

SPIRITUAL HEALING AND REIKI AVAILABLE

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

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 Westbury on Trym 0117-907 9516 or 950 3608

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Frampton on Severn 01452-740 897 Gloucester 01452-611 491
 Upton St. Leonards 01452-615 289

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Alveston 01454-411 763 Filton 0117-969 5697
 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

Monmouthshire

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
 Bridgwater 01823-698 602 or 01278-683 330
 Burnham-on-Sea 01278- 782 131
 Frome 01373-466 043
 Somerton 01458-223 155
 Wells (Croscombe) 01749-346 414

North Somerset

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.

ALPHA TO OMEGA
 - The Bristol Workshops -

20th and 21st February 2010
 9.30 - 5.30 at the Pierian Centre, Bristol.

A dynamic and in-depth course of study, discussion and exploration.

Answer your innermost questions about every part of life, death and beyond.
 Find your own truth - and live it! Clear out dogma and conditioning.

This is where it all comes together in acceptance and understanding - love the differences!

Please contact us for more information and to book your place.

Self Realization Meditation
 Healing Centre
 www.selfrealizationcentres.org
 Tel. 01935 850266

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President's Message

Welcome. It seems that summer has come and gone in a twinkling and the evenings are closing in more quickly. A common comment, when discussing with British passion the weather is, "What happened to summer?" Yes, we may not have seen a reasonable quota of sunshine but that does not mean there is no sunshine in our lives to celebrate.

Personally, I have had cause to be reminded of the value of gratitude. Every day we probably all have something to be grateful for, however seemingly insignificant, but it is so easy to forget and focus instead on things that have not pleased us.

Remember, your thoughts have energy. If you put out negative thoughts you risk receiving the same back. So try to focus your attention, when reflecting at the end of each day, on the things you need to be grateful for. Be thankful and send out your silent message of love to those who contributed positively to your day.

As an Association, we have a lot to be grateful for to Keith and Helen Bevan, whose tireless efforts in promoting healing know no bounds. Within this Journal are details of forthcoming events in which BDAH will be participating. Your help would be more than welcome at any such event. Just let Keith and Helen (details back page) know your intent.

Helen and Keith have had a very special event to be grateful for. They have just become first-time grandparents! On Saturday 10th October their daughter was delivered of a healthy son, weighing in at 7lbs 1oz, and named Dylan. I am sure you will join me in wishing them hearty congratulations. This new "sunshine" in their family life is perhaps the most wonderful to celebrate.

Finally may I add a reminder about subscriptions? Please send the appropriately completed form and payment to Lynne Williams by the end of December to avoid a £10 default fee.

May you enjoy the fast approaching Festive Season and remember to be grateful for those good things that came your way in 2009.

Tony Smith

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

Colin Babb 01291-423 387 CALDICOT, Gwent
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
Dr Peter Heap 01278- 782 131 BURNHAM-ON-SEA, Som

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 0117-986 7250 KEYNSHAM, Bristol

REFLEXOLOGY

Sheila Singleton 0117-968 3127 STOKE BISHOP, Bristol

SEICHEM

Barbara Scott-Alexander 01749-346 414 WELLS, Somerset
Lynne Williams 0117-986 7250 KEYNSHAM, Bristol

SHOTORYU-KARATE (instructor)

Nick Moller 0117-969 5697 FULTON, 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

HEALING CONTACTS

The Bluebell Spiritual Awareness and Healing Group.

Chippenham, Wilts. Wednesdays 7.30 p.m. **Contact:** 01249- 657 533

The White Eagle Lodge

www.whiteagle.org.uk

Head Office: 01730-893 300

Bristol healers alternate Tuesdays 2.30 p.m. **Local contact:** Olive 0117-960 0309

Penny Brohn Cancer Care (previously Bristol Cancer Help Centre)

Fax: +44 (0) 1275-370 101

www.pennybrohncancercare.org

Helpline: 0845 123 23 10

E-mail: info@pennybrohn.org

Self Realization Meditation Healing Centre, Queen Camel, Yeovil

01935 850 266

www.selfrealizationcentres.org

NFSH Central Office

0845-123 2777 **Healer referrals:** 0845-123 2767

www.nfsh.org.uk

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

The 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 Healer 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

Please mention this journal if you contact any of the above

A Healer's Retreat



In order to give, we need to receive! Healers, counsellors, spiritual teachers, and their patients and students need a break, just like everyone does - and that's what the Self Realization Meditation Healing Centre is here for. It's a 17th century house with its surrounding buildings, which people of all backgrounds and beliefs come to - it's here for all who're in need. We provide healing, counselling, teaching, care, nurturing, and clearing of emotions to help all who come- so they can better balance themselves in body, mind and spirit, and find greater peace, health and happiness in their lives and work.

This Centre, a Charitable Trust, was founded by Mata Yogananda Mahasaya Dharma and her husband Peter Sevananda. Teaching the ancient yet modern art and science of Pure Meditation is the cornerstone of the Centre's work. In 1988 the Mother Centre gained its permanent home in Queen Camel, Somerset, just an hour south of Bristol, and has continued to grow and develop its work, both here and through Sister Centres all over the world. It's run by qualified teachers, healers and counsellors, living and working together as a spiritual family, with the guidance of Mata Yogananda's experience, love and wisdom. We aim to put unconditional love into all that we do - offering healing and guidance for those who are suffering, and those who wish to find out more about their inner self. In all the work we do we see each person as a unique individual.

