

News & Views



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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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Writing this editorial on a cold rainy day in May, we hope that the warm sunshine we all long for will eventually appear. Meanwhile, despite the weather our sunflowers are bravely growing, the roses are early and the trees look wonderful.

Our thanks to those readers who write or telephone to say how much they like 'News & Views'. It's good to get feedback and to learn if you feel there could be any improvements or different articles etc., please get in touch. Also if you see an article / poem / quote etc., in a magazine or book which you feel might be appropriate please contact us.

We are happy to announce that we have a new grandson Elliot Alexander, brother to Rachael Louise born on 22nd March to our daughter Sharon. He is always smiling, showing how natural smiling is to us. A smile always gives pleasure.

Maurice & Yetta Powell Editors

CHAIRMANS REPORT MAY 2003

Our Annual General Meeting took place on the 18th of May, my sincerest thanks to all the members who made the effort and took the time to attend and support our organisation, some travelling from as far afield as Suffolk and even Scotland. Unfortunately Sara Leslie has had to stand down from our committee this year, our thanks for all your help whilst working with us. Sara's place will be taken by Francine Benjamin, whom I am sure will fit in well with our team, and welcome her accordingly. Ruth Green has very kindly researched and produced an information booklet about the history of Healing, which will soon be available, especially for our new members and probationer healers. There is a research programme ongoing at a North West London Hospital appertaining to healing and cancer, which we will report on as and when the information unfolds.

At the April meeting with the British Alliance of Healing Associations I was informed that the Alliance will probably be increasing their subscriptions at the end of their financial year, and that our insurance premium could also rise by about 30 per cent, therefore, as we ended our financial year with a deficit of £276 from the previous year, we may be forced to increase our own subscriptions to cover our expenses. Further information will be available as soon as we have the facts and figures. The March meeting of the Confederation of Healing Organisations prompted for an Extra-ordinary General Meeting to be called, in order to agree a programme of reformation and reconstitution of the charity.

More organisations are joining the UK Healers as they move towards a higher profile within the field of Complementary and Alternative Medicine and their establishment as the Lead Body of the Healing Movement, which will eventually set a standard of good practice across the whole field, everything presented so far has been accepted with minimal change, which only goes to show how meticulous our Brenda Peace and her colleagues have been throughout this formative process of a Lead Body.

My thanks as always to your hard working committee for their time, expertise and dedication in keeping our organisation at the forefront of the healing movement.

Steve Sharpe.

Give and Take

Give and you shall receive
I've heard it said.
The giving is easy,
It's receiving I dread.
If to give makes me happy

And to give is divine,
Why deny other people
The same happy time.

Sheila Goldsmith.

“The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with heavens, nature and God. Because only then does one feel that all is as it should be, and that God wishes to see people happy, amidst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for sorrow.”

ANNE FRANK.

“People are accustomed to look at the Heavens and wonder what happens there, it would be better if they would look within themselves and see what happens there.”

Rabbi MENACHEM MENDEL.

“WHY DO YOU HOPE HUMANKIND WILL AWAKEN FROM ITS NIGHTMARE AND SEEK TO ESTABLISH BROTHERHOOD AND GOOD WILL ON EARTH? BECAUSE YOU KNOW THAT EVERY MAN AND WOMAN IS A DIVINE SPARK.”

WHITE EAGLE.

The ultimate purpose of Spiritual Healing is a spiritual one, being a way of helping a person to reconnect with their own spirituality and the sacred in life and so promoting healing.

Meditation

Meditation is listening --- a contemplation --- being still within. Meditation is the primary way a human being can find peace of mind, and connection to love, light and spiritual sources, Meditation begins with the simple act of stopping the everyday activities and sitting quietly with a prayer and thoughtfulness to God in mind and heart, this combined with the quieting of the mind by the natural act of deep breathing until a relaxed state is reached, brings one to the place where God can be known. When you sit quietly and meditate you are establishing a strong light within yourself.

Prayer is asking, requesting God to do certain things in your life and thanking God for his gifts.



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

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 SANCTUARY

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



IMPORTANT NOTICE --- BE WARNED

Neighborhood Watch Special Issue FROM A RECENT POLICE BULLETIN

'We have been informed of the following scam which is targeting females in particular They receive a phone call from the Post Office asking them to confirm their post code. When this is given, they are told that they have become eligible for some gift vouchers for their cooperation and are asked to provide their home address and post code in order to receive the vouchers. So far 90% of the women who have provided this information have been burgled, as it is assumed that their homes are empty during office working hours The police are aware of this scam and the Post Office have confirmed that they are NOT conducting any post code survey.

Also, it has been reported that if you receive a telephone call from an individual who identifies him / herself as being a BT Service Technician who is conducting a test on that line, or if anyone else asks you to do the following **DON'T**. They will state that to complete the test the recipient should dial nine, zero (90) then the hash key and then hang up. This will give them full access to your phone line, which allows them to place long distance, international or chat-line calls. These are then. billed to your account. The information has been checked out by the police and is correct **DO NOT PRESS 90 FOR ANYONE**. Please pass this on to friends and colleagues, etc., otherwise it could cost someone a lot of money'.

A PRAYER FOR THE WORLD

Let the rain come and wash away the ancient grudges, the bitter hatreds held and nurtured over generations.

Let the rain wash away the memory of the hurt the neglect.

Then let the sun come out and fill the sky with rainbows.

Let the warmth of the sun heal us wherever we are broken.

Let it burn away the fog so that we can see each other clearly.

So that we can see beyond labels, beyond accents, gender or skin colour.

