group; such groups are found in hospitals, churches and synagogues.

Justify within your soul the many reasons you have to be here, and count your blessings for what you do have left. If you cannot find any, search deeper. There is someone or some cause that needs you badly. We do not forget our losses, but we do learn to adjust to them as the years go by.

## **FRUITS & VEGETABLES FOR CHILDREN WHO WON'T EAT THEM**

### **Here are some things to try:**

- Serve tiny portions — e.g. one carrot stick or a couple of peas. Chances are good that in time the child will start to eat them and you can then offer seconds.
- Don't nag, beg or force. Offer them matter of factly and don't comment if they are refused.
- Children eat better when really hungry. Serve vegetables with a dip, or salad, first — before the meal. Let a toddler eat the salad with her/his fingers.
- Serve vegetables with melted cheese or cheese sauce. Try glazed carrots or serve most any vegetable with ketchup
- Blend vegetables into soups, stews, spaghetti or pizza sauce.
- Add grated vegetables to burgers or meatloaf.
- Use vegetable juice or tomato juice as soup base.
- Add finely shredded carrots to peanut butter.
- Have child help prepare vegetables and salads. Children are more likely to eat things they had a part in growing or preparing.
- If green vegetables are a problem, serve more orange ones. Good choices are yams, carrots, winter squash and pumpkin.
- Serve a broad variety of fruits, especially apricots, peaches, nectarines and cantaloupe for beta-carotene.

Finally, remember that what a child eats on an individual day is not as important as the overall picture. Give your child a happy and healthy outlook.

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***Tackling winter aches and pains*** --- toxins and uric acid in the bloodstream are a major cause of this, as well as many rheumatic and arthritic conditions, which seem to cause greater pain and discomfort during those cold winter months when we perspire less and therefore eliminate less toxins through the skin. There is also a tendency to eat more meat and sugary starchy foods during winter, resulting in an increase of uric acid. Therefore, during winter, by eating plenty of fresh fruit and vegetables, cutting down on meat, avoiding acidic foods; yet exercising regularly so as to avoid stiffness and resting when appropriate, those winter aches and pains can be lessened or may even be eliminated completely.

# *I am a Dog!*



I 'm a dog and I *love people*. I *love everybody*. I love them, I tell you, love them, love them. I like to jump up on them, and I love to put my head in their laps and drool on them, and I love to lick their hands and slobber on them, and I love to stick out my tongue and lick their faces, and I like to sit on their chairs with them whether there's room for me or not. I just make room because I *love* them so much, and I love to do things for them, like carry their packages and drool on them, or carry their newspapers and slobber on them, or carry their clothes about and lie on them and roll in them and chew on them and suck on them and *slobber* them *all up*. Oooh, I love them so much!

The other thing I like is to run round and yell and bark and eat rubbish and chase cats and chase birds and chase squirrels and chase babies and chase children and chase postmen and chase delivery men.

Oooh, I *love* to eat, I'm *mad* about eating. I love to eat dog food of any kind, I love it all, and I love to eat cat food and bird food and rabbit food and people food and baby food and apple sauce and sardines and chocolate pie and dirt and driveway pebbles and slippers and old leaves and cigarette butts and best of all, I love to eat rubbish. Old bones but still full of delicious meat flavour, and banana skins and coffee grounds and orange peel and egg shells and shoelaces and lobster shells and paper bags. Oooo I really love to eat!

I love to protect my house, so I bark and bark when I hear anyone coming in case it's a burglar. When I hear wheels on the drive I bark, when the milkman comes I bark, when visitors come I bark, when children come home from school I bark, when the telephone rings I bark, when the neighbours go in or out I bark, when the plumber comes I bark, when anyone goes down our street at all, on foot or in a car or on a bicycle, I bark.

Sometimes I just bark for joy and I keep right on barking even after I know it's my own people, and everybody yells at me to shut up and that makes more noise and I love noise so I jump about and bark harder, and we all have *such good times playing together*.

Sometimes when they let me out at night I run away, and then *they* all chase *me*. Sometimes they come out in their pyjamas carrying some good food I like and run down the street after me with their slippers flopping. I like that.

When I let them catch me, I *lick them all over*, because I Love them so much and I like to show them how much I love them.

What I don't like is when they go out and leave me at home alone.. Then I lie down in front of the door and put my head on my paws and wrinkle up my forehead and droop my ears and I *cry real tears*, and sometimes they go out and leave me alone anyway.

*Continued on page 23*

Then I bark and bark and bark and when I'm all worn out I go into the hall cupboard and lick all their coats, and their outdoor shoes till they come back. I get their things all nice and wet and slobbery, and then when they come home, I jump all over them. I jump up and down, and up and down, and up and down, barking and barking and licking and licking till everybody is all sloppy and wet. *I love them. Oooh!*

*Sometimes when they're going out I cry, then I am allowed to go along, too. I love that.* Then I jump around in the car, and slobber up the windows with my tongue and nose, and I breathe down people's necks and bump their hats off with my nose and chew suitcase handles or handbags, or I stick my head out of the window and let my tongue hang out and watch the spit fly back, and bark at other dogs and cars. Sometimes I lick the back of the driver's neck and frighten him. If it's very hot, I can lie across *three people's laps* at once. *I love people and I'm so happy.*

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## ***Something to sprout about ... Alfafa!***

Known for thousands of years and called 'the father of all foods', Alfafa is one of the most complete foods available containing many important enzymes, proteins, minerals and organic vitamins essential for good health.

