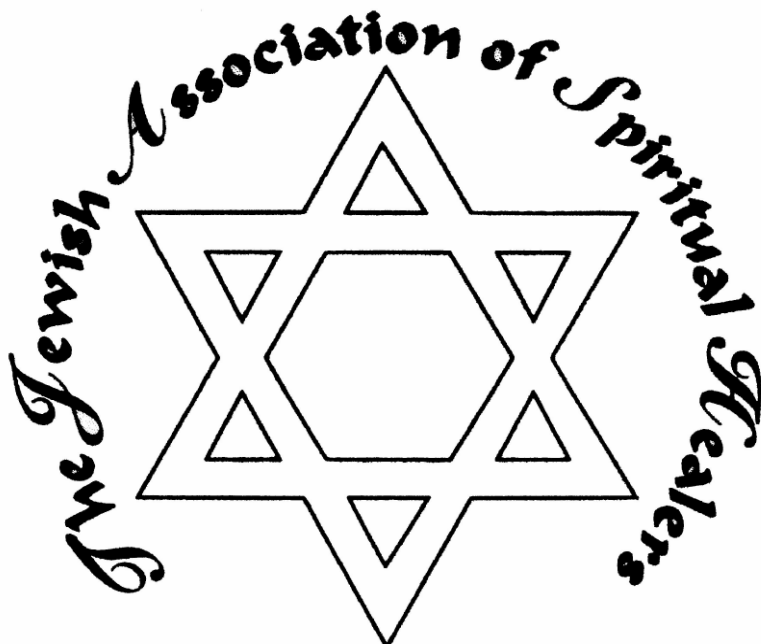


News & Views



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*Winter
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Issue No:- 46

THE JEWISH ASSOCIATION OF SPIRITUAL HEALERS

(NON-DENOMINATIONAL)

A HEALING ORGANISATION FOR PEOPLE OF ALL FAITHS

Registered Charity No. 275081

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So here we are in 2009!

We wish all healers and members of JASH and all readers of News & Views, and in fact everyone, a very happy, healthy peaceful, loving and fulfilling New Year!

Its obvious that change is happening, but although we face difficulties and problems of many kinds, it will ultimately be for our good and our benefit. Caring for and sharing with others will replace the greed and selfishness of the few as human beings rise in consciousness and realise who they really are. Then there will be peace, love and abundance for all.

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President Barack Obama

So America has a new president ---a young man of integrity, sincerity and honesty with determination to make a better world not only for Americans but for everyone; to help the poor, the suffering, the oppressed.

Change has come, and hope!

Can we assume that he was destined to take on this enormous task?

We all wish him well may God bless him, his family and his work.

Love and Light, Maurice & Yetta Powell Editors.

Chairman's Report January 2009

Welcome to 2009, I would like to think it would be a year of peace and harmony, although it has not been a very good start so far, especially in Israel. I hope all your relatives and friends are well and have managed to avoid the troubled areas. We send our condolences to the families and friends of those who have been injured or killed in the conflict. I have received several e-mail's during the last few weeks explaining why the Israelis have taken this offensive position! Is it only the Israelis that realise the danger these terrorist groups are to the world. Surely the rhetoric of the terrorist leaders of killing all Jews, and Islam ruling the world, is another way of saying, the Jews first, the Christians next, and anyone else opposing Islam will be annihilated after that. The estimates of the amount of Muslims who have been radicalised is around fifteen per cent of an otherwise peace loving community, which is an extremely large number of people who are anything but peace loving. World

War 2 was started because the radicals of the time (the Nazis) became too powerful, are we going to allow this to happen again? I hope not.

Unfortunately Vicky Kay has left the Committee because of her husband's failing health, we all wish Les a speedy recovery and thank Vicky for her input during the last few years. Sadly, our newest Committee Member, Patricia Marks, passed over a couple of months ago, after a sudden decline in her health, thank you Patricia for your input whilst you were with us, and our condolences to your family. Brian Copeland has offered to rejoin the Committee filling one of the vacancies. Who wishes to fill the second vacancy? Please contact Francine 02084498670, if you are interested.

The next meeting of the Alliance of Healing Associations will be held about a fortnight after this report has gone to press, I will therefore advise as to who the new Secretary will be in the next News and Views, my apologies, and thanks to Ken and Ruth Baker for holding the fort in the meantime.

Our membership renewals were due 1st January, will you please ensure that Francine (Secretary) and Martin (Treasurer) do not have to chase too many Healers for their late subscription, they are volunteers, as are the rest of the Committee whom I thank for their time and expertise as always.

Steve Sharpe.

This is an edited extract from an address that Jonathan Sacks, the Chief Rabbi, gave to the Lambeth Conference in July 2008.

For the past 50 years, our lives have been dominated by two institutions: politics and economics, the state and the market, the logic of power and the logic of wealth. The state is us in our collective capacity. The market is us as individuals. And the debate has been: which is more effective? The left tends to favour the state. The right tends to favour the market. And there are endless shadings in between.

But what this leaves out of the equation is a third phenomenon of the utmost importance, and I want to explain why. The state is about power: The market is about wealth. And they are two ways of getting people to act in the way we want. Either we force them to —the way of power: Or we pay them to —the way of wealth.

But there is a third way, and to see this let's perform a simple thought experiment. Imagine you have total power, and then you decided to share it with nine others. How much do you have left? A tenth of what you had when you began. Suppose you have a thousand pounds, and you decide to share it with nine others. How much do you have left? A tenth of what you had when you began.

Now suppose that you decide to share, not power or wealth, but love, or friendship, or influence, or even knowledge, with nine others. How much do I have left? Do I have less? No, I have more; perhaps even 10 times as much. Why? Because love, friendship and influence are things that only exist by virtue of sharing. I call these covenantal goods —the goods that, the more I share, the more I have.

In the short term at least, wealth and power are zero-sum games. If I win, you lose. If you win, I lose. And that has huge consequences. Wealth and power; economics and politics, the market and the state, are arenas of competition; covenantal goods are arenas of co-operation. Where do we find covenantal goods like love, friendship, influence and trust? They are born, not in the state, and not in the market, but in marriages, families, congregations, fellowships, communities - even in societies, if we are clear in our minds that society is something different from the state.

