

An Article Worth Reading

New Year Wishes...

That must be first my words to all of you!

A New Year in which every one of you thrives and finds their true way of Happiness.



In this article I would like to share with you details of another wonderful magazine (besides KIHA's), which I have been receiving now for many years. Some of you will probably be familiar with it but for those of you who are not, it is well worth a look.



Articles from this month's issue:

- The Healing Power Of Self Awareness by Ann Napier
- Courting The Future by Mark Ballabon
- Cultivating Solace by Maddy Harland
- The God Tree by Janis Fry
- Surprised By Honey by Claire Nahmad
- 2012 And The Evolution Of Consciousness by Patricia Herder
- Kindfulness by William Bloom
- Crystals As Connectors: Accessing Sacred Space By Judy Hall

The Cygnus Review is the magazine produced by Cygnus Books. It is filled with product information, book reviews, varied articles, chat pages, letters and poems. As the magazine states on its front cover:

"heal your body, feed your soul, free your mind, love your planet".

It includes Books, CD's, Card Decks, Calendars and much more.

Articles are written in the magazine by various authors and contributions from names such as William Bloom (author & teacher) and Judy Hall (author).

Cygnus is run by beautiful people, all on their journeys and trying to provide us with support via their books and information at a time when it is very much needed.

Many times I have found the magazine on my doormat, opened it up and right there inside is the article, book, or information, in some form that I needed at that precise moment.

If you become a member for £12 per year you are helping to cover the costs of producing the magazine, whose main aim is to provide comfort, guidance, hope and inspiration to as many people as possible. In return, you receive every issue of Cygnus Review for a whole year, free postage on all orders to your home, 3 x 10% off vouchers, optional free copy of their backlist, exclusive offers and gifts and a sense of belonging to and contributing towards a 'tribe' of like-minded people.

This may sound like a bit of a sales pitch but they are running their business from the heart and work from truth, sometimes a rare motivation in business these days.

Do have a look at their website www.cygnus-books.co.uk you may just find that bit of inspiration you were looking for!

WISHING YOU THE MOST AMAZING 2013 YOU COULD EVER IMAGINE!

Katie

If you would like extra copies of this magazine for your Centres or other Organisations

that would be happy to display it; i.e. Doctors, Dentists and other waiting rooms.

Please contact the Secretary: Katie 01622 757443 email katie@downtoearthtraing.co.uk

If you have any ideas to help us to continue to improve K.I.H.A.

Contact

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NASA DEBUNKS 'END OF WORLD' THEORIES IN VIDEO

Scientists at Nasa have released a video dismissing theories that the world will not end on the 21st December, well it didn't!! Experts at the **American space agency** are so confident of their argument, that they posted the video more than a week before the supposed doomsday of the 21st. The short film, called "Why The World didn't End Yesterday", debunks various apocalyptic theories to the ancient Mayan calendar. The video was to be launched on 22nd the day after the event, it says: "If you're watching this video, it means one thing: the world didn't end yesterday."

"According to media reports of an Mayan prophecy, the world was supposed to be destroyed on December 21st 2012.

"But look around you. The whole thing was a misconception from the very beginning"

Dr John Carson, director of the **Centre for Archaoastronomy**, said the Mayan calendar did not end on that date and that the Mayans had never predicted the world end then. He explained that their calendar simply "rolls over" on December 21st 2012. The video also quotes Don Yeoman, head of Nasa's near-earth comet programme, as saying no known asteroids or comets were on a collision course with earth. "neither is a rogue planet coming to destroy us," he said.

Nasa astrobiologist David Morrison said: "If there were anything out there like a planet heading for earth, it would already be one of the brightest objects in the sky. Everybody on earth (would be able) to see it. "You don't need to ask the Government, just go out and look. It's not there."

The video also dismissed suggestions that solar flares meant the sun posed a treat to the human existence.

The Mayan Myth recognize the destruction of earth by December 2012 A.D. in order to allow for the construction of a new cosmological order.