The Centre's situated in the quiet rural village of Queen Camel, and the surrounding area offers beautiful scenic walks in picturesque countryside, and is about an hour and a quarter from the coast. Queen Camel is just one mile south of the A303 - bringing it within easy reach of Bristol, London and all parts of the country - so it's easy to get to. Walking and enjoying the beautiful local countryside are just some of the things people like to do when they're here on retreat!

Personal development retreats can be for a flexible amount of time, so you can feel nurtured, rested and relaxed. We have two Meditation rooms, home-cooked vegetarian food, beautiful gardens, a heated therapy pool, log fire and comfortable home-style accommodation. A retreat like this is a time for *you* - where you can unwind, relax, contemplate - all in tranquil surroundings - these retreats can be tailor-made to suit your needs. Natural Spiritual Healing, Progressive Counselling and/or Guidance can be arranged one-to-one, which can help tremendously - to focus and make use of the unwinding time here at the Centre, as well as giving a real energy boost and helping with health problems or life decisions. As many healers know, even if we're in good health we also benefit from healing, as it helps to optimise our system: body, mind and spirit. Hatha Yoga and Aqua Yoga are also available - we teach Aqua Yoga in our heated indoor therapy pool.

It's said that silence is golden - so we also offer **silent retreats** regularly throughout the year, which are popular with healers, therapists and their patients, and people from a wide variety of other backgrounds - managers, artists, housewives, musicians to name but a few! They give time to really settle into the peace and quiet of the spiritual environment here, and offer plenty of time for meditating, reading, walking, relaxing, and swimming. Delicious, simple food is offered buffet-style. And our **Christmas and Easter Celebration Retreats** - spiritual celebrations of these times - are popular too. They're a chance to join together with a group of like-minded souls and get away from the hurly-burly of day-to-day material life. Following a meal served on arrival - giving time for everyone to get to know each other - they are held in the silence, giving ample time for meditation, thinking, relaxing and getting in touch with the inner self.

ST FRANCIS'S HEALING GARDEN, ALVESTON.

Healing Clinic Tuesdays 10.00 am - 6.00 pm by appointment only.

Telephone Angela on 01454 411763 (by the Monday before at latest) for an appointment and directions.

A Spiritualist Centre in Caldicot, Gwent, is run by BDAH members Eileen Babb and her husband Colin. It meets every Friday, with visiting mediums, at Portskewett Recreational Hall, Manor Way, Portskewett 7.15 - 9.30 pm, with a Development Circle there every Tuesday 7 - 10 pm.

Every **Thursday** there is healing available at the Council Offices, Sandy Lane, Caldicot 7 - 9.30 pm.

Contact for both of the above: - 01291 423 387 or 423 920.

Heape's Gallery of Tranquility

39 Victoria Street, Burnham-on-Sea, Somerset TA8 1AN

For crystals etc. & many different therapies.

Tel: 01278 782131

e-mail: Dr peterfheape@AOL.com

SPIRITUAL AWARENESS AND/OR HEALER TRAINING GROUPS

Colin Babb	01291-423 387	Caldicot, Gwent
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

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

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

Please mention this journal if you contact any of the above

Group exercises and discussions sprinkled throughout the presentation encourage the participants to awaken from the unsustainable “dream” of the modern world that we are caught in as individuals and society. It helps them identify unexamined assumptions that characterize the “dream” of consumer based lifestyle of “the north” (the developed first world countries) and then helps them recognize that a new way of seeing the world (one where we are all profoundly interconnected) is emerging in our culture which is consistent with both modern science and the view of the indigenous people – one that opens the possibility of a future that is not an extension of the past.

It awakens and energizes the participants by bringing to their awareness the “blessed unrest” that is growing; an unstoppable force, a groundswell of committed energy and activity that is emerging as a new expression of civil society, and that what is key now is connecting individuals, groups, efforts and initiatives.

The participants are asked where do we go from here with the intention of allowing them to express their stand for creating an environmentally sustainable, spiritually fulfilling and socially just human presence on this planet, and helping them to identify for themselves actions and/or practices which are consistent with their stand.

If you know anyone who would be interested in seeing this symposium please contact me. I can arrange for a three-hour armchair presentation for a few gathered friends, to a much larger presentation for an organization or group.

Kirsten Bolwig 01225-404740

<http://bethechange.org.uk>
<http://pachamama.org>
<http://awakeningthedreamer.org>

Have you ever wanted to learn how to heal animals? As well as professional training courses in Natural Spiritual Healing, Progressive Counselling and Yoga Teaching, We train Animal Healers at the Centre on a two-day in-depth course (we’ve two scheduled for 2010: April 24-25 and Aug 31-Sept 1) It’s a lovely way to learn how to heal and help all animals, and their owners. There’s lots of practical hands-on experience on both days, with domestic animals, and on day two a trip to a local smallholding to give healing to farm animals. We also offer Animal Healing at our day clinic in Queen Camel, and have locally trained animal healers in Bristol and the whole of the UK.

We also teach courses around the country, including Bristol – on February 20th and 21st and October 9th-10th 2010 we’re teaching the **Alpha to Omega Course** at the Pierian Centre, Bristol. It’s a course for all – from whatever background or belief – to come together in love, acceptance and understanding and find deeper answers to innermost questions about every part of life, death and beyond. We’d love to see you and your friends and family there.