In a contract, two or more individuals, each pursuing their own interest, come together to make an exchange for mutual benefit. So, there is the commercial contract that creates the market, and the social contract that creates the state. A covenant is different, two or more individuals, each respecting the dignity and integrity of the other, come together in a bond of love and trust, to share their interests, sometimes even share their lives, by pledging their faithfulness to one another; to do together what neither can achieve alone.

Taken from the Independent 30.7.2008

The New Religion of the 21st Century



On the surface of the world right now there is war and violence and things seem dark, but calmly and quietly, at the same time, something else is happening underground. An inner revolution is taking place and certain individuals are being called to a higher light. It is a silent revolution from the inside out —from the ground up.

It is time for me to reveal myself. I am an embedded agent of a secret, undercover clandestine global operation —a spiritual conspiracy. We have sleeper cells in every nation on the planet.

You won't see us on the TV. You won't read about us in the newspaper. You won't hear about us on the radio.

We don't seek any glory. We don't wear any uniform. We come in all shapes and sizes, colours and styles.

Most of us work anonymously. We are quietly working behind the scenes in every country and culture of the world — cities big and small, mountains and valleys, in farms and villages, tribes and remote islands.

You could pass by one of us on the street and not even notice. We go undercover. We remain behind the scenes. It is of no concern to us who takes the final credit, but simply that the work gets done.

Occasionally, we spot each other in the street. We give a quiet nod and continue on our way so no one will notice.

During the day many of us pretend we have normal jobs, but behind the false storefront at night is where the real work takes place.

Some call us the 'Conscious Army'. We are slowly creating a new world with the power of our minds and hearts.

We follow, with passion and joy our orders from the Central Command —The Spiritual Intelligence Agency.

We are dropping soft, secret love bombs when no one is looking: poems - hugs - music - photography - movies - kind words - smiles

meditation and prayer - dance - social



Continued on Page 6

Continued from Page 5

The New Religion of The 21st Century

activism - web sites - blogs random acts of kindness.

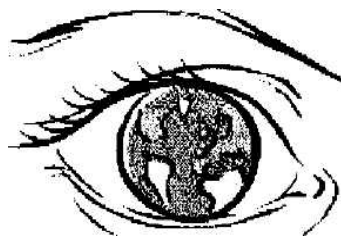
We each express ourselves in our own unique ways with our own unique gifts and talents.

'Be the change you want to see in the world' - that is the motto that fills our hearts. We know it is the only way real transformation takes place. We know that quietly and humbly, we have the power of all the oceans combined.

Our work is slow and meticulous - like the formation of mountains. It is not even visible at first glance. And yet with it entire tectonic plates shall be moved in the centuries to come.

Love is the new religion of the 21st century.

You don't have to be a highly educated person or have any exceptional knowledge to understand it. It comes from the intelligence of the heart ---embedded in the timeless evolutionary pulse of all human beings.



Be the change you want to see in the world. Nobody else can do it for you.

We are now recruiting. Perhaps you will join us.

Or already have.....

All are welcome.....

The door is open

Brian Piergrossi (from the book 'The Big Glow') www.thebigglow.com

Reprinted From 'The Sussex Healer'

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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.

M. P. H. Savyon, Israel

GRATITUDE

The TV, Radio and The Press are full of doom, gloom and horror and it is only too easy to be drawn into a state of negativity.

But hang on"! Isn't there a lot to be grateful for, to be thankful for.

Miracles are happening all the time and **you** are the greatest miracle of all!

You can be aware of them and appreciate them and it doesn't cost any money!

I've just read an article by a lovely American girl from San Francisco who suggests that everyone should keep a gratitude book; to write down all the little experiences you had during the day. What a great idea!

There are so many things that can fill us with gratitude and joy.

Here are a few of mine.

A friend, who I haven't seen in ages phoned.

I received a letter and a book.

A little robin flew on to my window feeder and sang.

A baby smiled at me in the supermarket.

I heard a beautiful Mozart symphony on the radio.

I enjoyed eating a juicy pear.

I saw a glorious sunset.

And here's a little rhyme I remember reciting at Infant School (or perhaps you did too).

Thank You for the food we eat
Thank You for the world so sweet
Thank You for the birds that sing
Thank You God for everything.

I'm sure everyone has many reasons to be grateful every day and if you write them down, they will cheer you up if you feel sad for we are truly blessed.

Gratitude opens up the heart to the infinite love within and the love around us all flowing from the Source and the amazing thing is that the more grateful you are, the more the blessings and miracle will come to you (or maybe you will become more aware of them for they are happening all the time).

Yetta Powell.

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THINK ABOUT IT

Your BELIEFS become your **THOUGHTS** **Your THOUGHTS**
become your **WORDS** **Your WORDS** become your **ACTIONS** **Your**
ACTIONS become your **HABITS** **Your HABITS** become your
VALUES **Your VALUES** become your **DESTINY**

Mahatma Gandhi.

MEETING of PATRONS

Even on a dull, overcast day, the Surrey hills around Dorking are entrancing. Having survived the M25 crawl, the car free lanes near Shere were so welcome and attractive, like the old world village itself. It was here that Harry Edwards known as Harry, performed his daily miracles, year after year, probably the greatest example of spiritual healing in modern times, the greatest since Jesus according to Maurice Barbarnell.

Ruth, my companion, a fine healer herself, accompanied me. We were due to meet Joan and Ray Branch, my J.A.S.H. CO-patrons. A single track road led us to Ewhurst, their home, a mile or two from Shere. It could indeed be that this sylvan spot was the scene of more healings in history than anywhere since the hills of Galilee two millennia ago.

For fourteen years, every day, Roy and Joan assisted Harry. Today, both, alert, almost youthful are retired. Joan 80 on All Saints Day how appropriate, Ray just two years older. Both originated from inner London. Ray, real name Ramus had given up a good job and prospects to link his fate to the healer. He and Joan never regretted the move, in fact felt privileged to have had such a rare experience.