It is good for digestion, weight control, prevents fatigue, neutralizes acidity and correcting cholesterol levels.

Alfafa seeds cost very little and are simple to sprout, anyone can do it. The benefits are enormous.

Just think about the size, weight and magnificent plumage of an adult ostrich ... Yes, you've guessed it their main diet is alfafa.

## ***Eat a stick or two of Celery ...***

**... A natural answer for arthritis sufferers.**

Uric acid and toxins in the bloodstream are a major cause of rheumatic and many arthritic conditions. Long recognised as an anti-inflammatory herb, celery is a rich source of organic sodium and potassium which help to clear the acid and toxins from the joints and surrounding tissues. The mild diuretic effect of celery, also removes excess fluid from around the joints, thus minimising the pain and swelling.

Other benefits of Celery include the relief of menstrual bloating, toning the digestive system and assisting peripheral circulation.

Other herbs such as Dandelion, Cranberry and Juniper have similar value for arthritis sufferers, so are often available combined for enhanced elimination of excess fluid, toxins and uric acid. They promote the healthy function of the kidneys and bladder, and reduce inflammation of the urinary tract and bladder.

## ***HOW FAR WILL YOU TRAVEL ---- ?***

How far will you travel before you decide that you no longer know where you are going and it is time to consult your map? After all, stopping the car could cost you valuable time. Surely if you just keep driving you will find your destination? The pressure of time may create a conflict. If you stop to look at the map, it could waste precious minutes and that will make you late, but if you kept going you may either find your destination and arrive on time or you might get even further off track. At what point do you admit that you are truly lost?

Our lives are like pieces of a puzzle that have over the years been scattered all over the place. There comes a time when we realise that we have become so fragmented that we are unable to function properly. If we are very lucky, we start searching for those other pieces, the search for a place that is familiar to us, a place where we belong, a place called home.

Often, when people realise that there is something missing in their life, they look to the outside to find ways of filling that gap. There are so many ways this can happen. Perhaps they believe that they are unattractive and if only they could look like the people in the glossy magazines, or the film stars who look so glamorous and beautifully made up, then they would be happy. So they buy the latest clothes, the latest make up, pay a fortune to get the most up-to-date hairstyle or colour or invest in plastic surgery to repair the parts of their body that is making them feel so bad. Yet they are still unhappy and the distractions may have covered up the void for a while, but underneath this cover, the hole within remains empty.

Maybe we think that if we had enough money, then we would be happy. So we spend years working towards success, then discover that the more money we make, the more we need as the credit card bills get higher and higher until we reach a state where debt becomes such a problem that we can no longer cope and we lose our job and find the world come crashing around as we fall off the merry go round and land painfully on our backside.

Another way of filling that void within from external sources is through addictions. We become addicted to drugs, to alcohol, to food. Temporarily, they take away the emptiness or the pain we cannot face and we have more and more until our bodies get out of control.

Nothing we get externally ever really satisfies us enough. They are just temporary fixes with often dangerous side effects. We crave those fixes like hungry wolves that circle round us waiting to pounce at any moment, but those fixes never last and we just end up wanting more and more and more until sometimes, it destroys our life.

Sometimes the search manifests in relationships. We look for the perfect person who is going to make us happy, our Prince Charming, who will conquer our demons of loneliness and hunger for love and for a while, our Prince seems to rescue us. But with time when problems arise in our relationship, we discover that he is unable to give us what we yearn for, or if he does, we become dependant on him. Then one day he runs away, maybe to rescue another maiden who is in distress and hungry for love and we are left abandoned and our world becomes shattered with the pieces scattered around us like confetti thrown at our wedding when we thought our dreams had come true.

*Continued on page 25.*

Another illusion smashed to bits, another disillusion.

There is a story of the musk deer, who all his life searched for the wonderful scent that he could smell. It was always so close, yet he could never find it, even though he travelled far and wide. Yet all along the scent was coming from him and he never knew it.

The missing pieces that we have searched for outside are within us. First we must realise that. When we have finished searching all over the place and we have understood that it is inside, that is when the real search can begin, that is when we can start to find your way home.

JENNIE JAMES.

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## ***Dear Friends and CO - Workers of the Light***

It is evident that humanity does not take change easily. We live in a world of dualities. We witness that the greater the light of the new energy (accepted by a minority), so greater the dark forces of fear of change descend to disrupt and destroy.

September 11, 2001 changed life upon the Earth. An awakening of extraordinary suddenness lifted the veil from the eyes of a floundering humanity searching for and awaiting change and yet unaware of the nature of that change. More than ever is there the awareness of global village as we recognise and become one life with our earth - Gaia.