If you’d like to see more pictures of the Centre, including picture tours of our beautiful healing gardens, visit our website www.selfrealizationcentres.org. We’d love to meet you – and help you and your patients or students get a much-needed break! If you’d like to find out more, give us a ring on 01935 850266 or email us at info@selfrealizationcentres.org. We look forward to hearing from you!

James Whittingham



John Francis Walsh 1934 – 2009

John Walsh passed away peacefully, aged 75, on Saturday 20th June 2009, the Feast of the Immaculate Heart of Mary, at 12.15 a.m., with his dear sister, Philomena, by his side.

He had managed to survive a severe cerebral haemorrhage, which he sustained as a result of a fall, but died five weeks later from complications resulting in pneumonia. For these last weeks of his life he was constantly surrounded by family and close friends, leaving no doubt in his mind of how very much he was truly loved.

Although John was improving against the odds, we believe he was fully aware that his present work was now complete. His interactions with others were as loving and sacred as ever, with a sense of completion and he had already prepared Study Group Assignments up until 2011, before his fall.

Grateful thanks are due to family, friends, clergy and the A.R.E. Prayer Group in Virginia Beach, USA, who kept John in their prayers throughout. His serene disposition and miraculous progress, which were even commented on by the hospital staff, was evidence of all the prayers and blessings he was receiving. Please continue your much appreciated united and heartfelt prayers for John, now, during this new phase of his soul's journey. John's contribution to the Edgar Cayce work and impact on people's lives is immeasurable and a continued inspiration to us all.

John Walsh's legacy will continue as he wished, in the same spirit and with the same ideal, through the Edgar Cayce Centre in Durham. His tireless service to his life's work can be honoured and fulfilled by us, individually and collectively, in our continued application of the message that he dedicated his life to spreading:

Love People, Love God.

Note from Doreen Fare.

I have often included some of John's wisdom in this magazine. He was the U.K. representative of the Edgar Cayce Movement and editor of their U.K. magazine.

I have been corresponding with John for about 20 years, and I finally met him at a conference in Middlesbrough in 2008, where everyone was affected by his warmth and wisdom.

they would be impoverished to their peril and their very survival would be at risk.

The Condor people are said to live primarily through the heart and the spirit world and their five senses. According to the prophecy, at this time in history they would also be highly evolved in intuitive ways and in their relations with other species. Materially they would be impoverished to their peril in any encounter with the Eagle people. **The prophecy spoke of the time which has now arrived for the condor and the eagle to fly in the skies side by side.**

I can tell you that the symposium itself is very powerful. It is moving, sobering but at the same time filled with hope and inspiration for the future. The visual aids including filmed interviews are brilliant. It sends people out excited, galvanized and ready for action to support the **new dream of bringing forth an environmentally sustainable, spiritually fulfilling, and socially just human presence on this planet as the guiding principle of our time.**

For the symposium, experts in different fields from around the globe have been sought out and the consensus of their views on the present state of global environmental, social and spiritual crisis is presented but in an informative not in a negative way. The goal is to present this information in a way that gives us all a common understanding, thus creating a foundation we can all acknowledge and stand on. The more broadly and deeply we build that foundation, the greater the possibility that we can build upon it.

The symposium is meticulously and sensitively planned and prepared. It starts with ensuring participants feel they are in a safe and welcoming place. The introduction prepares them to anticipate with excitement the journey ahead. Then it helps people to confront and let in the reality and urgency of the environmental, social and spiritual crisis we are facing, and to understand it is one multifaceted crisis not three.

indigenous people have been developing too. And they've been developing their skills in their relationship with nature – their understanding of living in community in such a way that natural resources thrive and endure – in a way that is in harmony with all forms of life and other species. They have thousands of years of wisdom in these ways.

Secondly, we learned that while they were grateful for our partnership (they had asked us to come, work shoulder to shoulder with them, and it is a privilege for them, and obviously, a great privilege for us) but what they really want from us – and they told us right at the beginning, and they continue to ask for this – is for us to do the real work that's ours to do. And that is: to change the "Dream of the North" or the modern world. To "change the dream of the modern world" is how they put it. By that they're referring to the trance we're in. The trance of over-consumption, the trance that we must grow constantly in an unlimited way, that we must always have more. They see it as a trance, a dream that needs to be changed, needs to be transformed.

So that was the early mandate and since we met them, we've been looking to see "How can we do the part of the work that is ours to do?" The Change the Dream Symposium grew out of this.

For centuries there has been a prophecy circulating amongst the indigenous people of Central and South America called the **Condor and the Eagle Prophecy**. The Eagle represented the people of the north, while the indigenous people of the south were represented by the Condor, which dominates the skies of the Southern Continent.