I tried to plumb the secret of Harry' gift. Simplicity, simplicity I was told. There was nothing arcane, mysterious about Harry. He was a down to earth man, married with four children, a printer, a gifted conjurer, whose favourite reading was detective stories. Yet he possessed an almost unique gift, aided by guide Reuben. " Harry?" I asked. No clear answer was forthcoming. Harry, short, sturdy, gleaming silver hair, no pretensions to great learning, reminded me so much of splendid direct voice medium Leslie Flint. These were open characters, free from academic distinction or mental reservation. What you saw was what they were.

In the healing process, Harry made immediate contact with the patient, talking much of the time, exuding a quiet confidence. He was the instrument, the channel of that living force or Force that, for the moment, concentrated specifically on the infirm often crippled, man or woman before him. There was no self or ego, only a reaching out to do good, to restore normality and balance to those medically deemed incurable. In a way it is a holy story but with no aura of holiness.

The Harry Edwards Healing Sanctuary was founded at Shere in 1946. When he passed on aged 83 in 1976 Harry, assisted by his former colleagues Olive

Continued on page 9

and George Burton and later on Ray and Joan Branch helped through the power of spiritual healing, thousands upon thousands of all races, religions, nationalities, who descended upon the village from all over the world. Like Harry the healing room was simplicity itself.

In his biography of Harry, Ray refers to the healer as “ of the greatest men of this or any age.” Harry lives on in Ray and Joans’ home. There is a fine bust of the healer and a superb portrait. Both Ray and Joan exhibited that immediate sense of friendship, openness, and reaching out, that enabled them to continue for a period Harry’s work. We visitors who had never met them before were received with open arms, like long lost friends. Perhaps that is one of the secrets of a true healer, to relate at once to something within others.

Harry often wrote and spoke of the power of absent healing the only form now used by his former associates. Harry left a letter to be opened at his passing, in which he stated “ worth of a life is in its contribution to the welfare of others,” a thought so often absent in our present day, financial, material and moral turmoil.

Regretfully we had to say farewell to our hosts who had treated us to a fine lunch in the local hostelry, but in two hours, we had got to know each other so well in a burst of good fellowship and friendship, no doubt assisted from other worlds by the smiling face of the great healer himself.

Aubrey Rose 16th December 2008.

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Dog Tired !!!

One day, an old tired-looking dog wandered into my garden; I could tell from his collar and well-fed belly that he had a home and was well taken care of. He calmly came over to me, I gave him a few pats on his head; he then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep.

An hour later, he went to the door, and I let him out.

The next day he was back, greeted me in my garden, walked inside and resumed his spot in the hall, again slept for about an hour, then went to the door to be let out. His visits continued off and on for several weeks.

Curious I pinned a note to his collar: 'I would like to find out who the owner of this wonderful sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap.'

The next day he arrived for his nap, with a different note pinned to his collar: 'He lives in a home with 6 children, 2 under the age of 3 - he's trying to catch up on his sleep. Can I come with him tomorrow?'

Messages received whilst meditating --- by Sheila Goldsmith:

‘ The morrow things will be as they should be, and man will turn his head away from materialistic things. Love will reign instead of sorrow and sadness, the madness of this world will be gone for ever more: peace, love, laughter will be yours for eternity. Every little loving gesture as you walk upon your path way in life, will, one day in the distant future form together with others and make an almighty whole. All people will be as one, and you will all arrive at a life of reality instead of what you think is real now. You are in this school to do the learning that you missed in past incarnations and when you reach your destination, the world will open up with more beauty than you have ever seen before.---- *All my love Hardy.*

Our world, in its enormity is but a small bead hanging on a thread in this almighty Universe. So, how small are we in the scheme of things? Our lives are but a flicker of an eye and yet our souls are as mighty as time itself. What then to do as each breath fades into infinity? One step at a time, in one day at a time, to have and to share with those in despair, because surely our good fortunes are worthless without others to share in them. Peace, love, harmony, giving and sharing, will make a better life for all. *God bless you all --- Hardy.*’

A Cree Indian prophecy:

‘Only after the last tree has been cut down
Only after the last river has been poisoned
Only after last fish has been caught
Only then will you find that money cannot be eaten.’

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May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received and pass on the love that has been given to you.

May you be confident knowing you are a child of God.

Let this presence settle into your bones and allow your soul the freedom to sing, dance, praise and love.

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How Did I Get Here? & Why I'm Still Here ?

My Name is Linda Fox & everyone has a story or two about their lives that they can tell. So what you might say? Why would yours be interesting? I always thought I had a good imagination, because I would say things that would come true or think about someone & they would call or just turn up. This has always happened to me so I just accepted it and thought it was normal.

How did I get here? Well it was my Dads' fault he had an inoperable Hernia, so he was told by his consultant. One particular day he was in agony, and our friend John had came round and saw that Dad could hardly walk and he asked "what was wrong?" So Dad told him that he'd seen the Consultant about this lump on his side but nothing could be done about it. John then told him about a lady living round the corner called Rita Vangelder. He had been a total sceptic, that was until he had a bad ankle which Rita treated and from then on he was converted.

Mum phoned Rita to make an appointment and being curious I decided to go with, just to see how it worked. I wasn't sure what to expect I had been to a Spiritualist Church before but this was different it was in someone's home. There was no sign over the door that said The White Dove Healing Centre. His healing session had already started when I arrived so I just watched and listened. That was until she asked him about his bad back she said "I'm surprised you can even walk because it's so bad." That's when I started crying and said "no that's my pain you're picking up." I don't know how I knew; I just knew it was my pain.

A year earlier I had a still born baby at 38 weeks. I honestly had aches and pains all over; they were the sort that I thought would never get better or go away. That's where Rita helped me the most; she not only helped me with healing my physical body but also she managed to put my mind at ease.

She also invited me into her circle and I have never looked back. So that's how it all started with me in circle in turmoil of emotions and loads of tears, but neither of us has regretted a moment of our 11 years.

