

HEALING AVAILABLE

Bath and North East Somerset

Bath 01225-464 427 (White Eagle Group)
Englishcombe Village 01225-312 202
Keynsham 0117-986 0179 or 986 7250

Bristol

Bristol Cancer Help Centre (*now Penny Brohn Cancer Care*) Fax: +44 (0) 1275-370 101
Helpline: 0845 123 23 10 www.pennybrohncancercare.org
E-mail: info@pennybrohn.org
Stoke Bishop 0117-968 3139 Westbury on Trym 0117-907 9516 or 950 3608

Gloucestershire

Frampton on Severn 01452-740 897 Gloucester 01452-611 491
Painswick 01452-813 445

South Gloucestershire

Alveston 01454-411 763 Filton 0117-969 5697
Frenchay 07877-180 006 Hanham 0117-960 0309
Kingswood 0117- 967 3154 Thornbury 01454-412 539
Oldland Common 0117-932 2411 Yate 01454-326 009
White Eagle Group 0117-9600 309

Gwent

Caldicot 01291-423 387 or 421 175 or 422 487
Chepstow 01291-629 618
Newport 01633-671 619 or 254 823 or 423 810 or 07980-561 744
Pontypool 01495-762 651 or 740 326

Somerset

Brean 01278-751 310 Frome 01373-466 043
Bridgwater 01823-698 602 or 01278-683 330
Somerton 01458-223 155 Wells (Croscombe) 01749-346 414

North Somerset

Clevedon 01275-871 660 Langford 01934-852 238
North Worle 01934-521 532
Weston S. Mare 01934-520 350 or 612 133

Wiltshire

Chippenham 01249-657 533 (Bluebell Group)
Westbury 01373-823 469 (Healing Centre) or 01373-822 965

Please mention this journal if you contact any of the above.



BDAH pitch at Steve Taylor's garden
Photo: Helen Bevan

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Editor's letter, (by temporary editor Helen Bevan)

Firstly, I would like to apologise for the lack of the May edition. This was occasioned by Doreen's very difficult circumstances, still on-going, and I would like to ask everyone to send her all the love and healing that you can. I was very reluctant to take on the journal, especially as I know that Doreen always enjoyed doing it, but also because of my own circumstances. It was Doreen that first was inspired with the idea of this journal many years ago, and we owe her a big 'thank you' for all the work and inspiration she has provided for us. She had already done most of the work for this journal, but just could not do the last bit, due to problems with her eyes.

Secondly, I would like to draw your attention to the form on the opposite page, (and also loose), as it is time once again to ask you for your **subscriptions**. Without our members we would not be able to function, so I would like to thank you all for your on-going support. Please send your cheques or postal orders (payable to BDAH) to Lynne before Christmas, if at all possible. (We have to add an additional £10 as a default fee for those subs which arrive late). I would like to give Lynne and her husband Alun a big hug for all the work they do, which I know is especially hard for them around Christmas time, but is very much appreciated. And they do it so cheerfully!

This year we sadly lost one of our most well known members, Bill Harrison. Keith and I, along with others of our group, attended both his funeral and the Remembrance Ceremony held later in his own garden. We took Dennis to the funeral which so many attended that it over-flowed into the road. Fortunately the weather was fine for both occasions. Inside you will find the poem that Keith and I wrote especially for him, and read out at the latter occasion, which was truly a lovely celebration of his life by so many of his friends and family. You will notice that the event Bill started and made such a success of is to continue under the guiding hands of the two Ron's (Lines and Tropman) and Patrick Gamble, at The Secret World Wildlife Rescue Centre, which was Bill's favourite charity, and is a near Highbridge, not too far away from Blackford.

I would like to finish by thanking those who have contributed to this journal, and all those who have supported the work of the BDAH throughout the year. Please continue to give us your support, and keep those contributions for the journal coming in, either to me or to Doreen. If you are a new or potential member then I do hope that you will enjoy this journal, and maybe get involved in this wonderfully friendly group - (we are still looking for a **General Secretary**, and could use a **Minute Secretary** and a new **Editor!**). You will all be most welcome at any of our events (contact Keith) or at our meetings.

May I, on behalf of the committee, wish you all the very best, and may your lives be blessed by angels.

HEALING CONTACTS

The Bluebell Spiritual Awareness and Healing Group.

Meetings in the Music Room, Sheldon School, Chippenham, Wilts.
Wednesday evenings at 7.30 p.m. **Contact:** 01249- 657 533

The White Eagle Lodge

Head Office: 01730-893 300 www.whiteagle.org.uk

Bristol healers on alternate Tuesdays at 2.30 p.m.