Let the warmth and brightness of the sun melt our selfishness.

So that we can share the Joys and feel the sorrows of our neighbors.

And let the light of the sun be so strong that we will see all people as our neighbours.

Let the earth, nourished by rain, bring forth flowers to surround us with beauty, and let the mountains teach our hearts to reach upward to heaven.

Amen.

Rabbi Harold S.

Kushner.



This prayer was sent in by Maggie Cohen of San Carlos, USA

The following is text from an article written by Prem Rawat (also known by some as Maharaji) for the India Times.

Wars happen when intolerance reaches epic proportions, when the reasons for war become greater than the sanctity of peace. Wars happen when we fail to realise the value of being alive. World leaders try to bring peace, but it is not an issue of institutions. It is human beings who start wars. Before a war begins outside, it starts inside.

The war on the inside is more dangerous because it is a fire that may never be put out. Wars are being fought because peace is not being found within, because it is not being allowed to unfold. We are all searching for something, we may call it success, peace, love, or tranquillity. It is the same thing. What we are looking for has many names because we do not know what we need.

To find what we need, we look around us. To know where to find what we are looking for, we first need to ask ourselves where we can find it.

Have we considered looking within?

Living is not an easy task, especially if we want the best of it. We have to mine for it. Mining is not easy. We have to take out what we need and leave the rest. If we want to mine for peace, then we have to seek what is precious and discard what is not. The thing that we are searching for is not outside of us. It is within us. It always has been and always will be. Contentment feels good, and it is not an accident. It is not an accident that peace feels good. Peace is already here, and it resides in the hearts of all human beings.

Peace is something that has to be felt.

One of the most incredible powers we have is that we can feel. When we place peace in front of that power to feel, we feel peace. We are here to be filled with gratitude, love and understanding. We carry a lamp within so bright that even in the darkest night, it can fill our world with light.

This light is waiting to be found. Peace makes no distinctions. It does not care if we are rich, if we are poor, or what religion we belong to. It does not care which country we live in. Peace is waiting to be found. Waiting to once again feel whole, not separated by all the issues that divide our lives.

Peace is when the heart is no longer in duality, when the struggle within has been resolved. When peace comes to the heart, serenity follows. Love comes flooding in, uncontrolled.

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Joy cannot be held back. It bursts through because it is right. That is peace. Peace needs to be felt, love needs to be felt, truth needs to be felt. As long as we are alive, the yearning to feel good, to feel joy, will always be there, and as long as it is there, there will be a need for it to be discovered.

Life is a journey. We are passengers in a train called life, and we are alive in the moment called now. The journey of life is so beautiful that it needs no destination. On this journey, we have been given a compass. The compass is the thirst to be fulfilled. The true journey of life begins the day we begin to seek to quench our thirst. This quest is the most noble one.

For many centuries, a voice has been calling out: "What you are looking for is within you. Your truth is within you, your peace is within you, your joy is within you." In our hearts, peace is like a seed waiting in the desert to grow, to blossom. When we allow this seed to blossom inside, then peace is possible outside. We have to give peace a chance.

Will we give peace a chance?

India Times 25/2/03



CRANIAL FAULTS?

PERHAPS YOU NEED YOUR HEAD EXAMINED!

Most people tend to think of the skull as a hard, solid mass of bone which houses their brain. THIS is partially true, there are in fact 28 bones that make up the skull. SOME like the 3 in each ear are as tiny as a grain of sand while others form the larger plates that fit together loosely like the pieces of a jigsaw. In life, just as the branches of trees are flexible, the skull bones are capable of some give and are also moveable at the junctions. This flexibility (think of the bones more like a rubber tyre on your car than a piece of firm porcelain), is a most important feature. THIS allows the heart to pump blood up into your brain without the head exploding with every beat, and giving you a blinding headache.

The bones are held together with tough, fibrous membranes known as the dura and this extends all around the brain, down the spinal column and attaching to the sacrum (TAIL bone). the dura provides both support and protection for the brain and delicate nerve tissues of the body. THE sacrum and the skull vault act in unison like two ends of a pumping system which continually bathes the nerves and brain in fluid, this brings in nutrients and removes toxic waste materials, rather similar to the gills of a fish. IN fact we are creatures that originally evolved in the sea and now we carry our own internal sea around within us.

Various factors can disrupt this vital process — obviously head injuries including birth trauma, but falls on the base of the spine, continuous stress, postural imbalance, jaw problems, allergies and even viral infections can all cause trouble within the cranium. Apparently, according to recent research, it only takes as little as one pound of pressure to move a cranial bone.

The bone may jam into an adjacent one, separate or being to move abnormally. OUR defense system is very useful in helping us to survive in an hostile environment by protecting our brain at all costs, but the reactive muscles and dural tension over a long period can produce problems.

Typically those with cranial problems unless they recall a direct head injury and suffer headaches as a result may not be aware that their skull bones are a potential area of trouble. the effect of cranial disturbance is wide and varied but may include some or all of the following - headaches, dizziness, high or low blood pressure, feelings of anxiety or depression, grinding, digestive problems, hormonal disturbances, dyslexic tendencies, sinus trouble, balance problems, mood swings, and even low back pains.

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Treatment is very gentle, non-invasive and easily tolerated by all - but is especially useful for young children and babies. Particularly those youngsters who have suffered a difficult birth, cry excessively, will not settle, feed badly, get colic or are failing to develop normally.