Joseph Robert Jochmans Litt.D. - Mayan Calendar "Both the Hopis and Mayans recognize that we are approaching the end of a World Age... In both cases, however, the Hopi and Mayan elders do not prophesy that everything will come to an end. Rather, **this is a time of transition from one World Age into another.** The message they give concerns our making a choice of how we enter the future ahead. **Our moving through with either resistance or acceptance will determine whether the transition will happen with cataclysmic changes or gradual peace and tranquility.** ..." <http://www.lbc.co.uk/nasa-video-debunks-end-of-world-theories-64416>

What did the Buddha tell monks?

The Ancient script on the pillar in India over 2500 years ago show that there will be Metteya (Read) or Metteyya (write) or Maitreya (or the Messiah or other last divine representatives as indicated by various other world religions prophecies) who will help people to have peace at the present time till the end of the world. If people do not pay attention there will be fire falling from the sky and land will sink into the sea. Buddha foretold about the great inundation and conflagration that are indicated to happen in 2013 AD.

(The script also tells the monks that the last human will be around 2500 years from the present time. Buddhism is not a religion, but a philosophy.)

Taken from the website 2013 predictions and Nasa compiled by Douglas Ballard



KENT INTERNATIONAL HEALING ASSOCIATION

FROM THE PRESIDENTS DESK



By the time you read this letter we will be in the Age of Aquarius, how exciting, according to the song we will have

Harmony and understanding; Sympathy and trust; No more falsehoods or derisions; Golden living dreams of visions; Mystic crystal revelation.



It feels to me as though this is the Age of all of you healers, a year to really enjoy and look forward to.

Major shifts in the planets seem to be affecting K.I.H.A. already. The biggest one is that Douglas Ballard has decided to step down from his position as Training Co-ordinator. Douglas has been our training co-ordinator for 10 years plus and the amount of energy he has put into the post is exhausting even to think of!! Basically, he wrote the book!. Of course there was input from others but our training programme would not be as it is without him, his knowledge, his patience and his energy. He put the manual together for us and I am sure that our training manual is the best one that there is, it covers all we need to know, and much much more. It is a great manual and works so well as a reference book for healers. He has also created and done the C.P.P.D. manual and has kept us up to date on all the Government legislation. As well as all of the above, he has revised the Tutor training, prepared the manual to go with that and revised the Assessment programme. These are the major things he has done for us, I don't have enough space to list everything else. He will be a very hard one to follow but thank goodness he is not leaving us altogether so he will be around to help and give us advice I am sure. As President of K.I.H.A. I want to

sincerely and officially thank Douglas for all that he has done for us.

Happily Carol Dale has bravely stepped into the role of Training Co-ordinator. Carol has been with K.I.H.A. for a number of years and during that time she has been a tutor and an assessor plus an Association Trustee. She is now stepping down from the role of Association Trustee as she joins the Executive Committee. I want to take this opportunity of welcoming her onto the Committee,

The next person who is stepping down from part of her enormous role is Sharon. Sharon has been a member since 1998. She has been on the Executive Council for over 10 years, working as Membership Secretary and has held the role of Administrator, which included Membership Secretary; Secretary, Public Relations and Editor, keeping all our records straight, answering letters, keeping a check on any publicity, telephone calls, emails etc, all done with amazing skill. The knowledge that she carries in her head is great, she knows so much about the membership she immediately has the answer when I phone with a query either about memberships the Charity Commission, our Constitution. I have to say that she is so much better than the outdated computer program she has been working with!!! Sharon has not been well over the past few years and she did try to give the whole job up a couple of years ago but was persuaded to keep going. For that I can't thank her enough. She has now agreed to stay on for one further year just in the role of Membership Secretary so she will make sure that the new computer program being installed works properly with regard to membership records, cards, etc. to ensure that she hands over cleanly. Thank you Sharon for keeping the head of K.I.H.A. above water, it is not an overstatement to say that we could not have managed without you.

Katie Young has been a member of K.I.H.A. since 2006-and is also a tutor. She has been our Vice President for the past three years

and it has been a great comfort to me to have there with her calm presence and ability. Although she is stepping down from this role, we are not losing her from the Committee as she has agreed to take on the role of Secretary. She actually started early and kindly did the notes of this year's A.G.M. which she did with great skill. We all have every confidence in her, thank you Katie.