The Eagle people are said to perceive life primarily through the mind. At this time in history, according to the prophecy, they would be at the zenith in sophisticated understanding of the mind and its dimensions, and materially they would be rich beyond any previous generation. Spiritually, however,

NEW DIMENSIONS

A MONTHLY MEETING OF LIKE-MINDED PEOPLE, TO HEAR TALKS ON A WIDE RANGE OF ESOTERIC SUBJECTS

Sunday 15th November 2009

**THERE IS ONLY "ONE-NESS":
UNITY CONSCIOUSNESS EXPLORED**

Simon Peter Fuller

(simonpeter@wwwv.me.uk)

The concept of "one-ness" is on everyone's lips these days, yet New Age dualistic teachings of self-empowerment, personal responsibility, choice, effort, volition etc. simply inflate ego and drive us still further into separation. By contrast, the very nature of Unity consciousness is itself the proof that in a world of one-ness no separate "self" can possibly exist! As impersonal instruments of the collective Divine Will, our only option is graceful acceptance in every detail of our unique, but destined role within the precisely choreographed play of life – where all is already "known". As long prophesied, a critical mass is destined to achieve Mastery in these times of the 2nd Coming of Christ consciousness; so, let us explore this, the most ancient philosophy of all, known as "the final truth and ultimate understanding".

Sunday 13th December 2009

INTERACTING WITH ANGELS

Alan Foster

(alan_foster_sky@yahoo.co.uk)

The interaction of angels with the human race and their abilities to manifest in the third dimensional plane is known by many people. Alan will talk about how their current presence and guidance can help and heal humanity at profound moments in life – particularly as we head through this Planetary Transformation. His talk will include a beautifully illustrated slide presentation on how angels manifest and interact with us.

"The breadth and depth of his knowledge is extraordinary".

Wessex Research Group.

The meetings will be held at Friends' Meeting House, 126 Hampton Road, Redland, Bristol BS6 6JE from 3 p.m to 5 p.m.

Entrance £5; refreshments included. Everyone welcome.

For further info contact 01225 722963 or leasurs@tiscali.co.uk

Geshe Lama Ahbay Tulku Jigme Thupten Tendar Rinpoche



Geshe Lama Ahbay Tulku Jigme Thupten Tendar Rinpoche, or Ahbay Rinpoche as he likes to be known in the UK, came to Bristol to stay with me and my son for a few days whilst he was performing Puja's (Buddhist ceremonies) and healings at The Elemental Sanctuary in Fishponds on Thursday 24th September and again on Friday 25th September 2009. Ahbay Rinpoche arrived with myself on Thursday afternoon, (courtesy of a lift by Keith), and joined his friends Keith and Helen Bevan at their Drop-in Healing Clinic where he met friends, old and new, that came in for healing and also received healing himself by sitting in a chair and listening to the meditative music, for which he was grateful as it was needed. Ahbay Rinpoche spent most of the afternoon with everyone then left to spend some time with Carole Fofana the owner of The Elemental Sanctuary, who was also the kind lady that had invited Ahbay Rinpoche to perform the ceremonies and blessings at The Elemental Sanctuary.

After a wonderful meal cooked by Carole, Ahbay Rinpoche performed his first Puja. Ahbay Rinpoche chose to do The Green Tara Puja because it is the Deity that has come with him from Tibet and also The Green Tara is a Healing Deity. There are two as there is a Medicine Buddha as well. Ahbay Rinpoche teaches about love, compassion and tolerance because he himself teaches healing and gives healing. Before the Puja Ahbay Rinpoche talks through what it will entail, approximately how long each part will take and brings laughter with everything he does, even when he's chanting and his phone goes off, someone sneezes or some mishap happens as has been the case before now! He takes it all in his stride, makes a joke of it and puts people at their ease then starts off again. The Puja consists of a teaching, then chanting of sacred Sanskrit texts, blessings and then to finish off there is a question and answer section. During the blessings Ahbay Rinpoche had the members of the audience chant after him The

Change the Dream

"Be the Change" Conference organizer and director Nick Hart Williams' attention was caught by The Pachamama Alliance and their commitment to "Awaken the Dreamers and Change the Dream". A few of the "Be the Change" team went to California to attend a symposium. What they saw inspired them so much, they persuaded the Pachamama Alliance to bring the Change the Dream symposium training to England. From half a dozen in 2006 the UK-trained facilitators - moi included - has risen to about 85.

This most wonderful of symposiums was initiated by the Pachamama Alliance founders, Bill and Lynne Twist.

The Pachamama Alliance came out of a call from the rainforest that came through the Achuar people, an indigenous group living in a very remote region of the Ecuadorian Amazon. They are a dream culture. Their elders and shamans had seen in their visions and dreams that danger was coming to their territory right around the year 2000 (it was in 1995 when this call came). And so they asked for contact with the modern world, with which they had had almost no contact before.

Through a series of unpredictable (or some might say mystical) events some people from the U.S (including Lynne and Bill Twist) heard that "call" and travelled to Ecuador into the rainforest into Achuar territory, one of the most remote places on this earth. And out of that call - and response - a relationship was born which is now **The Pachamama Alliance**.

From the beginning, two things became clear. The first is that indigenous people are clearly the key to saving the ecosystem. They are key players in resolving sustainability for all of us. Evolution has not passed them by. We often think that it has, because for centuries we've been developing theories and technologies. But for thousands of years the

FREE FESTIVAL OF LIGHT



Saturday 17th April 2010

Saturday 25th September 2010

The Winter Gardens Weston-super-Mare

FREE ADMISSION 10am - 6pm

**Readers Mediums Healers Talks
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www.festivaloflight.biz
festivaloflight@btinternet.com

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Green Tara Mantra as one by one they came up to him to receive a blessing of a biscuit and a piece of coloured string tied with three knots as he blew on them whilst blessing them then ushered the person to me to finish tying them round their neck for the next person to go to him. The evening was thoroughly enjoyed by everyone.