If you think that any of this might be applicable to you or a loved one then contact : Dr. Richard Cook of the 'Lowlands Family Chiropractic Clinic', 82, Lowlands Road, Harrow, HA1 3AN. Tel: 0208-864 6768.

Dr. Cook is a qualified chiropractor with over 25 years of experience, and registered with the GCC. He has a special interest in the treatment of children and is a Diplomate in Clinical Paediatrics, he has attended a number of different cranial courses over the years and is skilled in applied kinesiology.



The Story of Evolution

“We began as a mineral. We moved into plant life and into the animal state, and then into being human, and always we have forgotten our former states, except in early spring when we recall being green again.

That’s how a young person turns towards a teacher. That’s how a baby leans towards the breast, without knowing the secret of its desire, yet turning instinctively.

Humankind is being led along an evolving course, though this migration of intelligence's, and though we seem to be sleeping, there is an inner wakefulness that directs the dream, and that will eventually startle us back to the truth of who we are.”

RUMI.

“There is a force that gives you life ----
Seek That
In your body lies a precious jewel ----
Seek That
Oh, wandering Sufi,
If you are in search of the greatest treasure
Don't look outside,
Look within, and seek That.”

RUMI.

Those of you who aspire to be light workers will be very much aware that, the more strongly we invoke the light, the more powerfully do long-buried problems rise up to the surface of our awareness for resolution and healing.

The immediate effect of this is rather like stepping straight from a glorious, sunlit, flower-filled meadow into a treacherous bog. One minute we are warm and happy, the path stretching clearly before us, the next minute up to our eyeballs in mud and confusion.

In fact, you could almost say that the flower-filled meadow and the treacherous bog are - at least until we've let the sunlight dry out every inch of the bog - two sides of the same coin. We can't have one without the other. No wonder we often feel like failures.

Wrongs done to us long ago, for instance, wrongs we may have thought we had forgiven, wrongs we may not even consciously remember because they were done to us in another lifetime or in our early childhood, will suddenly rear their ugly heads in the form of anger, depression, fear, or even physical illness.

And if we've done a seriously professional job of burying the original cause, we may not even be aware of what the anger, depression, fear or illness are really all about, and may mistakenly ascribe them to some other cause entirely.

It's important to remember, at times like these, that our difficulties and heartache are the result of our success in invoking the light, and certainly not our failure. And then to trust that we can heal, we are healing however long it takes.

Also we can rely on the fact that everything we need for our healing will come to hand at the appropriate moment if we follow where the light leads. Why? Because any light strong enough to bring these unresolved issues up to the surface must also be strong enough to heal them. It's a law. So, trust is the order of the day.

The other essential tool, of course, for cleaning up the mud, is self-knowledge. We've always liked that expression because of its economy: when you spell it with a lower-case 's', it means knowledge of the ordinary self, how it works and what motivates it. When you spell it with a capital S, it means knowledge of -- recognition of -- our higher Self. And when you have both kinds of self-knowledge, you have everything, including healing.

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How did I get started as a healer?

Quite simply... a friend of mine 'healed' a friend of mine... and I said, "I wish I could do that," and she said, "You can. Everybody can... but you REALLY can".

I asked, "how do I do it?" and she said, "All you have to do is hold out your hand.. it's like a telephone call upstairs - spirit is always listening - and someone will answer...." And they did, though it took me many months before I actually dared to try.

It started with distant healing... I had been nagging once again about the 'how?': a photograph was thrust before me with the advice to just try putting my hand over it and seeing what, if anything I felt. Left hand, right hand, over the person in the photo, over the table, back again, each hand, both hands one above the other.... I was stunned to find that I could feel a difference... didn't have the language then to describe what I felt... it was an alteration of energy. Then all that was needed was RIGHT INTENT and UNCONDITIONAL LOVE and a thought up to SPIRIT asking that HEALING be sent. And accept that it had.

A couple of months later ... a young friend of my son wandered into my antiques shop carrying a pharmacy bag. Another packet of Ibuprofen to relieve the constant headaches he'd had for some weeks. What's to lose?

The worst that scenario would be that I would feel foolish standing there with my hands out and nothing happening. I explained: he said that anything was worth a try.

I thought 'up' and held my hands either side of his head.... And hoped!

It was very unsettling. I could feel my palms tingling and though we could both see that I was not touching, he too could feel 'something'. A few minutes later the feeling stopped. We chatted and as he left I asked how he felt now. He was taken aback - the headache had gone and as I heard later did not recur. That gave me confidence to try with others and by the end of the year I found the NFSH Healing Development Group in Glasgow... did the courses, passed the assessment and became a Full Healer Member.

The following week I turned up at the development group to be asked "What are you doing here? You are qualified!" My view was that the need for support and ongoing development does not disappear just because a panel has validated one's ability. It is just another starting point to the next level.

We may be a channel, but we are not 'just a channel' - we have a responsibility for the work that we do and any channel is always a two way thing. We cannot heal without Spirit and they cannot do their work without us. Consider 'Healer' as shorthand for 'Healing Medium', recognise that no-one heals anyone else -each person does their own self-healing and you might conclude, as I do , that we are a bridge between one dimension and the other, facilitating the soul to find its way on the journey of life on this plane.

Susie Robinson Glasgow.

Beware of Hydrogenated Vegetable Fat (or Trans Fat)

I don't know if like me you roam the supermarket aisles looking in vain for biscuits and other foods without Hydrogenated Vegetable Oil or Fat in the list of ingredients?

Occasionally and thankfully I come across a packet of biscuits or prepared food without this ingredient being listed as being used.