Contact: Olive 0117-960 0309

NFSH Central Office

0845-123 2777 www.nfsh.org.uk **Healer referrals:** 0845-123 2767

Alliance of Healing Associations

www.alliancehealing.co.uk

World Federation of Healing 01823-668 571

www.wfh.org.uk

Healers International 01434-600 911

www.healersinternational.org.uk

The Healers International Network 05601-132 745

www.thin.org.uk

Harry Edwards Healing Sanctuary 0870-389 2054

www.harryedwards.org.uk e-mail: info@burrowslea.org.uk

Duchy Healers Association 01566-86024 www.duchyhealers.org.uk

The Friendly Group of Spiritual Healers Associations

www.friendlygroup.org.uk

Devon & Cornwall Healers 01626-772 711

Dorset, Hants & Wilts Healers 01202-822 994

Home Counties Association of Spiritual Healers

The Norfolk Healers Association Suffolk Healers Association

Sussex Healers Association Strathclyde Healers Association

Lancashire and District Healing Association

The Yorkshire Healers Association

COMPLEMENTARY THERAPISTS

ACUPUNCTURE

Barbara Scott-Alexander 01749-346 414 WELLS, Somerset

BACH FLOWER REMEDIES & KINESIOLOGY

Bea Hansen 0117-9049 705 KNOWLE, Bristol

BOWEN TECHNIQUE

Barbara Scott-Alexander 01749-346 414 WELLS, Somerset

CRYSTAL CHAKRA BALANCING

George Stone 01633-671 619 NEWPORT, South Wales

EMOTIONAL FREEDOM TECHNIQUE (EFT)

Sarah Dann 01291-422 487 CALDICOT, Gwent

HYPNOTHERAPY

Ron Tropman (MSH Dip.Hyp) 01278-751 310 BREAN, Somerset

INDIAN HEAD MASSAGE

Linda Kite 01225-312 202 ENGLISHCOMBE VILLAGE, Bath

JOHREI

Dr Peter & Mrs Margaret Heap 01278-782 131 BURNHAM-ON-SEA, Som

MAGNIFIED & METAMORPHIC HEALING

Frank Trim 01373-466 043 FROME, Somerset

Marjorie Ellery 01373-822 965 WESTBURY, Wilts

QUANTUM VIBRATIONAL KINESIOLOGY

Lynne Williams 0117-989 7250 KEYNSHAM, Bristol

SEICHEM

Barbara Scott-Alexander 01749-346 414 WELLS, Somerset

Lynne Williams 0117-989 7250 KEYNSHAM, Bristol

SHOTORYU-KARATE (instructor)

Nick Moller 0117-969 5697 FILTON, Bristol

STRESS SOLUTIONS, COUNSELLING & LIFE COACH

Nigel Cranham BA(Hons) PgDipG 0117-907 9516 W-O-TRYM, Bristol

Please mention this journal if you contact any of the above

***ANNUAL MEMBERSHIP RENEWAL
SUBSCRIPTIONS ARE DUE OCTOBER 2008***

INSURANCE IS MANDATORY

Full/Student Member with AHA Insurance.....£22.00

A signed insurance declaration form must be returned

Full Member with own Insurance.....£17.35

You will need to state with whom you are insured and the expiry date

Therapist Member.....£12.00

You will need to state with whom you are insured and the expiry date

Associate Member.....£7.00

Non-healing, receiving magazine

Please return the enclosed form with your postal order/cheque (made payable to BDAH), insurance declaration form and if preferred an updated passport-sized photo to: -

**Lynne Williams
BDAH Membership Secretary
15 St Keyna Road
Keynsham
Bristol
BS31 2UD**

NOTE: - If subscriptions are not paid by December 31 this year, this will incur a default fee of £10.00 in the New Year when we have to forward our membership fees onto the Alliance of Healing Associations.



To Bill (1948-2008)

**We are sorry you left
This life that you had.
You did so much for Healing
For which many are glad.
And now your passing has made us all sad.**

**You will be remembered
For all that you did,
But you must have had feelings
That were so very well hid
Until at last you could not
Keep on the lid.**

**We send love to your family
At this time in their life,
For the grief they feel
At the thoughts of your strife;
Which may have gone through them
Like a very sharp knife.**

**So Bill, we think of the good times,
The Healing Weekends,
The Haunted Castles,
Mind, Body, Spirit trends.
Though you've passed over
We are still your friends.**

*With loving thoughts,
Helen and Keith Bevan*



REIKI HEALERS

Marjorie Ellery	01373-822 965	WESTBURY, Wilts
David Lindsey	0117-968 3139	STOKE BISHOP, Bristol
Lynne Williams	0117-986 7250	KEYNSHAM, nr Bath
Barbara Scott-Alexander	01749-364 414	WELLS, Somerset
Veronika Taylor	0117-950 3608	WESTBURY-ON-TRYM, Bristol
Tony Smith	0117-986 0179	KEYNSHAM, Nr Bath
Frank Trim	01373-466 043	FROME, Somerset
Trish Underwood	01452-615 289	UPTON ST LEONARDS, Glos
Dr Peter Heap	01278- 782 131	BURNHAM-ON-SEA, Somerset

GROUPS covering Spiritual awareness and/or healer training

Helen Bevan	0117-932 2411	Fishponds & Brislington, Bristol
Sue Knight	01458-223 155	Somerton, Somerset
George Stone	01633-671 619	Newport, Gwent
Olive Thompson	0117-960 0309	Oldland Common, Bristol (White Eagle)

HEALTH PRODUCTS

NEWAYS SUPPLIER: Tony Smith 0117-986 0179 or 07967-740 388

GOLDEN ROSE Natural Remedies Supplier: Ernie Bussell 0117-942 0425
erniebussell@goldenrose1.wanadoo.co.uk

TREE-HARVEST NATURAL REMEDIES: 01531-650 764
enquiries@tree-harvest.com

Please mention this journal if you contact any of the above

TALK TO YOUR ROSES!