On the Friday Ahbay Rinpoche did many private blessings for people in a smaller therapy room. Some took longer than others because as we all know each person is different. He started late as it was and ran very late but got to see almost everyone that came. He ran so late that I had to tell him to eat his lunch in between seeing people, which he did bless him. After he finished we had another wonderful meal cooked by Carole then Ahbay Rinpoche, running on Tibetan time of course, late again, started his last Puja which was the Crystal Healing Puja. This was done in the same way as The Green Tara Puja but the difference being that all the people that attended were invited to put their crystals, including any in jewellery if they so wished, onto the altar that we had made or on the stools and cushions placed next to it so that they all got blessed. This time instead of The Green Tara Mantra we chanted the Medicine Buddha Mantra. Both of these can be said by yourselves no matter what your denomination or spiritual beliefs as they enable healing. The Medicine Buddha Mantra is best said over medicines that you are about to take so as to bless and add strength to them. Something Ahbay Rinpoche taught another of his groups. I've been to quite a few over these past 6 months with him! (The Mantra's are at the end of this piece). Again at the end of the evening everyone said just how much they had enjoyed themselves and Ahbay Rinpoche was more than happy to stay and talk with people and have his photo taken with them.



Ahbay Rinpoche doing crystal blessing

9

Ahbay Rinpoche is in the UK raising money to support his 9 monks in Tibet and his 4 monks in India as well as raising money to build a new monastery in Nepal to house the evacuee monks and himself until such time as they can return to a free Tibet. Ahbay Rinpoche is also asking people to join his "Adopt A Monk Scheme", where you pay £10-15 or whatever you would like per month to a monk of your choice to help educate, feed, clothe and support that monk for as long as you wish. The said monk will keep in touch with you to let you know how they are getting on and as they progress through their teachings so they will pass on their teaching to others. So you are not only helping one monk but every person that monk teaches and in turn everyone that person comes into contact with and so on. If you would like more information please contact Ahbay Rinpoche on ahbaytulku@yahoo.com where he will be more than pleased to answer any queries or questions. He will be back in the UK next year and he really would like to meet everyone again at The Elemental Sanctuary, and all the friends that he has made. Thank you all for such a warm greeting for him.

The Green Tara Mantra

Om ta re tu ttā re tu re svā hā

Om tāre tuttāre ture svāhā

Love & Light, Peace & hugs

The Medicine Buddha Mantra

Tayate Om BeKanze

Bekanze Maha Bekanze

Radza Samudgate Soha

Beryl Boyce

Helen's Editor's Note:

All of Ahbay Rinpoche's names are titles except Ahbay - Rinpoche being the highest one. There are only 14 Rinpoche in the world, the only rank higher being the Dalai Lama, who has taught Ahbay since he was brought to him at the age of nine, already fully a monk, and was identified as a reincarnation of a hermit Lama.

Charity Mind, Body, Spirit event in Glastonbury Town Hall, Saturday March 27th 2010.

At this event last September Helen helped raise £2,267 for The Bluebird Appeal's 'Bidugade Project', via EveryChild, which went to help girls in India who are pushed into prostitution via a deeply rooted, but now degraded, religious practice. www.everychild.org.uk

Our work becomes more than just planetary: it echoes out into the far reaches of the cosmos. Every leaf that falls is recorded in the stars. Live in the now, let go of the past and let the future take care of itself. Today is the tomorrow that perhaps you worried about yesterday!

Your work now goes far beyond the individual, one-to-one level. You serve not only the human race of humanity, but also all the animal kingdoms in nature and Creation, beyond the beyond. Do your work well; grow and develop.

You are part of the great ocean of Love and Light.

You are a co-creator with and in God.

*William Lambert,
Founder of Body, Mind & Spirit International
www.bmsihf.co.uk
(with kind permission)*

BMSI is an inter-denominational Healing and Teaching Fellowship, which seeks to blend the three aspects of Body, Mind and Spirit. It aims to provide the necessary training for those who wish to pursue a vocation as Healers or Spiritual Psychotherapists, or simply to broaden their understanding of life by Personal Development.



The International Prayer for Peace

Lead me from Death to Life
From Falsehood to Truth
From Despair to Hope
From Fear to Trust
Lead me from Hate to Love
From War to Peace
Let Peace fill our Heart
Our World, our Universe
Peace Peace Peace

(adapted from the Upanishads by Satish Kumar, a Jain)

similarly, to go outside of oneself and observe what is happening. How are you living your life? As you live in the now, what are your most important priorities – are there any ‘games’ that no longer belong? Have you overcome the childish tantrums and emotional outbursts of your lower earth ego? What triggers them? Have you overcome pride, jealousy and hate – these are indulgences that no longer belong to the arising Self. To fulfil your destiny, there is a need to become balanced and more Christ-like.

Before transformation comes the seeker on the path can go through a seemingly never ending winter of despair as we begin to observe ourselves from the higher perspective. It is these challenges which will ask you to change in order to bring out your true potential. Each morning there is a need to take 20 minutes to dedicate ourselves to the coming day, allowing our own and other higher levels of consciousness to guide our thoughts, words and deeds. There is a tremendous support system of many loving souls in the higher worlds with whom you are linked through family or friendship bonds from this and previous lifetimes. You are a representative on earth of that community.