Why do I bother? What is this ingredient and more to the point, why is it to be avoided?

Well there is much evidence that it may be dangerous and hazardous to health.

It is linked to low density lipoprotein (LDL) cholesterol which is bad and associated with the clogging of arteries, heart disease and strokes. Why is it used? Well it improves shelf life of the product, but actually it has no nutritional benefits.

As stated in 'The Daily Mail' by a Consumer Affairs Correspondent, ***“this chemical is considered so harmful that U. S. Government experts have declared that there is no safe level of consumption.*”**

Britain's Food Standards Agency is concerned about trans fat, yet has not yet warned consumers, unlike the U. S.

However, it is good to know that Masterfoods Limited, U. K. who manufacture Mars have removed hydrogenated vegetable oil from this product.

It is high time that other manufacturers and food processors followed this example.

Hydrogenated Vegetable Oil is found in many foods such as some cream crackers, some corn flakes, some apple pies and puddings, spreads and biscuits and unfortunately many, many other products, including vegetarian dishes and children's foods.

Your health and your family's health is at stake, so read the labels!

Yetta Powell.



**“Three things on earth are accounted precious:
Knowledge, grain and friendship”.**

A Burmese Proverb.

THE RULES THAT GOVERN HEALING HARRY EDWARDS

No healing ever takes place by chance nor does “nature”, without reason, overcome the trouble, for every change within us (and every change that takes place in the universe) is the result of law-governed forces. If this were not so, science could not advance, for there might always come the unknown factor to upset calculations. Therefore it may be helpful to restate the general rules that govern spiritual healing. They are:

1. There must always be a thought application, either as prayer or intercession to set the healing process in motion. Study of healing from all sources and races proves this.
2. No healing can take place outside the spirit and physical law.
3. No state of change takes place except by the application of law-governed forces to the subject.
4. Every healing is a planned act. To accomplish this there must be applied intelligence.
5. To produce a planned result, there must be intelligent administration of the healing forces.
6. Through the healing of the "incurable" it implies that a wiser intelligence than man's is responsible. If it is not human, then it must come from Spirit.
7. The spirit intelligence's are not omnipotent, they can only work within their knowledge and within the law.
8. For the reason that the cause of much disease lies within the spirit or soul frustration, etc., this can be influenced on the same plane as it exists, namely spirit, and which accounts for many healings, especially the “incurable”.
9. There must be harmony between transmission and reception (a law). Therefore, for a patient to be healed, he must be in harmony with Spirit. This demonstrates in practical ways that everyone possesses a spirit-self or soul.
10. Healing is not restricted by religious views. An agnostic or a Moslem can be healed with equal facility.

From these rules a vast number of questions and implications naturally arise. For example, as a healing is a planned act, it follows that the spirit intelligence must be able to diagnose the cause of the trouble in order to treat it.

If a patient needs a stimulating force to overcome weakness or anaemia, then the particular lacking quality must be known in order to direct the corrective strengthening character of healing force. If the trouble is a cataract or a growth, then the nature of this must be known to the spirit doctors to be able to send the true dispersing force for the need.

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If the cause lies in some form of inner-self unrest or frustration, the circumstances must be known for the remedial corrective, thought influences to be given to calm and soothe the disharmony... and so on. Spirit healing is an exact spirit science.

A few people, after seeking our help, learn that the healing is administered by spirit doctors, and they then write and say, "I do not want help from spirit people, I only want help from God." This is a very strange philosophy, for as such people are quite willing to receive help from a human doctor, why should they refuse help from a spirit doctor?

These patients do not ask their human doctors whether they are Christians, Catholics or Presbyterians or even atheists, but strangely enough, refuse help from spiritual doctors whose only purpose can be to carry out the Divine plan to remove pain and misery.

In these rules we find the basis of spiritual healing. We see why the so-called 'incurable' by human standards can often be restored to full health. It opens our vision to acknowledging that the good and wise spirit minds know the means to direct into us the healthful qualities that we lack, they can direct dispersing forces to arthritic adhesions, stones, growths etc. If the fundamental cause lies in a frustrated inner-self they can direct good thoughts and influences and guidance, to help soothe it away and so render the bodily systems open for recovery. This is the way through which the "incurable" is led towards regaining a satisfactory health condition.

Above all, let us not fail to remember that Spiritual Healing is God's gift to all His children, no matter to what race or religion they belong. If only the Churches would acknowledge this simple spiritual fact, and not try to bring healing within their limited theologies, how much more quickly would we see the Church as a whole, and of *all* denominations, begin to play their worthy part in healing the sick.

Can it be doubted that if it did this, we should be much more healthy and happy people, there would not be the severe strain on the doctors and on hospital accommodation?

And what is of even greater importance, mankind would realise his spiritual nature and heritage;

values would change; wars would be outlawed for all time; and we should live in peace and brotherhood, as the Father of us all intended us so to do.

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**'Whoever does not see God in every place,
does not see God in any place'.**

Rabbi MENACHEM MENDEL.

Reason for Sanctuary ...

Helping and campaigning for animals in need

Hillside is home to hundreds of rescued animals and campaigns on behalf of the millions who suffer every day within the factory farming industry.

Animals like Betsy, a donkey. Betsy is the type of animal who meets no current social criteria that would justify her continued existence. She was born deaf, which quashed any romantic thoughts of the 'perfect equine'. She constantly requires special attention and very sympathetic handling.

Betsy just doesn't make the grade in any way that would render her 'usable'. In her silent world she represents the epitome of the unproductive and therefore disposable form of life. But to those of us at Hillside, Betsy is just one reason society needs places like ours - places of refuge for 'non-performers' in today's performance-based culture.