A friend travels some 5 hours every 2 months for healing here in Alveston and always arrives with an armful of beautiful roses. Last year I decided to try an experiment, putting the roses into two vases (both with flower food) near each other in my Healing room, reasoning that, as members of the Plant Kingdom, roses were just as capable of giving and receiving energy as were members of the Human and Animal Kingdoms. I directed healing energy to the roses in one vase, putting my arms around them, but ignored those in the second. Interestingly, the roses I ignored lasted 10 days but the others lasted over three weeks.

On 13th December last my friend came again with more beautiful roses, deep red, pink and yellow, and this time, as well as directing healing to them, I talked to them daily, telling them how beautiful they were and what pleasure they were giving me and bidding them 'Good Morning' and 'Good Night'. These lasted much longer and only after 52 days, did I throw the last out. Successful experiments have been made with playing music to plants which have resulted in increased growth, so perhaps the roses' longer life could be partly due to voice vibrations and those of the occasional peaceful music in my Healing Room as well as to Healing energies.

At our Village Garden Club, which has visited Highgrove, I have been teased and laughed at for advocating 'talking to flowers like Prince Charles'. However, he who laughs last laughs longest and I am copying this to HRH just in case he might be interested!

Angela Wenger.



Photo: Helen Bevan



Anniversary fountain in Bill's garden
Photo: Helen Bevan



Release of blue and white balloons at Bill's Remembrance Ceremony
Photo: Keith Bevan

IN MEMORY OF BILL HARRISON

RON LINES- PATRICK GAMBLE & SECRET WORLD

Are proud to present an Holistic event at Secret World

THE 2009 HEALING WEEKEND

10th 11th and 12th of July 2009

THE 2009 HEALING WEEKEND IS AN HOLISTIC EVENT
BASED UPON THE IDEA'S & PRINCIPLES OF
THE ORIGINAL BILL HARRISON HEALING WEEKENDS

THIS HOLISTIC EVENT HAS THE BLESSING OF BILLS' FAMILY
& WE HOPE THOSE OF YOU THAT HAVE ENJOYED BEING TOGETHER WITH FRIENDS,
FAMILY, AND LIKE MINDED PEOPLE, FOR OVER A DECADE
WILL NOW COME ALONG & JOIN US.

Just to name a few, myself & Patrick, would like to thank those below for the
tremendous support and help that they have given in making this not just a
dream but a reality

Barbara Meiklejohn-Free Elizabeth Whiter Sue Knight
Patricia Psychic Joylina Goodings

Admission £10.00 per person per day
Children under 14 years old Free entrance

FOR MORE INFO and BOOKING DETAILS
enquiries@holisticevent.co.uk

HOLISTIC EVENT SECRETARY

01733 208 258

07516 962 064

The large house was designed by an architect from Barcelona, Spain and another from Poland. The reason being it was a joint venture of Polish expertise in building timber houses and Spanish architectural knowledge of the land.

The house was finished in March 2006 and Clive and Vivien's dream had come true despite many people saying that it was impossible to have a house on the reserve. The "guidance" from the other side was apparent all through the months of planning, but of course Clive and Vivien have faith in such matters.

After much work from the Polish and Spanish builders together with Clive and Vivien, the new "Sunflowers Retreat" opened in June. Many Spanish people came to see the new house and to welcome Clive and Vivien to the Nature Reserve which is something quite special, a place of peace and tranquillity. The ideal place for their work. Clive and Vivien are offering healing holidays once again to finance their work. The holidays are for a person or couple to unwind, de-stress and enjoy the peace of the surrounding mountains, forest and lakes.

www.sunflowercentre.co.uk

A recent visitor to the retreat expressed the following:

It is very difficult to explain to anyone without that person first having been a guest of their retreat what it is about Clive and Vivien. They are a very spiritually connected quiet couple whose purpose, it appears, in life is to help others understand why they are here on Earth, and to help them through this life using the wisdom and knowledge given to them from their obvious connection to the other side, in spiritual terms. Both Clive and Vivien have great insight into problems of the mind and body. Clive helps people with his therapies and also his meditation techniques and music. He is an accomplished musician and plays keyboard instruments. Vivien uses her special therapies and makes her own essential oils and potions from the herbs, plants and trees of the mountains. They do not go along with any religion here on Earth, but have respect for those who belong to a religion whatever it is. They respect the Earth in its natural form, and believe that humans should share the earth with all creatures and plants. They live at the retreat which is set right in the middle of a nature reserve, 900 metres up in the mountains of Navalon, in the interior of Spain. Many people refer to the retreat as "a little piece of heaven". Many more refer to Clive and Vivien as "the Holy Man" and "the Medicine Woman" It doesn't take much to understand why.