What task have you agreed to do on earth for that group? What is your personal plan? What spiritual lessons do you still need to learn? How mature are you? What strength do you have? What weaknesses must be overcome? In order to identify these, ask in meditation why you have acted in a particular way. What was the cause? What inner problem is still being worked upon? In truth, there are no problems, only attitudes that cause the problems. So examine your attitudes.

All are equal in the sight of God. This means that all life has an equal right to evolve towards greater perfection, even a blade of grass or a worm! Think how far you have already travelled, from your ancient self to the present. So put away your fears, hold your head high and walk tall towards your future with confidence. If you make a mistake, correct it. If you do a job that is not as it should be, do it again. This is all part of your learning process by which you will become stronger and more knowledgeable. Notice the finer details of the world around you – these are all part of you and respond to your consciousness. When you see something that isn’t right, send out healing and loving thoughts. If you feel that higher help is called for, say “Lord, please may I hand over this problem to you?” Or, “May the highest energies come, in whichever way is right for the highest good of this person/situation?”

Teamwork is the theme, teamwork with those in your group on earth or in the higher realms. Some are there to support you, some are there to lead. We all help those who come behind. Lead by example.

Healing Events 2009 – 2010

We have had a good year with the Healing events.

Saturdays 31st May and 26th September we were at The Festival of Light in Weston Super Mare.

July 10th 11th and 12th we were at The Healing Weekend at the Secret World Animal Rescue Centre near Highbridge in Somerset. The site is a lovely area to be in, this being the first time at this event it wasn’t as good as it could have been for the individual Healing tents. I would like to thank Elaine and Mike and their team for all the hard work to get this event going. This replaced Bill Harrison’s Healing weekends. Bill did a lot of work to promote Healing, thank you Bill and your team.

We shall be needing help at these venues next year.

Festival of Light - Saturdays April 17th and September 25th

The Holistic Weekend - Saturday June 5th and Sunday 6th
10.30 am to 4.30 pm at the Moose International, Winscombe, Somerset.

Healing Weekend - July 9th, 10th, 11th at Secret World

We could do with help to put the tents up at Winscombe Friday June 4th, and at the Secret World event on Wednesday July 7th 2010 please. If you can help please liaise with Keith.

These events are great opportunities for BDAH members to get together in a nice friendly atmosphere, giving healing. At the Healing Weekend it is intended to have our Saturday get together after the main event closes at 6 o’clock, like we did at Bills’, when we bring food to share.

If you are able to come please let me know. Contact details are on the back of this journal.

May Love and Enlightenment be with all of you in whatever you do. Have an Uplifting and Spiritual Christmas and 2010.

Keith Bevan

How I became aware of healing

Helen Bevan, my co-editor, has the excellent idea for you in the future to submit your healing testimonies. Many people read this newsletter and it would be good for us to re-iterate the efficacies of healing ministrations.

I will start this theme by explaining how I became aware of healing. It started when my youngest child was a baby and I hurt my back lifting him awkwardly. The medical people were not of very much help as they prescribed heavy painkillers and complete rest. This was not possible for me in any way as I also had three little girls of six, eight and ten years old and a very busy Civil Engineer husband.

One afternoon I became very low in spirit after trying to get up the stairs and strip the beds; nor could I bend to put the washing in the washing machine. I was crying with frustration and I asked God for help. Now I had been a Sunday School teacher prior to my marriage and I had always believed in a loving heavenly Father but when I prayed I wasn't sure that I could receive help. About half an hour after praying there was a knock on my door and when I answered it there stood a woman whom I recognized as having given a very generous donation to the Red Cross when I was collecting from door to door a few months previously. Her opening words were "May I come in dear as our spirit friends have told me that you are in great pain, you are a good mother and I have been sent to help you?" Incidentally I lived at the end of a rough, unmade road which led onto a Common.

This lady gave me healing and to my surprise I received an immediate relief from the terrible pain I had been suffering. This wonderful experience caused me to investigate healing and to write to the National Federation of Healing head office. After attending many teach-ins I was taken into full healer membership in 1976.

I have had many wonderful spiritual experiences in my life since but I will just bring to your attention a few memorable ones.

Arthritis After divorcing I found myself with three teenage girls and a little boy of six in a small home with a very steep electric bill. I thought it might be an idea to have a shower fitted which would save my immersion heater output. No sooner had I thought this than a gentleman door to door salesman selling the benefits of showers arrived and I welcomed him in. Whilst we were talking the 'phone rang and an elderly patient of mine told me he couldn't come for his healing session, I just told him to 'link in' to the Creative Source, I would also do this and

The Light of Creation draws all life back to itself, just as a flower arises and opens itself gently to the sun. The Love of Creation holds all things together.

Each one of us is like a seed planted by the Creator, of whom we are a part, in the same way that our children are part of us. Once our children are adults, we let them go and yet we still have an unbreakable bond with them. We love our children dearly, no matter what they do – and this is also true of God's love for us. The creative and divine energy that we call God is forever exploring itself, both positive and negative, through the consciousness and progress of all life in the cosmos. We need to remember at all times that we are a representative of the highest energies.