Those forces who are opposed to the change in energy, create terror to keep their way alive. These acts of terror have brought about the awakening to what is playing out on the Earth. Those who remain in the old concepts of gaining through violence have awakened the forces of Light wherever, in whatever land or continent they be.

As each of us becomes empowered with the light, we reflect the new 7th. Ray energy. As we reach to the heights we lift out of our lower framework and become one with all life. As such, and forgiving all that held us back, we flow into the new streams of energy and are welcomed joyously by the life already awakened. The dolphins and whales, the animals life, the nature devas and angels await to include humanity in the song of wonder and love.

As the year 2001 draws to its close let us welcome the festivals of light -- Hannukah and Christmas. Let the great life beat with our hearts as we work with goodwill, love and joy. May 2002 bring us closer to the Golden Way -- with a new beginning beaming out its call.

*Love and Blessings,  
MPH - Creative Living Group, Israel.*

*May the coming year bring light and peace to you and  
Your loved ones and all the Jewish healers network.*

**Menorah and the M.P.H group**

***More items of lighter note & full of that healing tonic ---  
laughter!***

The children were lined up in a elementary school cafeteria lunch. At the head of the table was a large pile of apples. The teacher in charge made a note, and posted it on the apple tray,

***“Take only one, God is watching.”***

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies, under which a child had written a note,

***“Take all you want, God is watching the apples.”***

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A woman was leaving a convenience store with her morning coffee when she noticed a most unusual funeral procession approaching the nearby cemetery. A long black hearse was followed by a second long black hearse about 50 feet behind. Behind the second hearse was a solitary woman walking a very mean looking dog on a leash. Behind that were 200 women walking single file.

The woman couldn't stand the curiosity. She respectfully approached the woman walking the dog and said, "I am so sorry for your loss, and I know now is a bad time to disturb you, but I've never seen a funeral like this. Whose funeral is it?" The woman replied, "Well, that first hearse is for my husband." "What happened to him?"

The woman replied, "My dog attacked and killed him." She inquired further, "Well, who is in the second hearse?" The woman answered, "My mother-in-law. She was trying to help my husband when the dog turned on her."

A poignant and thoughtful moment of silence passes between the two women.

"Can I borrow the dog?"

"Get in line."

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•A magazine article that said, 'most typical symptoms of stress are eating too much. Impulse buying, and driving too fast'! Who are they kidding? That's most peoples idea of a perfect day.

• Just when I was getting used to yesterday, along came today.

• Sometimes I think I understand everything; then I regain consciousness.

*Telephone automation --- Things to come.* "Hi dear, this is your wife. To find out what's for dinner, press **1**. To apologize for something you said, press **2**. To say 'I love you,' press **3**..."

## OUR WORLD

This is the world God has made.  
This is the world God has made.  
Pure clear water in full measure,  
Fresh fragrant air, the greatest treasure.  
To warm and refresh us, sun, wind and rain.  
Herbs of all kinds to ease our pain.  
Fruits, so delicious for all to share.  
Other human beings for whom to care.  
Animals to comfort us and help our work hours.  
Beautiful scents and hues of so many flowers.  
Birds singing sweetly from dawn 'til night  
The gifts of body and brain, hearing and sight.

This is the world man has made.  
This is the world man has made.  
Polluted air not fit to breathe.  
Water so poisoned, it begins to seethe.  
Sun hidden by smoke and acid rain.  
Earth become desert never to grow again.  
Medicines to cure that are in vain.  
Man killing man - the curse of Cain.  
Children starving while food's thrown away.  
People in fear of destruction every day.  
Animals in cages living only to die,  
Fruits sprayed with chemicals by planes in the sky  
Greed and power and lust and hate.  
We must learn to care, before it's too late.

Y. Powell.

## LOOK TO THIS DAY

Yesterday is already a dream,  
And tomorrow is only a vision.  
But today, well-lived,  
Makes every yesterday a dream  
Of happiness and  
Every tomorrow  
A vision of hope

Annon.

## Quotes to inspire....

**“**You are beautiful, why are you wasting yourself? You are divine, why are you wasting yourself?  
You are the ultimate, why are you getting lost in tomorrow, in future preparations in the mind?  
Why are you wasting your life energy in the desert of time?  
Be here and now, and this ‘now and here’ becomes the door.  
And the door is always waiting for you. Just knock.  
Just for the knocking it opens.” OSHO.

*“Everything you think, creates, through energy.  
You have within you the most remarkable machines,  
the entirety of consciousness.  
You have the power that creates life, and when the power is  
drawn up intentionally, it will create reality.  
All you have to do is give it the pattern you want.”*  
RAMTHA.

**“**Healing is the restoring of harmony to the living whole.”  
SIR GEORGE TREVELYAN.

**“**What you love is a sign from your higher self of what you are to do.”  
SANYANA ROMAN.

**“**There is a power above and behind us and we are the channel of its communication.”  
WALDO EMERSON.

**“**Our life is God’s gift to us. How we live our life is our gift to God.”  
ANON.

**“**As a man thinketh, so he will be.” THE BIBLE.

**“**No more words. Hear only the voices within.” RUMI.