Anon, (a special visitor)

NEW SUNFLOWERS RETREAT OPENS

Clive and Vivien Jessop first met in 1993 and realised they had so much in common. They were both healers and were practitioners of several alternative and complementary therapies. Clive had been living in Spain for several years but whilst in England met Vivien who is now his wife.

They decided to open a stress consultancy clinic in Swindon which they did. They contacted all the doctors offering their services for patients to be recommended. They did receive patients but in those days the government and the business sector were unaware, or did not perceive the importance of stress related problems. In fact Clive and Vivien ended up treating some of the doctors as well as private patients for stress. With this in mind they decided to go over to Spain and work there.

They opened the Sunflower Natural Healing Centre on the south east coast of Spain in 1996 and many people from all walks of life have passed through the doors since that time. They offered healing holidays for single people and couples which helped finance their healing work generally. In the last four years the coast of Spain has become very busy with foreign tourists and those who want to try and live in Spain, mainly British. The noise, traffic and the increase in population prompted Clive and Vivien to seek a more natural and peaceful place to live and work.

They decided to look inland and were "guided" to an area of outstanding beauty 70 miles inland from the busy Spanish coastline. They arrived at a national nature reserve area 900 metres above sea level and met a man who could help them achieve their dream of a mountain retreat. This man still asks how they came to meet each other but Clive and Vivien just point to the sky.

The vast nature reserve is for the preservation of wildlife and building is not permitted, or only on a rare occasion. This man was able to get planning permission from the Valencian government to build a structure as long as it was in keeping with the mountains and forests of the area. The building was to be made of timber and have the latest environmentally friendly applications. It had to withstand summer temperatures of up to 40° and winter temperatures of 9° below. It had to have mains drinking water, mains electricity and a telephone line. All this was achieved and Clive and Vivien were able to buy a large piece of land for the retreat to be built.

ROBIN.

It was January 2007. Snow had fallen during the night, silent and peaceful.

What a wonderful scene to awaken to. Navalon Abajo is white with snow. We are surrounded with beautiful trees, rosemary and juniper and much, much more. Everything blanketed in dazzling white. It was a must to get up, dress, and experience this wonder. First I needed to cook rice, and add all the bits to it for nature's creatures. Blue tits, crested tits, coal tit, chaffinch, blackbird, jay, thrush, green woodpecker, all visiting the garden. One special little bird not to be forgotten is Robin. My little tale is about Robin.

I had put the birdies' breakfast feast out. Then I said to my husband Clive "I am taking Spirit (our doggie) up the mountain track, I want to see what animal and bird prints I can see."

No-one could get up here from the road, only with difficulty. It was going to be a pure untouched camino, [*Spanish for road, path or way*].

Spirit is bounding along best she can, her little legs sinking deep into the snow. The snow fortunately was very dry, not clinging to her fur at all. Oooooooh! This is lovely.

We turned right at our garden entrance to go uphill. I had only gone a couple of metres, when out of the blue (or white), landing on a gorse bush on the edge of the garden - is Robin, a few feet away from me. Very loudly it is chanting to me, Tsk Tsk Tsk, very loud indeed, dipping and bobbing its little head, its whole body, up and down. I stopped and spoke quietly, and let it see I wasn't going to move away from it. It seemed to calm it. I stood and chatted, asking again "What are you wanting to tell me little Robin?" It tipped its head to one side looking at me, as if saying "you will know"

"Alright" I said, "Shall we go for the walk together?" "Not yet" said Robin, and flew in front of me very close, and landed on a rock on the opposite side of the camino, almost as if stopping me from my walk.

Robin is twitching and bobbing again. Tsk tut, Tsk tut, tut, tut, more calmly now. All of this seemed to be going on for an age, but it could only have been 5 minutes, not much more.

Spirit is still at my side wondering what is going on.

Robin, chatting quite normally now, flew a few yards in front of me. As I looked up ahead, the most enormous amount of snow fell from a huge Maritime Pine.

If Robin had not stopped me for a chat, I would have been in a snowdrift!

Vivien Jessop. www.sunflowercentre.co.uk

Healing Events Report 2008

We have had an easier year this year, most of the venues being inside buildings, instead of outside in the tent.

The first event was at Bill Harrisons' Mind, Body, Spirit Festival at Chepstow. Sat./Sun. March 15th/16. This was our first time at this event. I organised it for George Stone and his team from South Wales, who have given us great support at our events this side of the bridge.

2nd Healing Event at The Winter Gardens, Weston Super Mare, Sun. March 30th. Two photos from this event are on page 9.

3rd Refugee Day, Queens Square, Bristol, Sun. 15th June. There was no charge for this, but we donated £20 to the Refugee Day organisers from our takings.