Why am I still here? Well that's pretty obvious isn't it? I have now been sitting in circle for the last 11 years and learned so much more than I could have done from any ordinary school or book. Every circle is different; even if the people I sit with are the same. For years I have been told that I am a spirit ambassador bringing people into circle or referring them to Rita for healing or to Heather Prince who does Spiritual Response Therapy & runs Meditation,

Continued on Page 12

Continued from Page 11 **How Did I Get Here? & Why Am I Still Here ?**

classes. I know that those clients I have referred to both of them have been helped enormously.

Their have been many people over the years that I have met, I would like to thank for their support but they are too numerous to name. As now, consider them as my Family & my Friends whom I would never have met had I not have sat in Circle. But they are more than that to me; they are my confidants' they probably know more about me than most of my other friends or family. Also I don't think that I could have coped with my everyday life as well as I have, had it not been for all their support through my highs & lows.

I now have two children whom I'm sure are more spiritually aware than I was at their age. I continued to sit while I was pregnant with both of them; because of the reassurance & support of spirit that I received in circle I knew my children would be born safe & sound. I know that had I not have had this, I would have been a nervous wreck for the whole of my pregnancies. So a big thank you to my friends in circle I could not have done without you all.

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The Miracle of Prayer

*I open my heart wide to receive
the love of God,*

*As I receive God's love as
Universal supply, all my affairs
are healed.*

*As I realize and accept the healing
power of the Universe as love,*

*And I allow the healing power
that is love to penetrate my life.*

*I readily accept the heading
of love in my life,*

*And I know that as love, God is
my limitless and abundant
supply made manifest.*

*I feel the outpouring of God's
love in my Body and mind.*

*I feel God's love in my affairs,
and I know all is well.*

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The International Global Link Conference December 2008

Your editors (Yetta & Maurice Powell) attended the conference held at the Princess Hotel in Eilat Israel from Dec. 3rd --- Dec. 6th.

We found it a wonderful and inspiring experience and we were very grateful to have been invited to attend and present our talks to more than 160 people and other presenters, who attended from many countries.

‘They came ... with the determination and sincerity and knowledge about how important this gathering was to be ... from the United States, from Bulgaria, Germany, Bosnia, Scotland, England, Turkey, India, Japan, South Africa, Egypt and Australia. Those that were not present in physical body were present in spirit but all with the same agenda - One Heart - One Humanity. Each brought with them their own special gifts and shared their energies. New friendships were forged as ideas were discussed over the dinner table. The program was incredibly full and very stimulating’.

‘Linda Tomer, a member of the MPH wrote the music to words that were received by Menorah. It was called "One Heart, One Humanity", and this beautiful song created a loving ambience throughout the 3 days’.

This conference was the 12th organised by Menorah and Leon Charney and required a year long, massive and dedicated effort and work on their part to make it happen’.

It was a loving, learning and transforming experience for all who were privileged to take part --- ‘one heart, one humanity’.

Menorah Charney is the inspiring facilitator of the MPH Group (MPH stands for Meditation, Peace Harmony and Creative Living) a spiritual teacher and healer. She has changed the lives of all who have been privileged to pass through her hands. Her presentation at the conference was called:

“The Art of Healing in the New Era of Light”

‘The art of healing is the art of forgiving. It is using these marvellous cosmic energies to create new energies of love and light around the individual and to paint new colours into the auric-design, releasing and changing colours that are uneven and blocking the entrance of the light. Be it our thoughts, emotions or physical equipment we are able to renew and rebuild into beautiful energy forms, to be used in joy, during this incarnation. To heal is to love life, to love being, to love serving. We all heal ourselves. You are your own healer! Respond to your inner light, to your inner demands, and you find the path to the living light.

Continued on Page 14

This year has been an intense year of energy work. From the planes of light, there is a flow of cosmic energy that has been building up slowly over the years and now is affecting all life on the Earth. We see the changes taking place everywhere - in the tsunamis, hurricanes, earthquakes, floods etc. We see a similar change in humanity and we are being forced by circumstances beyond ourselves to change our thinking and our attitudes towards life. The economic crisis has affected the entire world. How will it change our thoughts? Will it bring us to the understanding that all life including money is energy? Look around at the fear produced by this crisis. We are now in a situation where, if we recognise the opportunity, we are able to change and direct our lives along other paths and build a more secure, healthy future.

We are all built on energies from the Cosmos, We live in our physical bodies using the energies around us in ways determined by our psyche. Let us now try to feel the cosmic energies:

Hold hands out This energy is going to enter wherever there is a weakness in your auric-field It will strengthen your light, it will strengthen your resolve and you will find a healing deeper than ever experienced, as you awaken and acknowledge whom you are and how you are able to work.

Through time we have developed our emotional bodies and our logical, thinking mind. Three quarters of our diseases come from our emotions and deep inherent fears.

As a spiritual healer and teacher I work with the results of these fears and, through the years, have come to a theory on which I base my work. I am an Alice Bailey student, so I will begin by approaching the subject of healing with the Alice Bailey teachings, channelled to her by the master DK. (Dwahl Kul) about The Seven Rays or streams of energy which supply the Earth and all the life upon the Earth.

A ray refers to a quality of the energy. From Lansdown, who wrote "The Ray Method of Healing", we learn that the Solar system is sevenfold in consciousness. There are 7 planes of consciousness. The human being is said to have a vehicle of consciousness or body on all planes. Allow me to explain:

1. There is the Monad or spirit.
2. The Spiritual Triad which is a reflection of the Monad and is a channel for the manifestation of the spiritual will, spiritual love, and spiritual mind expressing will, love and mind of the Monad.

3. Soul which is known as the causal body or Egoic Lotus. This is on the mental plane and is the storehouse of abstracted essence or wisdom gained from the experience of the personality which evolves over time.

The personality has 4 parts:

- a) A mental body, the concrete mind or mind, which relates to concrete thought and discrimination.
- b) The emotional or astral body which relates to senses, desires, aspiration.
- c) The etheric or vital body which gives the power to act and be energetic.
- d) The dense physical body which enables activity to take place in the objective, tangible world.