Betsy, and all of the others to whom we give sanctuary from abuse, neglect and slaughter, is a mere whisper in a world roaring with the importance of things like achievement, competence and productivity.

Betsy represents the almost forgotten value of other qualities such as kindness, compassion, inherent value and community spirit. For if performance is indeed of greater importance than kindness, then there is no place in this world for animals like Betsy. The longing that so many of us feel as human beings for a more compassionate world for our children and ourselves, would sadly remain unfulfilled.

Betsy takes up so little space, yet because she cannot 'perform' she would be denied even that much. But in society's denial of space, a final 'use' *would* be found for her - she would be sent to the slaughterhouse to endure all its terror, so that she can become food for the tables of Europe and create profit for corporate giants.

Betsy, and many others like her, is our only defence for our decision to provide sanctuary for *all* animals in need, not just choosing those, for example, that could be re-homed with new families. Efforts to rehabilitate rideable or usable horses for instance, though often well-intentioned, are too easily overshadowed by the justification of performance-based values.

Sanctuary, on the other hand, is one of those words that pricks at the collective conscience of society. It pricks at it because Betsy needs sanctuary, not from a great evil 'out there somewhere', but because she needs it from us, the you and me that make up society. Because such great value is put on performance, horses are in jeopardy from the moment they are born. But that should not be any great surprise, for most of us learn from an early age that our value as individuals is directly linked to whether or not we can perform, produce or be competent at something.

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That is where Betsy becomes important. Though imperfect, she is a gentle being, vulnerable because of her inability to 'perform' or even make us ponder her fate. The decisions we make about Betsy and many others like her, become the measure of who *we* really are as people and as a society. Our collective character is not formed by our decisions about the most beautiful, powerful or competent - it is shaped by the way we treat the weakest and neediest amongst us.

So when adults and children come to visit the animals at Hillside, we speak to them about the importance of a world where there's room for the imperfect. And as they watch Betsy snoozing in the sunshine, or ambling happily around with her companions, they are able to learn the real meaning of sanctuary, painted in the bold colours of; Betsy's living, breathing existence. And because we can provide a place of hope, healing and comfort for Betsy, then maybe, just maybe there is some hope for healing and comfort for the rest of us.

Hill Top Farm, Frettenham, Norwich NR12 7LT ☎ 01603 736200

Visitors' are always welcome at Hillside!



Some people may need flowers, or chocolate in a mug,
But the thing that does it best for me is a **great big hug**

Sometimes I feel depressed or lonely, feeling blue,
But all I really need the most is a hug from a friend or two.

A hug makes me feel warm and safe, secure and feeling smug,
Yes, the thing that does it best for me is a **great big hug**.

I give them out quite freely, some folk say I'm a mug
But the thing that makes me feel the best is a **great big hug**.

So, if I seem despondent, please, your shoulders do not shrug,
The best thing you could give to me is a **great big hug**.

Next time you feel unhappy don't kick the cat on the rug
Stop and reconsider, **you** may just need a **hug**.

LEW PARK - JASH.

LIKE ATTRACTS LIKE ...

The mind has a powerful effect on the aura. Because like attracts like, the state of your energy field will attract people and events which are of a similar kind. So, if you want to 'have a nice day', you will need to have a nice mind which thinks nice thoughts. The choice is yours.

On the subtle levels energies accumulate in thought forms. There are aggregations of thought about all kinds of fear, anxiety, lack of worth, self-denigration, hate, jealousy, anger, and so on. There are also thought forms about joy, love, compassion, friendship, respect and admiration.

Once a pattern of thought is established in the mind, it will begin to attract a similar thought form. How many times have you felt bad about yourself as you mull over some of your weak points? Before long, negative thought forms have drawn close. You begin to feel worse. As the mind picks up the thought forms you are plunged even deeper into a fit of depression. What may have begun as an appraisal of some action on your part, may end up as a feeling that you might just as well not be on the planet for all the good you are doing. This is the insidious effect of negative thinking.

You have experienced this chain of events, without realizing the destructive role which thought forms have been playing in your experience. Think back to the last time it happened and resolve to be alert to the process from now on. If the process is recognized in time the train of negative thinking can be stopped and the thought forms withdraw. If not they continue to approach the aura until it is saturated in negativity.

But in just the same way, the laws of this process can be applied to produce positive outcomes. Positive thoughts attract more positive thought forms. Just a small effort to see a situation or ourselves in a positive light can set the process in motion to our lasting benefit. The more we exercise our ability to choose, the quicker the process works. So a lifetime of negative thinking will take a little practice to change, but it can be done.

We have to realize that, through the network of consciousness, every cell in our body is aware of our thoughts and responds to their energy. All negative thoughts have a negative effect on the body at the deepest, cellular level. Our negative emotions have a similar impact. These energies, coupled with their effect on the systems of the body, will sooner or later manifest as ill health for they are states of energy imbalance.

But all positive energies affect the levels of our being in a harmonious way, and manifest in the physical body as good health.

*By kind permission of **JACK ANGELO** the above article is reproduced from his book --
'YOUR HEALING POWER'*

HOW BEST TO USE YOUR TIME

Never be too busy to stand and stare.