4th Garden Open Day, Worlebury, W-S-M. Sun. 6th July. We were asked by Steve Taylor to do this event when we were at The Winter Gardens. Helen and I went to have a look in June to see the layout and had a big surprise. It is an amazing garden, well worth a visit. See photo on Contents page, of just a small part of it.

5th The Oldland Horticultural Show and Village Fayre, Oldland Common. Sat. 23rd Aug. A great day out for all the family! We have decided that this is the last time we will do this show. As with Castle Combe last year, it is a case of diminishing returns, as more people get into healing etc in their own communities, and more therapists offer their services at this kind of event.

6th Cat Show at Thornbury. Sat. 23rd Aug.

This is the first time that we have had stalls at two events simultaneously.

7th Sat. 27th Sept. The Winter Gardens, W-S-M, 10am - 5pm.

At these events the main purpose is to give people the opportunity to experience healing, and to put them in touch with a healer in their locality if they so desire. It spreads the word to people who may not necessarily come into contact with healing otherwise. If you would like to be involved then do please contact me.

Weekly Drop-in Healing Clinic - Thursdays 2-6 p.m. Sometimes quiet, sometimes busy, but very much appreciated by some of the regulars.

Helen and I were unable to attend the Refugee Day as we were on a celebratory cruise, (40 years of marriage), and we also were unable to do one of our clinics. We would very much like to thank those healers who stepped up to the breach, and all those who have supported us at all these events.

Bless You All, Keith Bevan

member of the British Johrei Society, thereby joining the Bristol Johrei family from which you can gain much warmth, mutual healing and support.

We will support our members with membership newsletters, on-going workshops and just being here for you. We hope very much that you will learn and continue with Johrei practice, which will bring a very rewarding form of social and spiritual communion into your daily life. In which ever way you choose to practice it, you will be contributing, however small, to making this world a better, more beautiful and more harmonious place to live.

May the beauty and light be with you always.

Johrei Art of Living

Mokichi Okada likened our lives to a work of art and he called the healing process of Johrei *The Art of Healing*. He saw the need for beauty in every day life as a very important source of spiritual uplift, which can increase our spiritual awareness. Thus creating beauty through art and traditional flower arrangements became an integral part of Johrei practice known as *The Art of Beauty*. M. Okada also emphasized the importance of a natural healthy diet, one that is based on fresh, organic, local and seasonal farm produce that is free from harmful chemicals and is high in vital energy. He called this natural farming technique *The Art of Nature*. These three aspects of Johrei combine to create the *Johrei Art of Living*.

M. Okada's spiritual mission was quite simply to help foster the creation of paradise on earth through helping us to develop the right relationship to nature, spirit and beauty.

Those of us in Bristol whose lives have been touched by M. Okada's beautiful philosophy and practice are keen to share this with others and warmly invite you to come along and learn more.

Taken from www.johrei.org.uk website of The British Johrei Society hosted by Healthy Bristol

What is Johrei?

Johrei is a form of healing developed in Japan during the 1920s by the Japanese artist, healer and spiritual leader, Mokichi Okada. What is unique about Johrei is that it has a simple, easy to learn technique for you to practice at home, within your family or partnership, in order to maintain health and well-being.

The healing channelled during Johrei Mr. Okada called the *Divine Light of Purification*.

Johrei is based on the understanding that both physical and non-physical aspects exist in our lives and that our non-physical aspects, namely our mind and spirit, greatly influence our physical well-being. Our modern lifestyle constantly exposes us to pollutants and toxins that affect our body, and stress and negativity that cast 'clouds' in our spirit.

The insight Mokichi Okada had was that our body has an in-built and natural function that automatically works to eliminate toxins and disperse these 'clouds'. He called this the *Process of Purification*, which can be witnessed as the body clears toxins through minor illnesses such as common colds and diarrhoea. Western medicine tends to suppress these efforts of the body to restore harmony. Instead, he found that the practice of Johrei could help to guide and encourage this natural elimination process without further discomfort and could also sometimes help with symptoms associated with more serious or even life-threatening conditions.

Learning about Johrei

The British Johrei Society, hosted by Healthy Bristol, aims to run educational and inspirational courses on Johrei and will also run an evening drop-in group in Bristol for those wishing to receive Johrei.

If you enjoy your introduction to Johrei through our talks, workshops and drop-in sessions, we invite you to become a



B.D.A.H. stall at Healing Event, Winter Gardens, W-S-M. March 2008
Photos: Keith Bevan



B.D.A.H. healers at Healing Event, Winter Gardens, W-S-M. March 2008

Anyone interested in a certificated one day introductory crystal healing workshop at Thornbury on a Saturday in the near future, please email George (at work in photo above) at geode1@ntlworld.com or phone 01633 671 619



An excerpt respectfully borrowed from Caroline Myss's newsletter.