These energies are absorbed in different degrees by individuals - here I talk only about humanity. These 7 rays divide, and in healing there is a different individual response according to the individual's ray make up. One of the streams of energies or rays is connected to Esoteric healing. Esoteric refers to what is inner and cannot be readily perceived. There are 3 major rays and 4 minor rays. These 4 are produced by the interplay of the 3 major rays. Under the rays there are 3 methods of healing. - exoteric, service and esoteric.

I am sure you are wondering what are the qualities of the 7 rays,

Ray 1: Will and power. The power to good or bad.

Ray 2: Love, wisdom. Called wisdom because of its characteristic desire for pure knowledge.

Ray 3: Active intelligence or the higher mind. - abstract thinking.

Ray 4: Harmony through conflict or the ray of struggle

Ray 5: Concrete knowledge or lower mind.- science and research.

Ray 6: Devotion and idealism.

Ray 7: Ceremonial magic and order

In healing, the healer is able to channel the degree of vibration and light according to his/her ability to receive. We use the energies according to our development and awareness. Through meditation and spiritual development the healer is able to control the self (personality) and channel through the more subtle forms of energy. It is a slow process, step by step up the ladder that eventually leads to the healer's ability to channel all the vibratory rates through the body. In fact the healer is a transformer of energy. We are here on Earth to help to transform all negative feelings and ideas into the higher aspects of unconditional love, goodwill, understanding and compassion, and to help people work out their karma.

Continued on Page 16

Continued from Page 15 **The International Global Link Conference**

The time is now to take responsibility for our physical bodies. Not to fear the body and every hurt the body endures. We all have the power to heal ourselves. In fact the power held over us by others is only there because we give them permission to take over our decisions and lives. We respond to our fears and create on them. So, it is time to develop our respect for our own inner strengths and know the power within us. We need to break away from our beliefs and conditioned habits in order to awaken and shift our consciousness to higher levels of living in the NOW, knowing that we create our world. If it is a suffering one, we, through intent and shifting our consciousness, can dis - create the reality presently lived in and create a new reality. We are so fortunate to be living at a time of great flows of the cosmic energies enabling us to act.

As we develop our awareness and our intent to understand the follies of our world and our bodies, we find ourselves listening to our within. I see the body and the personality as the instrument of the soul. We need to adjust to the idea of this physical, emotional, mental body as an instrument of the soul. ***The body talks.*** By this, I am not talking about the expressions of the face or body movement. The body talks through its pain --- be it physical or a state of trauma or depression. If the personality is not listening and is going the wrong way the body will express its needs through suffering of some kind in order to make the personality aware that there is need for release and change of attitude. All here, have an understanding of the soul energy --- the wonderful inner light, the 'I', or however you wish to call, 'YOU', the Real Self.

A spiritual friend of mine, Elisha, sent me a book written by a Chinese healer who is also a western doctor. Dr. Zhi Gang Sha. In his introduction he writes that the most important factor in healing is the soul. The soul has consciousness, intelligence and creativity. It also has the power to heal and to bless. He believes that the souls of your systems, your organs and your very cells have the power to heal themselves and to heal you. So we should think of 'Soul over Matter' and the power of the soul.

So in fact when we heal it is the soul that accomplishes the healing. The healer of any persuasion does not in fact heal the client or patient. As a healer cosmic energies pass through me into the client or patient and work as a catalyst to help to instigate the person's abilities to heal. This works on the entire energy system of the individual, dealing with the emotions, thoughts - physical emotional mental and the energetic systems of the body resulting in

Continued on Page 17

balancing the energies, understanding, releasing of fear and other emotions, allowing the inner forces of light to create that force that works on the entire system and heals the problem.

How? You all have the power to heal yourselves. You are all created of the light energy force. First ask yourselves:

- 1: Do I want to be healed?
- 2: Am I ready to release the problem and find a new path?
- 3: Do I have the courage to break away from known habits and create myself anew?
- 4: Am I ready to allow my soul -that is my higher self to take control?

There is always a reason for depression or disease. It may be ancient Karma working out. It may be old worn out habits that need to be changed. Soul healing is healing on the deepest level. It is bringing in unconditional love and a very important factor - the ability to forgive releasing blockages causing the problem. It is not only forgiving others. It is forgiving the self for all the suffering and pain needed, to learn that pain and suffering does not create happiness or joy. Learning to release is learning to live. Allowing the flow of the energy forces to bring balance in the personality, aligning to the soul mission on this planet.

I would like to now do an exercise with you. I am sure that each of you has a problem of some kind - even if it is only to let go of the ego that keeps you separated from the whole. This new cosmic energy that we are experiencing is a unifying factor bringing synthesis. For far too long we live as separated societies, separated factions, religions, and even families. Fear keeps us apart - even within our own bodies we are too afraid to face ourselves. Too afraid to allow ourselves too love unconditionally, to respect not only others but ourselves. If we learn to respect our own bodies we will not make them suffer.

We have talked about the effect of the different rays on individual people. Now I want to give you an exercise to heal yourselves, taken from Dr. Zhi Gang Sha. It is very simple and it works. Before I ever give out information I always experiment on myself. It works! He calls it "HELLO HEALING" invoking the power of the soul to heal. It is recognising the soul and its importance as a part of your life.

There are 5 simple sentences:

Say hello: ---*Dear soul, mind and body of my*(Whatever needs healing)

Give love: --- *Say, I love you.*

Continued on Page 18

Continued from Page 17 **The International Global Link Conference**
Make an affirmation: --- ***You have the power to heal yourself.***

Give an order: --- ***Do a good job.***

Express gratitude and courtesy: --- ***Say, Thank you. (3 times)***

It is as simple as that. So let us try to do it. I will complicate it a little.

Let us begin with deep breathing, each of you to your own rhythm.

Begin to settle into your quiet, inner self. Enjoy being there in the silence.

Now concentrate on your physical body ... your emotional body... now on your thoughts.