Maurice Bradley has been a member of K.I.H.A. since 1999 and is also a tutor. Maurice has agreed to become Vice President. Maurice is a calm and gentle person and is very involved in the Association and is supportive. He too took up the reigns early and helped me, very skilfully, sorting out some problems earlier in the year. Thank you Maurice, I look forward to working with you more.

Christopher Edwards has agreed to become an Association Trustee, filling the space left by Carol.

I really want to thank each one, we have a strong committee able to take on any challenges that may come up in the year ahead.

It was so good to have more people attending the A.G.M. this year and there was lively discussion with members putting forward their ideas and suggestions. You will notice the new format of the magazine, this has come about from suggestions received in the Chat Room after the A.G.M. The many other ideas will be considered and discussed in the coming months. Thank you all for coming it is such an encouragement to the committee to see and talk to the members.

I hope you enjoy the magazine and that you will, each of you, send us in any little articles on anything connected to our work and, of course, any experiences you or your clients have had related to Energy Therapy plus photographs for the Summer magazine, there is no rush but it would help if you can get any articles to us by, say, the end of May.

Happy New Year to you all.

CONGRATULATIONS

TO THE NEW MEMBERS OF K.I.H.A.

The London Buddhist Vihara



From Left to right:
Geraldine Rodda New Member
Douglas Ballard
Maurizo Lodato New Joining Member
Tutor: Pat Smith

Dover Centre



Deborah Mighall New Member
Tutor: John Brooks

Down to Earth Training Centre Aylesford, Maidstone



From left to right:
Katie Young Tutor
Tracey Munnings New Member
Douglas Ballard
Elisabeth Lomas-Harris Tutor

Star of the East Hall, Broadstairs



From left to right:
Karin Page Centre Founder
Sandra Russell New Member
Douglas Ballard
Catherine Smith New Member
Mary Benfield Tutor

FROM THE NEW TRAINING CO-ORDINATOR .. CAROL DALE

This was a day I will always remember as this was my first presentation as the new Training Co-ordinator. I had the pleasure of going to the Dover Centre to present Deborah Mighall with her Membership Certificate in the healing group which made her day. I found the group to be very friendly and busy which is a good thing these days, they make you welcome and offered tea/coffee to their patients. I also had a chat with John Brooks who runs the Centre on a Friday who said sometimes they could do with extra help. So if you would enjoy healing for an afternoon, go along to the healing Centre at Clarey House the Barwick room with a sign outside called Community Centre. If you are not a healer and would be interested in having some healing, just go along and enjoy the experience .

The beginning of a new adventure in Sandwich



During the last A.G.M meeting attended by Carol and myself, a reference was made to the fact that there are sometimes a lack of opportunity for those who have healing qualifications to use their gift out there with the general public. We thought it maybe helpful to read our story. Due to a sudden change of circumstances after many years we were in a position where we had to explore other possibilities if we wanted to carry on doing our healing on a regular basis, a new healing venue had to be found...!!! I have to say it was as if I was “guided” by a divine energy walking through the streets of Sandwich (which is where I live) I was drawn to enter our local Age Concern UK charity shop, the lady behind the

counter smiled and I heard myself saying “I wonder if you can help me?” and proceeded to explain our needs, namely a suitable room to do healing: she seemed very interested and told me “I should go to the Age Concern office and ask for Carol the main organiser, she may be able to help you”. This I did and I had a very sympathetic ear, Carol told me she had had an idea for sometime, about as she put it “bringing in healers to the centre—she herself had knowledge of the benefits from it “. We were very fortunate that a day was free when we could take up the kind offer and so proceed to give this valuable service to the local community. That took place two and a half years ago, we have now become established, our small group of healers look forward every week to the healing Fridays. We have regular patients, and still new ones arriving. All ages are welcome, including children and we have had regular requests to give healing to animals. Since we have had the privilege to be at the Age Concern UK, we have made many new friends there, it is always a warm and a relaxed happy atmosphere. We have on several occasions helped on fund raising evenings.