HARLAND MAXWELL

Although based on a thoughtful old saying, this helpful feature is designed to incorporate the very latest psychological knowledge. Broadly speaking, we are all given the same allocation of time. The question then, *How best to use it?*, is one we must all answer, successfully or otherwise:

1. *Take Time To Think* - it is the source of power. Nobody achieved anything without thought, often long and hard thought, yet all too often we see people acting thoughtlessly, refusing to think things through beforehand. A life that never devotes plenty of time to thinking - about the mystery of life itself, its meaning and purpose, great issues, great wonders, great lives - is not a life at all, but a mere existence. Try always to deepen your consciousness of what is by regular thought. Don't wait until old age to start this.

2. *Take Time To Work* - it is the price of success. There is luck, occasionally, and for some, but one can never rely on it. But there are no real short cuts to success. That comes only through work and effort, as the life of any successful person will confirm. It is worth remembering, too, that work plus thought and planning is in the long run worth much more than work plus luck and hopefulness.

3. *Take Time To Play* - it is the secret of youth. All work and no play, however, not only makes Jack a dull boy but means he misses out on so much of the best that life has to offer. The odd thing is the people who think and plan and work hard are the very ones who manage to play hard as well. Play can and should be an important part of daily life, not just an antidote to work, but the area in which we can give free rein to other parts of our natures - our competitiveness, our relation to physical activity, our need to let off steam, become playful, jovial beings, and ideally our need for fresh air as well.

4. *Take Time To Dream* - it is the highway to the stars. No life should be so full of care, the need to earn a living and fulfil responsibilities, that dreaming has no part in it. Man has always been a dreamer: that's why he doesn't live in caves of mud any more. Fulfil that side of yourself, standing, staring, wondering, dreaming, and you will be all the better and happier for it. The only danger comes when dreaming takes the place of real life.

5. *Take Time To Laugh* - it is the music of the soul. For all the advances of modern sciences, laughter is *still* the best medicine - (for everybody. A good laugh is unique in that it benefits us physically (enriching heart and lungs with extra oxygen, stimulating the whole nervous system) and

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emotionally simultaneously. Laughter cuts things (and people) down to size, shrinks problems, unites us all in the rickety but still rather wonderful human boat.

6. *Take Time To Be Friendly* - it is the road to happiness. We are not here to see through one another, but to see one another through, as the wag said. And it is very true. No man (or woman) is an island, or would really want to be. Friendliness is *never* wasted, *never* an investment bringing only less. The realisation of this fact becomes stronger as one grows older.

7. *Take Time To Read* - it is the foundation of wisdom. No one can acquire too much wisdom, or even too much knowledge; and reading is the quickest and pleasantest way to acquire both. Books always light a sort of candle in the mind that goes on burning for long after, maybe for a whole lifetime; and a good book once read never leaves its reader the same as he was before - he is always a better person for having read it. Those who never make time to read, widely and constantly and deeply, are infinitely the poorer.

8. *Take Time To Look Around* - it is the short cut to unselfishness. Not only is there always sure to be someone worse off or lonelier than yourself who can be helped, the world is based in every way on variety. So observe everyone and listen to anyone, even the seemingly dull or ignorant: they too have their story and may have something to offer you in word or deed. Never be too busy to stand and stare, to be an interested spectator. That way a great deal of value may be learned.

9. *Take Time To Relax* - it is the key to long life. Develop and retain always the ability to "switch off. This means much more than just not taking worries to bed with you: it means refusing to allow any one aspect of life to monopolise all your time and thought. Ultimately it means enjoying life to the full, come what may.

- he is always a better person for having read it. Those who never make time to read, widely and constantly and deeply, are infinitely the poorer.

10. *Take Time To Pray* - it is the way to Heaven. Whatever you feel God to be, in whatever form you think he takes, then find time to pray to that God. Human beings have always had a strong sense of awe before the infinite, of something far bigger than themselves. Prayer in one form or another is a basic human need, always felt - as witness the agnostic who appeals to "something out there" when in extremity of danger or concern. By responding freely to this deepest impulse you will link yourself to the power of the universe, a power not in ourselves but favourable to us.

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PEACE

Do not undermine your worth by comparing yourself with others. It is because we are different that each of us is special.

Do not set your goals by what other people deem important. Only you know what is best for you.

Do not take for granted the things closest to your heart. Cling to them as you would your life, for without them, life is meaningless.

Do not let your years slip through your fingers by living in the past, nor in the future. By living your life one day at a time, you live all the days of your life.

Do not give up when you still have something to give. Nothing is really over until the moment you stop trying.

Do not be afraid to encounter risks. It is by taking chances that we learn how to be brave.

Do not shut love out of your life by saying it is impossible to find. The quickest way to receive love is to give love; the fastest way to lose love is to hold it too tightly.

Do not dismiss your dreams. To be without dreams is to be without hope; to be without hope is to be without purpose.

Do not run through life so fast that you forget not only where you have been, but also where you are going. Life is not a race, but a journey to be savored each step of the way.

(Author Unknown)

*I am infinity, And love, in purest gold,
I'm rainbow rays of brightest hue,
And legends, still untold.*

*I am a voice, though hushed and quiet,
Silent, as praying nun.
I'm darkness, yes. but full of light,
Waiting for the sun.*

*I'm spirit, but in tatters clad
But beauteous as the flower.
A shiny glistening angel wing,
Now resting in my bower.*

*I am infinity.
A never-ending source.
I am love, knowledge, truth and light.
I am all yours of course.*

LEW PARK Healer Member - JASH

I WISH YOU ENOUGH

At an airport I overheard a father and daughter in their last moments together. They had announced her plane's departure and standing near the door, he said to his daughter, "I love you, I wish you enough". She said, "Daddy, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Daddy." They kissed good-bye and she left.