Try to place where and what the problem is that blocks you from enjoying life.

Think for a moment what you need to heal in yourself.

Now as you settle into the quiet you say this affirmation.

His message for healing:-

**“I have the power to heal myself
You have the power to heal yourself
Together we have the power to heal the world.”**

And I believe that this is my message to you’.

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**We also ask all readers of News & Views,
to send love, light and healing to all those in need.**

PREGNANCY, OESTROGEN & WOMEN *By Becky Dew.*

Q: Should I have a baby after 35?

A: No, 35 children is enough.

Q: I'm two months pregnant now. When will my baby move?

A: With any luck, right after he finishes college.

Q: What is the most reliable method to determine a baby's sex?

A: Childbirth.

Q: My wife is five months pregnant and so moody that sometimes she's borderline irrational.

A: So, what's your question?

Q: My childbirth instructor says it's not pain I feel during labour, but pressure. Is she right?

A: Yes, in the same way that a tornado might be called an air current.

Q: When is the right time to get an epidural ?

A: Right after you find out you're pregnant.

Q: Is there any reason I have to be in the delivery room while my wife is in labour?

A: Not unless the word 'alimony' means anything to you.

Q: Is there anything I should avoid while recovering from childbirth?

A: Yes, pregnancy.



Q: Do I have to have a baby shower?

A: Not if you change the nappy very quickly.

Q: Our baby was born last week. When will my wife begin to feel and act normal again?

A: When the kids are in college.



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COUNTDOWN TO 2012

No, not the World Olympics, but what is predicted to happen to this world in 2012.

We have been asked about the significance of such prophecies which date back to the South American Mayan civilisation and other earlier civilisations in other parts of the world. So, trying to provide some answers to the world upheavals we are experiencing, we reproduce the talk given by Nancy Clark of Tucson Arizona US --- to the M.P.H. Gathering, which was attended by your editors, and took place February 2008 in Ashkelon, Israel.

Nancy Clark explained that everything is showing us that we are in this countdown to 2012 (less than 4 years to go) and a period in which we shall be seeing incredible changes.

She spoke about the Mayan Calendar. The Mayans were known as the "time-keepers". Their calendar shows a 26,000 year cycle and it tells us that time (as we know it) ended in 1987. Not only the Mayans but the Hopi, the Cherokees, the Tibetans and different indigenous people all talk of the fact that we are living 'in between worlds'. The world that we were born into no longer exists and the world that we are going into is not yet formed. What is so important is that we are in a space where all probabilities exist. That is very exciting because we can make the future anything we want it to be but we need to get out of the fear based ideas.

On December 21,2012 we will go into an era of the 5th Sun.

The Hopis talk of a whole new world that will be born during that period.

Now, in the 4 year period we are right now, we are told that Earth will change as much in these last 4 years as it has in the last 26, 000. From 1987 to 2012 the right arm of materialism will dissolve. It doesn't mean that there will be no more financial systems or the purchasing of goods. It means that we will learn to share. Those who have, will take care of the people who have not. It is in this period we need to learn to share what we have, or it will be taken away from us. Those who have tried to control the price of oil and the big industries will no longer have that power. We will see dramatic changes in these next 4 years.

To be more specific, on December 21, 2012 the sun will rise in an intersection of the Milky Way. It is an equilateral cross in the very centre and, as we move into that space, there will be a portal opening that will allow this incredibly powerful energy to come to our planet and cleanse it.

Continued on page 21

Things will begin to change quickly !

We know that history keeps repeating itself. It was mentioned that this month we had both a solar and lunar eclipse. The planets were in the same alignment that they were 500 years ago. Not too many people remember exactly what was happening 500 years ago but here are a few interesting things that were happening at that time. The Ottoman Empire which was Muslim slaughtered 120,000 Muslims because they were of a different sect. Cortez came to Mexico and hundreds of thousands of Incas were slaughtered so that the gold could be taken back to Spain. Mexico came under the rule of the Spaniards. Martin Luther was advocating social as well as religious reforms in Germany. As a result of him putting a petition on the church door, over 125,000 peasants lost their lives - but it was the end of feudalism. So we have seen that massive numbers of people lost their lives in violence but it also brought about change on other levels. As all this was going on, we were also having the Renaissance - Leonardo Da Vinci, Michaelangelo, Shakespeare, Handel were leaving their mark on civilisation. All these wonderful things were happening at the same time as the atrocities. The same thing is happening right now and it is bringing our awareness to a higher level. We live in a world called "**ordered chaos**".

*To explain this, a man called Hans Jenny published the first volume of Cymatics: **The Study of Wave Phenomena**.*

He documented the effects of sound vibrations on fluids, powders, and liquid paste.

Using a "tonoscope" his own invention, to set plates and membranes vibrating. With the tonoscope, quartz sand is spread onto a black drum. The membrane is set into vibrations by music. The sand produces complex symmetrical forms. Low tones result in rather simple and clear pictures, while higher tones form more complex structures. He concluded that "This is not an unregulated chaos; it is a dynamic but ordered pattern.

He realised that sound was the basis of creating energy patterns.

This is what is happening in our Earth right now. All around us is chaos and our bodies are being restructured at a higher level.

Nancy then went on to discuss planet alignment. There was another line-up of the planets more recently (10 days ago). The planets were exactly the same as they were in February 1962. The 60's - the Hippie Era, flower power. They wanted peace on Earth and an end to war. They wanted everyone to be brothers and sisters. They wanted love. This was never completed though in the sixties.

Continued on page 22

But right at this time we are pushing that doorway further open and we shall see a return - not to the Hippy times (even though we're once more wearing flared pants and bandanas) - we are having a repetition of those days but taking things to the next highest level.

Even though we are having these times of extreme strife in the world there will also be an incredible renaissance. We are going to have new technologies that are in harmony with nature. Humans are the only species on Earth who have technology that destroys -unlike the animals, who live in harmony with nature. We've had genocide in Kosovo, Bosnia - ethnocide in Guatemala where they are estimating that between 100,000 and 125,000 thousand pure Mayans were killed. We never heard very much about it because probably the US government was behind it.