When children grow up they put their childish games behind them. The same is true for ourselves as we seek the truth. It is necessary to think carefully about our human values and all that we think, say and do. All human beings go through many testing experiences, caused by our own decisions, in order to gain spiritual understanding. Have you been able to transform your life yet? Has the great change come about, or are you still waiting for pieces of the jigsaw to fall into place? Is it your circumstances that are holding you back, or is it you yourself? Have you given up the games, activities, attitudes, trivialities and unnecessary desires that are delaying your emergence from your chrysalis?

Your own Higher or True Self is watching, waiting for you to change, to respond more and more to its higher call. Each one of us has the potential to experience a complete rebirth within the one lifetime.

Once we have made the decision to change, it is not all plain sailing – for nine months or so we go through the most difficult time we have endured. One step forward and two steps back... We say "Oh God, I can't do it – it is too hard!" But we must endure and become strong if we are to earn the right to move on; if we falter, we shall not find our true work until another lifetime. To work is the destiny of a human being. So for the sake of our True Self, the sooner we accept the responsibilities, the better our life will become. We become more careful in everything we take on and we do our work with increased understanding. Do not waste your incarnation.

We become wiser as we look at life and its problems and challenges with the different awareness of our own True Self. To do this we learn in meditation to fly as a bird and go into a higher sphere of ourselves and look in from the outside. One way is to use our imagination and visualize that we are standing on the moon and looking down at the fantastically beautiful jewel of the slowly spinning planet Earth, the blue of its seas, the green of its forests, the glistening white of the sun-kissed snow capped mountains, with white, wispy clouds gently flowing around that shining jewel. Then

THY WILL BE DONE ... Now you are bringing down from Heaven the colourisation in which the angels dwell, and asking that God shall instruct them. (Oh, it is so very real!)

ON EARTH ... The colour is GREY. There is a deepening of grey all round your shaft, caused by the concentration of the light forcing it outwards.

AS IT IS IN HEAVEN ... a positive assertion. You know Heaven exists, and you want it to be like that on earth. You can finish with this, and start your own prayers. All the preparation has been done.

The Lord's Prayer creates vibrations of peace and hope, and is a preparation for your own prayers. It surrounds you with a light by which the angels can see. It clears the fog of sin, hopelessness and fear from the room in which it is said. The greyness is dispelled, a shaft of light enters the room. The whole atmosphere changes and there is a kind of rush of wind carrying the angels and spirit-guides, and maybe your own loved ones, with it.

As the Prayer progresses the light changes. From a beautiful blue it passes through degrees of purple and yellow-gold to a pearl-light, in which is warmth and love, and that light surrounds you. The Lord's Prayer has brought the angels to your side. You tell them your wants, and then you thank them.

Always finish at "For Thine is the Kingdom". The rest has been added afterwards, and spoils the vibration.

When the Lord's Prayer is finished there stands a great Figure in the sky of Heaven - the Risen Christ, the Perfect Man. The Man who knew all love, who gave us the word "FATHER", whom He found in the word "LOVE". Love is in the hearts of mankind, it is part of God.

The Seekers Trust was established in 1926 as a centre for prayer and spiritual healing and may be contacted at The Close, Addington, West Malling, Kent ME19 5BL.

Tel: 01732 843589

www.ademo.co.uk/seekers/

assured him that Distant Healing was as effective as the hands-on ministrations.

When I returned to my shower salesman he asked me how it worked and as an example I explained that arthritis had a root cause of a certain rigidity of mind. Once this was removed, the arthritis usually cleared. This salesman joined my meditation group, drove up from Devon regularly, and worked hard upon himself in forgiving a certain member of his family who had since passed on. His arthritis completely cleared and his wife wrote to thank me. "He is a changed man" she wrote.