He walked over toward the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, "Did you ever say good-bye to someone knowing it would be forever?"

"Yes, I have," I replied.

Saying that brought back memories I had of expressing my love and appreciation for all my Dad had done for me. Recognizing that his days were limited, I took the time to tell him face to face how much he meant to me. So I knew what this man was experiencing.

"Forgive me for asking, but why is this a forever good-bye?" I asked. "I am old and she lives much too far away. I have challenges ahead and the reality is, her next trip back will be for my funeral," he said.

"When you were saying good-bye I heard you say, 'I wish you enough.' May I ask what that means?" He began to smile. "That's a wish that has been handed down from other generations. My parents used to say it to everyone." He paused for a moment and looking up as if trying to remember it in detail, he smiled even more. "When we said 'I wish you enough,' we were wanting the other person to have a life filled with enough good things to sustain them," he continued and then turning toward me he shared the following as if he were reciting it from memory.

"I wish you enough sun to keep your attitude bright.

I wish you enough rain to appreciate the sun more.

I wish you enough happiness to keep your spirit alive.

I wish you enough pain so that the smallest joys in life appear much bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

I wish you enough "Hello's" to get you through the final "Good-bye."

He then began to sob and walked away.

My friends and loved ones, I wish you ENOUGH!!!

They say, "It takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them."

Sylvia Haberkfeld - Healer Member J.A.S.H.

Most of you should appreciate this, but some won't have a clue what it's all about!

According to today's regulators and bureaucrats, those of us who were kids in the 50's, 60's, and 70's probably shouldn't have survived. Our baby cots were covered with brightly coloured lead-based paint which was promptly chewed and licked. We had no childproof lids on medicine bottles, or latches on doors or cabinets and it was fine to play with pots and pans.

When we rode our bikes, we wore no helmets, just flip flops and fluorescent 'reflectors' on our wheels. As children, we would ride in cars with no seat belts or air bags. Riding in the passenger seat was a treat.

We drank water from the garden hose and not from a bottle, and it tasted the same. We ate sandwiches, bread and butter pudding and drank fizzy pop with sugar in it, but we were never overweight because we were always outside playing. We shared one drink with four friends, from one bottle or can and no one actually died from this.

We would spend hours building go-carts or scooters out of scraps and then went top speed down the hill, only to find out we forgot about brakes. After running into stinging nettles a few times, we learned to solve the problem.

We would leave home in the morning and play all day, as long as we were back before it got dark. No one was able to reach us all day and no one minded. We had no Play-stations or video games that cost the earth. No dozens of channels on TV, no videotape movies, no surround sound, no mobile phones, no personal computers, no Internet chat rooms. **We had friends** - we went outside and found them. We played street football, rounders, and cricket. We made up games with sticks and tennis balls and sometimes that ball really hurt and, although we were told it would happen, we did not have very many eyes out. Yes, we fell out of trees, got cuts and bruises, broke bones and teeth, but there were no lawsuits. They were accidents. We learnt not to do the same thing again. We had fights, punched each other hard and got black and blue, but we learned to get over it. We walked to friend's homes. We rode our bikes in packs and wore our coats by only the hood.

Our actions were our own. Consequences were expected. The idea of a parent bailing us out if we broke a law was unheard of. They actually sided with the law. Imagine that!

This was the generation that produced some of the best risk-takers, problem solvers and inventors, ever. The past 60 years have been an explosion of innovation and new ideas.

We had freedom, failure, success and responsibility, and we learned how to deal with it all. And if you're one of them. Congratulations!

However, pass this on to those who have had the luck to grow up as real kids, that is before lawyers and government regulated our lives, for our own good.

Watch those e-mail's and who you send them to ...

After being nearly snowbound for two weeks last winter, a Seattle man departed for his vacation in Miami Beach, where he was to meet his wife the next day at the conclusion of her business trip to Minneapolis. They were looking forward to pleasant weather and a nice time together. Unfortunately, there was some sort of mix up at the airport, and the man was told he would have to wait for a later flight. He tried to appeal to a supervisor but was told the airline was not responsible for the problem and it would do no good to complain.

Upon arrival at the hotel the next day, he discovered that Miami was having a heat wave, and its weather was almost as uncomfortably hot as Seattle's was bitterly cold. The desk clerk gave him a message that his wife would arrive as planned. He could hardly wait to get to the pool to cool off, and quickly sent his wife an e-mail, but due to his haste, he made an error in the e-mail address. His message therefore arrived at the home of an elderly preacher's wife whose even older husband had died only the day before.

When the grieving widow opened her e-mail, she took one look at the monitor, let out an anguished scream, and fell to the floor dead. Her family rushed to her room where they saw this message on the screen:

Dearest wife, departed yesterday as you know. Just got checked in. Some confusion at the gate. Appeal was denied. Received confirmation of your arrival tomorrow. Your loving husband.

P.S. Things are not as we thought. You're going to be surprised at how hot it is down here.

Your Comments Please!

Healers. We would like your opinions on two subjects.

- 1.** Do you think that healers should give healing freely or should they ask for a donation or a set fee?
- 2,** Do you think that a spiritual healer can be one without a belief in the Creator / God / Supreme Being --- etc.

What do you think? Write and let us know and we will print your letters.

The Bible and religion according to children

In the first book of the Bible, Guinnessis, God got tired of creating the world, so He took the Sabbath off.

Adam and Eve were created from an apple tree.

Noah's wife was called Joan of Ark. Noah built an ark, which the animals came on to in pears.