The other thing that is going to bring tremendous change is that we have really powerful young people who are coming onto the planet. They are absolutely amazing. They are having trouble at school because they cannot learn the way most of us in this world learn, through memorisation. Their brains don't work in the same way. They also have difficulty with the curriculum because they are so bored. The ones in the older levels know that what they are learning is not going to be of value, and the ones who are starting college say that by the time they graduate from college, the jobs that they are prepared for will no longer exist. The last realty big problem with these children is that they are coming in with a higher IQ than their teachers. The average school child that they have been able to assess in the US at that time was 165 with many up to 180. These children are coming in every country and every culture in the world and *they* are going to make the difference. They have their own agenda and are not going to stand for things the way they were. Therefore as parents and teachers, we have a real hard time to have them fit into the old way of acting.

Then Nancy showed slides from NASA of the solar system. She explained that we hear so much about holes in the ozone, weather changes, global warming etc. Actually, it's a whole lot bigger than we think. We cannot stop global warming because the sun is heating up. It is 1,000 times brighter than it was at the beginning of the 1900's. Even NASA astronomers don't understand what's happening but they agree that the leading edge of the sun is 1,000 times brighter and the electromagnetic field is much larger. What that means is that we are not stationary. The sun isn't fixed. We are flying through space at an incredible speed following our pole star and we, as a solar system, are moving to a whole new area in the galaxy where we have never been before. But we are adjusting to all these changes.

Solar Flares affect our electronic equipment. NASA compiled a graph and these solar flares were going right off the graph. They made a new one and the same thing happened. The flares are getting larger. They begin in places on the sun as 'sun spots' which are areas of dense electromagnetic energy and are increasing in size. She then began to talk about the other planets.

Venus is astounding astronomers because it now glows in the dark which means it is getting more energy than before. The polar regions of Saturn are brightening and this confounds astronomers as well. The overall magnetic strength of the planet is increasing. Jupiter has a ring that looks like a donut that has become so bright that it encompasses one of its moons. It has doubled its electromagnetic strength since 1992.

We worry about electromagnetic energy from our computers and cell phones etc. We simply need to get used to it. Grids underneath the Earth which were discovered by Hartman and Curry were found to be very negative and it was realised that they pick up human emotion. In the same way, underground water is only negative as long as you radiate negativity. If you are happy it will be happy water.

Mars has polar caps like Earth and they are melting just like Earth only much faster. During the past year they have melted so quickly that 50% of the surface of the planet has changed. So it is not just us and the Earth. We are actually being sold a big story in the media to keep us in fear. Only when we ourselves insist on happy news they won't stop feeding us this negativity. Uranus and Neptune, as we are told by the astronomers, both had pole shifts in the past year.

Nancy veered from the subject of the planets by speaking in answer to a question about the experiment of the Japanese Doctor Emoto who used to do experiments with water. He did an experiment with rice which was left out until it became rotten. He asked a group of children to send loving energy to the jar of rice and in ten days it was perfect and there was not one virus or bacteria in the rice. It started him thinking that if children could do that, why not let them send the loving energy to prisons around the country to transform prisoners. This experiment is working amazingly. He is also focusing on sound as a transformative medium.

She also mentioned in passing that in order to find our own personal birth-note, we should try OM-ing on different notes on the scale and when we find our birth-note, (the note on which we came into this body), we can hold it twice as long as any other note. When we listen to music on this note we can heal our own body.

Continued on page 24.

Then the discussion continued concerning our own Earth. About 20 years ago all airport runways were marked according to the lines of Earth. A few years ago they found that the lines started shifting and a runway couldn't be off the compass point more than 5 degrees or the airport had to change the number so as not to confuse the pilot, so now when a plane lands, the pilots only see numbers and alphabetical letters and nothing to do with compass points.

There are places in South America where the North Pole is now appearing and there is a place Northwest of the North Pole where the South Pole is appearing. Edgar Casey mentioned that the poles would shift. We probably thought that the Earth would flip. It's not that way at all, but that the magnetic fields move from one area to another. Even more astounding is the fact that the electromagnetic field of Earth has always been egg-shaped but now it is becoming more pumpkin shaped. It is collapsing at the two poles and bulging at the Equator. Why should this be? Over time the Poles build up and the Poles decrease. We think about Greenland? Why is a snow-covered land called Greenland? At one time it was covered with green vegetation. Changes are going to happen anyway and that's perfectly okay. Certainly we need to adjust to those changes.

Humans are two thirds water and the planet is two thirds water and our body knows how to maintain its balance. Earth is far more intelligent than we are and knows how to keep in balance. Our bodies are adjusting anyway during these next 4 years and we don't really have to do anything. The only thing we need to do is **get out of fear**. The main thing is that our bodies are becoming etheric. If our frequency is high enough, we won't be affected by anything. That's why we chose to come here at this time. We have memory in our cells of being spirit and that memory will supersede and help us with this next progression.

We see a lot of 'natural disasters' taking place on our planet - tsunamis, tornadoes, hurricanes etc. The interesting fact to notice is that they are taking place in areas where the people have not really changed very much over the hundreds of years. New Orleans is a good example. They may have all the gadgets etc. but their thinking is the same as it was 200 years ago. The people were evacuated and placed in homes in other parts of the country and when they returned home they realised that they could never be the same again. These events make us feel the brotherhood and sisterhood that exists throughout the planet. Nancy expressed her optimism in the wonderful things that are going to be happening where we see people as family and go forward with caring for everyone to become awakened.

Continued on page 25

Edgar Casey told us that even though we have strife and conflict in our world, it is really a part of the divine plan that we are experiencing. It is not an angry God that is punishing us - it is our own emotions. Weather patterns are all emotional. It is the way Earth cleanses her emotional body. As an example, when a shaggy dog gets fleas he shakes all over and shakes the fleas off. This is what happens to Earth. When there are too many annoying things in a certain area, she will shake herself and help that area be cleansed.