Caroline had met a woman in London who had been in a car crash that had shattered her body. As a result of this collision, she had a near death experience in which she found herself suspended over the scene of the accident, viewing her limp and bleeding body held lifeless between the steering wheel and the driver's seat. Suddenly, instantly, she said, she was aware of what the drivers in the cars lined up behind her smashed vehicle were saying: "Damn, this is just what I need - a car crash," and, "I wonder how long I'm going to be stuck here." Then, she said, she noticed a bright, illuminated beam of light shooting out of the fifth car stuck behind her crashed automobile. As soon as she wondered, "What is that beam of light?" she found herself next to the woman in that car, who had instantly gone into prayer for her. And then she instantly became aware that the beam of light that was flowing directly from this woman upward toward the heavens seemed to cause another beam of light to flow directly into her. She wondered who this woman was and in that instant, she noticed the license plate number on this woman's car and memorized it. Then she heard a voice calling to her, an angelic voice, instructing her to return to her body because the time was not yet right for her to return home. She was still required to remain on the earth. She said it took her months to recover from the accident but when she did, she tracked down this woman who had prayed for her and went to her home with a bouquet of flowers to thank her for praying for her on that night when her body lay shattered on the ground.

Visit the site below to send your light:
www.LightWorkerCount.com

Another good site, recommended by the editors, is a spiritual e-magazine run by our friend Colin Whitby:-
www.themagicofbeingsquarespace.com

AS SWEET AS APPLE PIE

When type 2 diabetic patients made startling improvements after eating good old fashioned apple pie, eyebrows were naturally raised. But further analysis by Dr Richard Anderson at the Beltsville Human Nutrition Research Centre, revealed that it was actually the ingredient, **Cinnamon** that was lowering their blood sugar levels.

One of the oldest condiments known to man, Cinnamon is an aromatic spice mentioned several times in the Old Testament. Native to Sri Lanka and South India, the name probably stems from early Malaysian language and is related to a modern Indonesian phrase - 'kayu manis' - meaning 'sweet wood'. It was so highly treasured amongst ancient nations that it was apparently regarded as a gift fit only for monarchs.

As a medicine it once had a reputation as a cure for colds and digestive disorders. Cinnamon is high in antioxidant activity and also has antimicrobial properties, which aid in the preservation of certain foods.

The majority of diabetes cases are type 2 - the kind that usually begin in midlife. It is characterized by the failure of body cells to recognize and respond to insulin as well as they once did. This leads to elevated blood sugar levels because insulin's job is to prompt cells to absorb glucose.

Dr Anderson was able to isolate the compound in Cinnamon responsible for the effects it was having on his patient's sugar levels. This compound was found to contain specific polymers which help convert glucose to energy. In addition, it was found that these polymers also lowered cholesterol levels by up to 26 per cent.

"More than 170 million people worldwide suffer from diabetes and, for many, drugs or other forms of treatment are unavailable," said Don Graves of the University of California. "It may be possible that many of these people could benefit from readily available natural products such as Cinnamon.

Positive Living magazine - Spring 2008.

membership. Many of the county associations, some of whom were registered charities, preferred to carry on independently and so the **British Alliance of Healing Associations** was officially formed in 1977, with the affiliating healing groups being autonomous (ruling themselves) but being nationally guided by the BAHA Steering Committee. This group has now been re-named as the **Alliance of Healing Associations, (AHA)**.

Then the **Confederation of Healing Organisations (CHO)** was formed and they have done an admirable job over the years. They have linked all the healing associations together and have helped to establish healing as a standard therapy for the NHS as well as private medicine. They motivated a mandatory Code of Conduct and contributed to Government policy which now authorises doctors to delegate patient care to competent healers, provided the doctor remains in charge.

We now have the **U.K. HEALERS** originating in 1999 which is the lead body for self-regulation of healer practitioners to the general public in the U.K. Their objective is to protect the public, instil confidence and ensure safe, appropriate and effective practice of Spiritual Healing by registered U.K. Healers and to create and maintain a practitioner register.

The plan for providing Spiritual help and Spiritual Healing to all encompasses us locally, nationally and internationally. Many orthodox churches are again re-instating their healing services. We are all part of this Divine Plan in Life.

THE HOLY SPIRIT HAS A PLAN.

Doreen Fare.

For many years General Secretary,
Bristol District Association of Healers.
Article written originally in Spring 2004.

THE FOUR ELEMENTS

a development group

- **Meditation**
- **Clairvoyance**
- **Healing**

A monthly group meeting on the second Thursday of the month, (not Aug), 7.30 – 9.30 p.m. for practice and discussion.

At The Elemental Sanctuary

427, Fishponds Road, Fishponds, Bristol BS16 3AP

Tel: 0117 939 7368

Email: fofana@blueyonder.co.uk

(Bus routes 48/49 – ask for Alcove Road).

The sessions are run by Helen Bevan, with help from Keith Bevan.

Helen and Keith have been healers and mediums for over 30 years, are accredited with the Bristol and District Association of Healers, and serve a variety of Spiritualist churches, and awareness groups. They also have many years experience of psychic clearance.