Lot's wife was a pillar of salt by day, but a ball of fire by night.

The Jews were a proud people and throughout history they had trouble with the unsympathetic Genitals.

Samson was a strongman who let himself be led astray by a Jezebel like Delilah.

Samson slayed the Philistines with the axe of the apostles.

Moses led the Hebrews to the Red Sea, where they made unleavened bread, which is bread made without any ingredients, because there were no bread shops.

The Egyptians were all drowned in the desert. Afterwards, Moses went up on Mount Cyanide to get the Ten Amendments.

The First Commandment was when Eve told Adam to eat the apple. The Fifth Commandment is to humour thy father and mother. The seventh Commandment is thou shalt not admit adultery.

Moses died before he ever reached Canada, that's because he wouldn't eat milk and honey.

Joshua led the Hebrews in the battle of Geritol and blew up the walls with trumpets.

The greatest miracle in the Bible is when Joshua told his son to stand still and he obeyed him.

David was a Hebrew king skilled at playing the liar. He fought with the Finklesteins, a race of people who lived in Biblical times.

Solomon, one of David's sons, had 300 wives and 700 porcupines. He also explained, "Man doth not live by sweat alone."

.....?????? That's religious education ??????

Anyway

People are often unreasonable, illogical and self-centred;
Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives;
Be kind anyway.

If you are successful, you will win some false friends
and some true enemies;
Succeed anyway.

What you spend years building, someone could destroy overnight;
Build anyway.

If you find serenity and happiness, they may be jealous;
Be happy anyway.

The good you do today, people will often forget tomorrow;
Do good anyway.

Give the world the best you have, and it may never be enough.
Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God;
It was never between you and them anyway.

Origin unknown.

Scientific research indicates that 'Bromelain' which is the protein digesting enzyme found in the pineapple plant can play an important role as an anti-inflammatory.

There have been over two hundred scientific medical papers written about the beneficial effect of 'Bromelain' and its important role in the treatment of soft tissue injury, such as in the joints and muscles.

These studies showed that due to its anti-inflammatory action, 'Bromelain' safely reduces inflammation, and swelling, relaxes muscles relieves pain normally associated with arthritis and rheumatism.

Health, in our gardens, forests, fields and hedgerows

From the time of the earliest cavemen people have been aware of the health restoring plants around them. Nature in all its abundance can and does provide most answers to our health problems. Our modern pharmaceutical industry spends billions in trying to find ways to synthesise and modify nature's remedies often with disastrous side effects.

In this and future issues of 'NEWS & VIEWS' we shall try and look at some Natural Herbs for Healthy Living.

Let's begin with ... **Garlic - believed to be one of world's oldest medicines**, reference to it as a remedy have been found on Sumarian clay tablets identified as being written Circa. 3,000 BC.

Today it is recognised that Garlic reduces the levels of cholesterol and triglycerides and low density lipoproteins. It also reduces blood pressure and has anti-oxidant properties. It appears to have no adverse properties.

Aloe Vera - in ancient Egypt it was being used for skin problems and infections. In ancient Greece it was recommended for haemorrhoids, ulcers and, hair loss. Taken internally the clear gel obtained from this plant has a cleansing effect on the body. The gel topically applied to burns, psoriasis, wounds, and sunburn has a beneficial effect. However, Aloe Vera has a laxative effect and should be avoided during pregnancy.

Celandine - Useful in the treatment of Warts and Verrucas. The juice from the plant which contains alkaloids is simply applied to the infected area, but check with doctor before using.

Echinacea - Stimulates the Immune system. Research has proved its value and reports no side effects.

Sage - Used to enhance the taste of food, it can also reduce menopause hot flushes and is also known to alleviate sore throats.

Dandelion - The common garden 'weed', this plant has excellent detoxifying properties. Useful for Liver and Gallbladder problems and as a Diuretic.

Celery - A rich source of organic sodium and potassium Celery has long been recognised as a mild diuretic capable of removing excess fluid from around inflamed joints thereby minimising pain and swelling. Other benefits of Celery include the relief of menstrual bloating, improving digestion and assisting circulation.

More on this interesting topic in our next issue. However do remember seek medical advice before using these herbal remedies.

Quotes to Inspire

“When I despair, I remember that all through history the ways of truth and love have always won. There have been tyrants and murderers, and for a time they can seem invincible, but in the end they always fall. Think of it ... Always.” Mahatmah Gandhi.

*“Natures’ intelligence functions with effortless ease ... with carefreeness, harmony and love.
And when we harness the forces of harmony, joy, and love, we create success and good fortune with effortless ease.”* Deepak Chopra.

“If I cannot realise my Ideal I can at least idolise my Real. If I am but a raindrop in a shower, I will at least be a perfect drop; if but a leaf in a whole June, I will at least be a perfect leaf.” W. C. Gannett.

“God is not hiding from us, He is speaking to us through flowers, through our thoughts, -- through all création.” Paramahansa Yogananda.

“We are here in physical form to experience a style of spiritual growth that cannot be accomplished away from this planet.” Dr. Christine Page.

***“One who bears no hatred, --- who is a compassionate friend to all creatures, --- who is not possessive or selfish, equal in happiness and distress, and forgiving ----
This devotee of mine is dear to me.”*** From the BHAGAVAD GITA.

“Be always with people who inspire you; surround yourself with people who lift you up.” Yogananda.

“The world is new to us every morning --- and every man should believe he is reborn each day.” Baal Shem Tov.

“Keep only those things which you either know to be useful or believe to be beautiful.” Anon.