Nancy mentioned that she once met a Cherokee woman who was part of a group that was trying to find out if there were any prophecies common to indigenous people. They found that there was one prophecy in common... *"when the Condor (the biggest bird in South America) meets the Eagle (the biggest bird in North America) there will be peace on Earth"*. Nancy subsequently met a photographer who showed her pictures of Condors which were now appearing as far north as Big Sur in California.

The Cherokee woman also mentioned that during a conference in Mexico City it was realised that North and South American countries have always been separate. They have no real communication and, especially the indigenous people, know very little about each other. It was decided to organise a run starting in Alaska and a runner would run for 10 miles and pass the baton to the next person who would carry it for the next 10 miles. This would take place all the way down to Mexico City. At the same time in Argentina the runners would come all the way up to Mexico City. All of the tribes that lived on the East Coast and central parts would send runners across the continent and meet up there. In year 2000 they discovered that Earth had a tremendous wound in her middle where they had cut across for the Panama Canal so they decided, in 2004, that they would end up in Panama. Here they would do a ceremony to heal Mother Earth in that area. Nowadays there is much more contact between North and South America than in the past.

Nancy then brought up the subject of "mounds". They are all around the world and especially in places where there are no mountains. They are considered very sacred by Native Americans and there are some National Parks around these mounds. A couple of years ago the Chief of the Cherokee Nation was told to travel to Missouri where he had to make a ceremony to open a mound. They had never touched the mounds. Inside the mounds were circular ruins of wooden beams with a covering over the top (like Stonehenge). They did the ceremony and opened the mound. To everyone's amazement there was a tablet on the floor of the mound.

This happens to be the Aztec calendar. It is less sophisticated than the Mayan calendar. The interesting point though, is that it was written in a language never seen before and contained symbols that no-one had ever seen before. Native Americans love to decipher codes so they set about translating. What was found out was that this calendar continues where the Mayan calendar stopped. It is for the next 500 years after 2012. It is called **"The Age of the Grandmothers or the Wise Older Women"**. It says that during this period of time the wise older women are going to go to specific world governments to demand an end to war and bring peace on Earth.

We are very aware that time is speeding up and Nancy mentioned a graph of Terrence McKenna that showed that it took 40,000 for the first information to double. From the year 1990, information was doubling every 18 months. We must be doubling information every few months now. The amount of information we can take in has to do with the speed of time and here we have this whole generation of kids being raised on computers and they are helping to accelerate time beyond our wildest dreams.

Crop circles have appeared in every country in the world not only in grain fields but also in sand, snow, ice and even trees. The crop circles are now indicating human evolution. In England a recent crop circle showed chakras of the human body. The exciting thing about crop circles is that they are telling how the DNA is changing. There is a DNA strand that has been altered to contain silicone. More and more of the crop circles are talking about future changes to human physiology.

Russians, for the past 15 years, have been experimenting with pyramids built out of fibreglass. In one instance, formerly extinct flowers started blooming around the base of a 12 stories high pyramid. They have done many experiments in the pyramids. They put crystals inside the pyramids and then transferred them to prisons. It was found that the prisoners became much calmer. They also apparently put crystals taken out the pyramids on the MIR space-station which orbited for a year around the Earth and that was the most peaceful year we have had on Earth. The military discovered that the hole in the ozone above Moscow repaired itself, once the pyramid was erected. They found that it enhances the immune system to be inside the pyramid. They can take the properties of viruses and they are neutralised when placed in the pyramid. Medications placed in the pyramid don't have side-effects. Water in minus 38 centigrade in the pyramid doesn't freeze. They have put small

Continued on page 27.

pyramids over areas where there are fault zones and the earthquakes are spread out over a larger area and don't do that much damage. Also they erect them over oil-fields which changes the viscosity of the oil and they are able to get more oil out. In answer to a question about where the energy of the pyramid comes from, Nancy said that it works both ways - from the Earth and the Cosmos.

Nancy took a group of Japanese people to Native American Reservations. She spoke to a Hopi Elder who asked her to remind the people of a Hopi prophecy. *"Remember right now the river is raging. If anyone tries to hang onto the branches at the edge of the river to stay where they are, they will be swept away. But if you give yourself in trust and go to the centre of the river, no harm will befall you"*.

Finally Nancy explained about "Palm Leaf Revelations". In India they can predict the future with palm leaves. A particular guru found palm leaves that were very different than the usual ones. The following was written on them was in ancient Tamil language:

1. Changes are going to take place on many levels
2. There will be widespread destruction from earthquakes, floods, wars and fire
3. These changes will be the result of Divine Intervention.
4. It will be increasingly difficult to have negative thoughts

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The Prayer of Light
May Harmony be in the Universe
May Harmony be in the World
May Harmony be in our Houses and our Countries
May our Divine Missions be accomplished
We thank You Almighty God
Through our Guardian Angels
And Spiritual Protectors
Om Abila Um Ken, Om Abila Um Ken,
Om Abila Um Ken.

The Prayer of light resonates
with all that exists in this world and beyond.
As we recite these sacred words,
the pure vibration of harmony
connects us with Divine Love.

International Peace Academy.

Quotes to Inspire

“When you get low in spirit and discouraged, remember that the lowest ebb is the turning of the tide.”

HENRY WADSWORTH LONGFELLOW .

“Being human is being always directed and pointing to something or someone other than oneself, to a meaning to fulfil or another human being to encounter, a cause to serve or person to love. Only to the extent that someone is living out this self transcendence of human existence, to be truly human so does he become his true self. He becomes so not by concerning himself with his self’s actualisation, but by forgetting himself and giving himself, overlooking himself and focusing outward.”

VICTOR E. FRANKL

**“There is a force within that gives you life
Seek that
In your body there is 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.

*“Be not afraid of growing slowly.
Be afraid of only standing still.”*

CHINESE PROVERB..

“Behold the turtle. He makes progress only when he sticks his neck out.”

JAMES BRYANT CONANL.

“Life is a mirror and will only reflect back to the thinker what he thinks into it.”

ERNEST HOLMES.

“The journey is the reward.”

TAO SAYING .