Suggested donation: £10 per session (€6 concessions).

ALSO

Helen Bevan (0117 932 2411) leads monthly meditations for experienced meditators at

Brislington, Bristol, on the first Thursday of each Month

7.30 – 9.30 p.m. £5 (£3 concessions)

Ghosts of Dunster Castle

We visited Dunster Castle around midday on Sunday October 28th 2007. It was Hallowe'en Week, and there were many families, with their young children dressed in Hallowe'en costumes, hoping to see ghosts. Of course, ghosts don't just appear because there is a notice saying that they are there! So I think most of the children will have been disappointed, although no doubt they will have enjoyed the spurious thrills of knowing that they might meet a ghost. We can testify to the fact that there were ghosts there! (Although, we call them spirits, as ghosts are simply like films on the ether, that can be seen when conditions are right, and can surprise and horrify, but cannot respond any more than actors can in a film – we were not aware of any of them). We didn't see any spirits exactly, but we were able to feel their presence and communicate with them.

With our friend Charlie, we started in the room just beyond the 13th century gatehouse, which the notice saying 'GHOSTS' pointed to. As soon as we entered the room we could all feel the change in atmosphere, and before I could get my pen and paper out my husband Keith had already got into communication with a soul who gave his name as Jonathan Wright, the date of 1836 and his job as a wheelwright!

Charlie meanwhile had moved to the end of the room where there was a display about the castle's ghosts, which he asked me to read to him, as he finds reading difficult, being dyslexic. As I read about the shop assistant who had seen a man dressed in green walking into the stables and - thinking it was a visitor who had not noticed the 'closed' sign - had followed him, only to find no-one there, Keith had heard someone say, 'I'm Bill. That was me. I used to sweep out the stables'. I continued reading about the Lady in Grey who has been seen on the staircase, whereupon Keith said that was Betty Wainwright, who had a sister called Jane.

We then returned through the room and mounted some steps below a flight of stairs that was blocked off. Here Keith became aware of a Paul who was pushed down those stairs during an argument, and died as a result of this, though not immediately. In the room beyond this Charlie was aware of someone who had been stabbed in the back, and someone else who had been trussed up on the floor. Keith was aware of someone calling the name of 'Tommy'. Further enquiry revealed that this was Jane who was looking for her love. He had been a long-time servant who had then become a soldier. Keith was also aware of a Dennis O-oaten, (he stuttered); the fact of a military presence; and the feeling that it had been so long. Keith introduced Jane to our spirit friends who help us with this work, our friends in blue as we call them, and she agreed to go with them, but asked us to tell Tommy she was looking for him if we met him. Jane

1973 - due to his age, Harry Edwards resigned as President of the NFSH and Dennis Fare was elected. Very important people supported the NFSH - Air Marshal Sir Victor Goddard, Sir Kelvin Spencer etc. and many doctors were now deeply integrated into healing. Dr. Gotthard Booth (USA) Dr. Christopher Woodard and Dr. Alec Forbes, a cancer consultant at Plymouth Hospital.

1974 - Gilbert Anderson was administrator to NFSH when Dennis Fare was president and in 1974, due to the rapid growth of NFSH membership overseas, Dennis proposed a World Federation of Healing.

September 5 1977 - **The World Federation of Healing** inaugural Conference was held in Westfield College, London University. The NFSH sponsored this, but wanted to retain their national identity.

1980 - Alec Forbes helped form the now well-known **Bristol Cancer Help Centre** with Penny Brohn, her friends, Canon Christopher Pilkington and his wife Pat Pilkington. Dennis, as NFSH president, was invited to join them.

So, here we are, observing how the flower of Spiritual Healing blossomed in this country. From the quiet practices of White Eagle days (1936) and before, men such as John Britnell, Harry Edwards and Gordon Turner brought Spiritual Healing to the knowledge of the medical authorities. The NFSH has grown and matured under the various creative abilities of its leaders and has had medical doctors in presidency. **The World Federation of Healing** has also grown considerably and has also had medical doctors as presidents.

At an NFSH Annual General Meeting it was decided to terminate group membership and restrict to individual

THE PATH OF SPIRITUAL HEALING IN THE U.K.

Spiritual Healing in this country had been practised for many years and societies such as White Eagle Lodge (founded in 1936) were quietly getting on with it.

In 1949 a small number of healers banded together under the leadership of John Britnell and formed the **Essex Healers Association**. Similar local groups were formed all over the U.K and soon it was seen that national co-ordination was needed.

1952 - **The Bristol Society of Spiritual Healing** was formed and Dennis Fare drew up the Constitution - the card of which is still to hand.

June 1954 - **The National Federation of Spiritual Healers** was created upon the initiative of John Britnell (Essex Healers) and Harry Edwards was recorded as member number one.

1960 - the NFSH Chairman Gordon Turner persuaded the medical authorities to allow Spiritual Healers to visit and give healing in hospitals. Three years later it is recorded that 249 medical authorities governing 1,560 hospitals were allowing Spiritual Healers to practice.