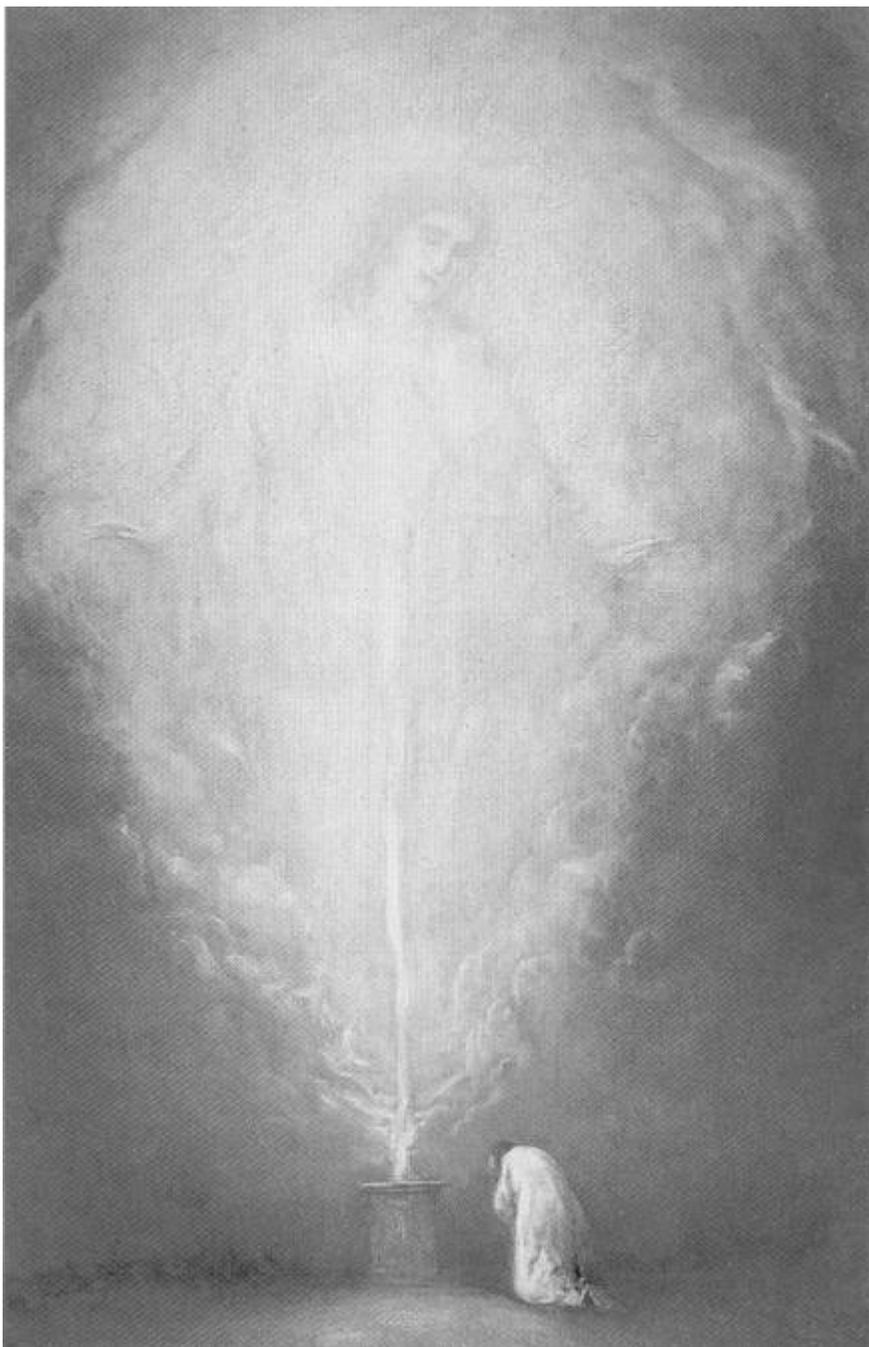
Ancestors A man and his wife came to me and as soon as I 'linked in' I knew he was in a mental turmoil. I was shown his ancestors right from himself, up to Scotland and over the sea to Norway. They were all standing in a line, waiting to move on. The key was again forgiveness. I didn't ask him what his problem was I just asked him to apply forgiveness and apparently this cleared his predicament. For this healing they gave me a praying hands ornament.

An Angel Appearance Finally another memorable healing experience. This time I was working as an auxiliary nurse in a geriatric hospital in Dorset. Having worked an eight and three quarter hour shift and heading home I found my bicycle had a flat tyre and I was facing a three mile walk. The rain was pouring down and heavy traffic was thundering along the main road from Southampton to Wimborne. I lifted my mind up to God again and asked for help [I must explain at this point that I had observed many sad occurrences in this hospital and many unkindnesses so the whole of my Prayer Group were sending bands of light to the very ground that the hospital stood upon.]

Suddenly a downpouring shaft of shimmering blue and white light engulfed me and I found myself looking up into a large, very beautiful face, with shining faces all around its aura. With thought transference a feminine energy said to me "Your prayers have been heard and my mantle of protection is all around the hospital." When this vision faded I found myself in the lane approaching my home, with no recollection of getting there.

Shortly after this wonderful vision the hospital suddenly sacked all the unkind nurses, and the whole atmosphere altered.

Soon after that I met my present husband at NFSH, we were married in 1982, and I have been very fulfilled in my healing work with him. The vision I had was explained to me by one of my meditators who had been to The Seekers Trust and brought in to our next meeting the picture you see on the next page



The Colours of the Lord's Prayer

The image on the preceding page is from the cover of the Seekers Trust 16 page booklet of the above name, from which is taken the following excerpts.

Translated into any language the words have the same numerical value and the same colour-form. This is unique, and in that sense it is a miraculous Prayer.

The Lord's Prayer is intended to tune the vibrations of the ether around the one who prays.

If said with real reverence and understanding, the Lord's Prayer makes a path through the earthplane's shadow into the Heavens above... It must be spoken with knowledge of what it implies, and as it is said, the colours of the surrounding ether change. These colours are very remarkable and they vibrate: they are predominantly BLUE, PURPLE and MAUVE, with a certain amount of GOLD.

There must be pauses between its phrases for the creation of the right colours - **Our Father** ... pause ... **which art in Heaven** ... pause ...

OUR FATHER ... BLUE. By these two words it would be possible to fill a whole room with blue. But you want to penetrate the earthplane's shadows, so you say,

WHICH ART IN HEAVEN ... and the BLUE starts to concentrate itself into a shaft, perhaps three feet in diameter, and rises upwards, capped with PEARL.

HALLOWED BE THY NAME ... These words make a wonderful sunset colour effect around you. And the colours you can bring down with your mind as you say.

THY KINGDOM COME ... as though you were drawing the colours of Heaven into your soul. These words start building a colour-ray of YELLOW, sunlight colour. The light is now coming down, as well as rising, as if the colours had turned into a fountain, rising and falling; and through it all, drawing nearer and nearer, can be seen the Spirit-forms, the Prayer-answerers.