Last year there was a special open day which was attended by Juliet Kaplan (pearl) of Last of the Summer Wine, she also had healing and was pleasantly surprised by the result. The money given to us is on a donation basis only, all going to Age Concern. We are dedicated healers and enjoy what we do. Perhaps there are some of you reading this who may desperately want to carry out this much needed work –and have nowhere to do it? If that is the case why not try Age Concern UK, or maybe your local community centre, you have nothing to lose. Maybe a door will open for you also, offering you the chance to do your healing. We wish you well in your quest, go forward with love/light.

Thelma Martin and Carol Dale



Vitamin D deficiency

If you shun the sun, suffer from milk allergies, or adhere to a strict vegetarian diet, you may be at risk of vitamin D deficiency. Known as the sunshine vitamin, vitamin D is produced by the body in response to sunlight. It also occurs naturally in a few foods -- including fish, fish liver oils and egg yolks -- and in fortified dairy and grain products.

Vitamin D is essential for strong bones because it helps the body absorb calcium from the diet. Traditionally, vitamin D deficiency has been associated with rickets, reported to be on the increase in the U.K. This is a disease in which the bone tissue doesn't properly mineralise, leading to soft bones and skeletal deformities. Research is revealing the importance of vitamin D in protecting against a host of health problems.

Symptoms and health risks of vitamin D deficiency

Symptoms of bone pain and muscle weakness can mean you have a vitamin D deficiency, although for many people, the symptoms are subtle. Even if there are no symptoms, too little vitamin D can pose health risks. Low blood levels of the vitamin have been associated with the following:

- increased risk of death from cardiovascular disease
- cognitive impairment in older adults
- severe asthma in children
- cancer



Research suggests that vitamin D could play a role in the prevention and treatment of a number of different conditions, including type 1 and type 2 diabetes

Essential Information for the Responsible Healer

infohub

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07970 885157

The Confederation of Healing Organisations

Advancing the Practice of Healing...

Personal Health Budgets rolled out

Date: 30 Nov 2012

The roll out of personal health budgets (PHBs) has been announced today by Care and Support Minister Norman Lamb.

A personal health budget is an amount of money given to someone, to help them design a package of care support from clinicians and others, giving them more control over the nature of the treatment provided.

Personal health budgets have been piloted at 20 in-depth sites for the last three years, and an independent evaluation of the pilot programme published today has found that:

- people’s quality of life had improved
- if half of the people eligible for NHS Continuing Healthcare chose to take the offer of a budget, this could imply a potential saving of around £90 million
- the amount of times people had to attend hospital decreased overall.

The benefits seemed to be felt more strongly by people with the highest health needs. As a result, the rollout will initially target those who are currently getting NHS Continuing Healthcare. By April 2014 up to 56,000 people on the NHS Continuing Healthcare scheme will have the right to ask for a personal health budget. It is also hoped that clinical commissioning groups will offer a personal health budget to more people with a long term condition who may benefit.

Source: www.dh.gov.uk/health/2012/11/phb/

The CHO attended an RCCM presentation recently where Dr Alison Austin, DoH Personal Health Budgets Team, NHS Policy Outcomes Group, talked about how PHBs had worked in practice during the pilot study. We were heartened to hear that complementary and alternative therapies featured in the pilot. It is our understanding that if a patient can show that they have been receiving benefit from healing, for instance, then there is a case for it to be covered under their care plan.

Obviously, patients need the right information to make informed decisions, and they have to agree their care plan with their local health provider. It stands to reason that when a patient is looking for a therapy, regulated practitioners, whether statutory or voluntary, will be in a good position.

The report says that PHBs "could be a vehicle to promote integration of social care and health care and that there is good potential for this."

The CHO sees this as a new chapter in the integration of healing and other complementary therapies within health and social care.

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Anxious about tranquillisers? There are alternatives

Heading into 2013 I would like to wish everyone a very happy and relaxed new year. 2012 seems to have been a difficult year for many therefore when I came across the following article in Food for the Brain's newsletter I thought perhaps it is a good one to share.



Anxious about tranquillisers? There are alternatives

Editorial by Patrick Holford, CEO, Food for the Brain Foundation

One in twelve people in Britain suffer from anxiety, a quarter of whom receive treatment. When a person is in a state of anxiety and unable to sleep, far too often tranquillisers, also called 'hypnotics', are prescribed. The most potent are the benzodiazepines such as valium, librium and temazepam. These are, however, highly addictive and certainly not recommended for more than a couple of week's use. Non-benzodiazepines such as zolpidem, espopiclone and zaleplon are more commonly prescribed on the apparent basis that they are safer.