1963 - Harry Edwards, together with George and Olive Burton came to the Colston Hall in Bristol to give a healing demonstration. Dennis Fare met them and five years later he was asked by both Harry Edwards and Olive Burton to stand for election as Chairman of the NFSH.

In 1970 Dennis Fare was asked by Harry Edwards to start the **Bristol District & Somerset Association of Healers** as by this time the Bristol Society of Healers had disbanded.

was a gentle, sad, woman, who by her own admission was 'not too bright'. In the adjacent room we did indeed find Tommy, who was looking for Jane. Although both were in spirit they had been on different levels, so had not been able to see each other. As she had not yet gone they were able to link up and go together. Tommy had been killed, but not in battle - Keith felt he may have been the one who was stabbed in the back.

As we were leaving this room we became aware that someone was trying to push us out, as we had 'done enough', (said crossly). Of course, we stayed! We felt that someone in authority wanted us gone - a jailer? No. Keith was aware of lots of faces on the floor, some overlapping others, indicating a long time span. After convincing this 'jailer' that we were there to help he told us that his name was Philip and that he was the officer-in-charge. When asked what year it was, Keith was given the impression that it was sometime in the 1200s. Philip asked us if we knew what year it was, so we told him it was 2007, whereupon he expressed surprise that he had been there that long - he said it didn't feel that long. Having been introduced to our friends in blue, he not only agreed to go with them, taking all his charges, but also volunteered to go around and find and help others. He said that he would 'be glad to get out of here'. We got the impression of a very good, conscientious, reliable officer, who cared about his men.

We then moved on into the castle itself, where Keith stopped on the first turn of the Grand Staircase. He felt the strong energy of a lady dressed in a flowing blue gown, with white across the top of the sleeves and around the neck, who would walk down the stairs and stop at that landing, looking down. I would surmise that she was either the first lady of the castle, or considered herself the belle of the ball. As people passed us on the stairs Keith felt a strong pull on his heart area. He also felt the name of 'Jane' being called. This lady, too, was helped on her way by our friends in blue.

Proceeding to the first bedroom, which had a four poster bed in it, Keith was aware of someone called Henry who suffered from migraines.

Unfortunately, time was running out for us as we had to be at the Alcombe Christian Spiritualist Church for Keith to take their 3pm service, so we had to cut short our visit soon after this - but we intend to return.

Helen Bevan
BDHA member

One day a teacher asked her students to list the names of the other students in the room on two sheets of paper, leaving a space between each name.

Then she told them to think of the nicest thing they could say about each of their classmates and write it down. It took the remainder of the class period to finish their assignment, and as the students left the room, each one handed in the papers. That Saturday, the teacher wrote down the name of each student on a separate sheet of paper, and listed what everyone else had said about that individual.

On Monday she gave each student his or her list. Before long, the entire class was smiling. 'Really?' she heard whispered. 'I never knew that I meant anything to anyone!' and, 'I didn't know others liked me so much,' were most of the comments. No one ever mentioned those papers in class again. She never knew if they discussed them after class or with their parents, but it didn't matter. The exercise had accomplished its purpose. The students were happy with themselves and one another. That group of students moved on.

Several years later, one of the students was killed in Vietnam and his teacher attended the funeral of that special student. She had never seen a serviceman in a military coffin before. He looked so handsome, so mature. The church was packed with his friends. One by one those who loved him took a last walk by the coffin. The teacher was the last one to bless the coffin. As she stood there, one of the soldiers who acted as pallbearer came up to her. 'Were you Mark's math teacher?' he asked. She nodded: 'yes.' Then he said: 'Mark talked about you a lot.'

After the funeral, most of Mark's former classmates went together to a luncheon. Mark's mother and father were there, obviously waiting to speak with his teacher.

'We want to show you something,' his father said, taking a wallet out of his pocket 'They found this on Mark when he was killed. We thought you might recognize it.' Opening the billfold, he carefully removed two worn pieces of notebook paper that had obviously been taped, folded and refolded many times. The teacher knew without looking that the papers were the ones on which she had listed all the good things each of Mark's classmates had said about him. *'Thank you so much for doing that,' Mark's mother said. 'As you can see, Mark treasured it.'*

All of Mark's former classmates started to gather around. Charlie smiled rather sheepishly and said, 'I still have my list. It's in the top drawer of my desk at home.' Chuck's wife said, *'Chuck asked me to put his in our wedding album.'* 'I have mine too,' Marilyn said. *'It's in my diary'* Then Vicki, another classmate, reached into her pocketbook, took out her wallet and showed her worn and frazzled list to the group. *'I carry this with me at all times,' Vicki said and without batting an eyelash, she continued: 'I think we all saved our lists'*

That's when the teacher finally sat down and cried. She cried for Mark and for all his friends who would never see him again. The density of people in society is so thick that we forget that life will end one day. And we don't know when that one day will be.

So please, tell the people you love and care for, that they are special and important. Tell them, before it is too late.