There are several psychological and nutritional alternatives for combatting anxiety and associated insomnia which carry none of these risks and these include:

5-HTP, the precursor of serotonin, from which the sleep hormone melatonin is made. Supplementing 100–200mg one hour before you go to bed helps you to get a good night's sleep. It's also been shown to reduce sleep terrors in children when given before bed and it also reduces susceptibility to panic attacks.

Melatonin is also highly effective for aiding sleep. In controlled trials, it's about a third as effective

as the commonly prescribed sleeping pills, but has a fraction of the side effects. If you have difficulty getting to sleep, perhaps only going to sleep very late, and you are prone to feeling low, it's particularly effective both for helping you sleep and for improving your mood. Melatonin can be prescribed by a GP. Magnesium calms the nervous system and has been reported to help reduce restless legs and insomnia.

GABA is both an amino acid and a neurotransmitter that turns off adrenalin. Doses of 1-2 grams have an immediate anti-anxiety effect. The combination of GABA and 5-HTP is even better. In a placebo-controlled trial this combination cut time taken to fall asleep from 32 minutes to 19 minutes and extended sleep from five to almost seven hours. Taking 1,000mg of GABA, plus 100mg of 5-HTP is a recipe for a good night's sleep.

Valerian is the most potent GABA-promoting herb and, as such, can also promote daytime drowsiness, so it's best to take it only in the evening if you have anxiety or insomnia and an inability to 'switch off'. It is more effective for insomnia than anxiety. It can interact with alcohol and other sedative drugs and should therefore be taken in combination with them only under careful medical supervision. It seems to work in two ways: by promoting the body's release of GABA and by providing the amino acid glutamine, from which the brain can make GABA. Neither of these mechanisms makes it addictive. One double-blind study in which participants took 60mg of valerian 30 minutes before bedtime for 28 days found it to be as effective as oxazepam, a drug used to treat anxiety. Another found it to be highly effective in reducing insomnia compared with placebos. A review of studies cites six studies that show a significant benefit. To help you sleep, take 150–300mg about 45 minutes before bedtime.

From a diet point of view following a low sugar low GL (glycemic load) diet, and avoiding caffeine, helps to stabilize blood sugar levels and

adrenal hormones, thus reducing anxiety.

Buteyko breathing is a highly effective breathing technique, especially good for those who hyperventilate and have panic attacks, which can be exacerbated by the lack of CO2 induced by over-breathing.

Alpha-wave inducing music is designed to switch the brainwaves from beta waves, associated with adrenalin and excitement, to alpha waves, which is a prerequisite for relaxation and sleep. In a study of patients going to the dentist, this was found to induce less anxiety. A CD called Silence of Peace, composed by John Levine, can be very effective for those unable to relax or go to sleep.

Combinations of these approaches can be highly effective. Holly, a patient at the brain Bio Centre, is a case in point. Holly felt that her anxiety, depression and indecision were ruining her life. She constantly felt stressed, had frequent mood swings, she would cry for no reason and was finding it hard to think straight. A blood test showed that her serotonin levels were rock bottom. She was also very low in magnesium, which is one of the essential minerals needed to make serotonin, as well as being vital for good sleep. She was recommended a supplement programme to increase her serotonin, including 5-HTP, B vitamins and magnesium. Over the course of her treatment, Holly began to feel much better. She started sleeping well, her anxiety reduced and her mood lifted. Her serotonin level was retested twice, and each time it increased. At her last consultation she was recommended a maintenance supplement programme as she was doing so well. She was amazed at the reduction in anxiety and said it had made a substantial difference and that she felt much more balanced and could see the positive outlook, rather than the negative.

Patrick Holford, CEO, Food for the Brain Foundation

KIRLIAN PHOTOGRAPHY

I'd heard about Kirlian photography, and that it could allegedly photograph auras. I'd also seen some pictures of so called aura's around people's heads. These rather reminded me of a cross between the joke afro wigs in team colours, that some football fans wear, and Jimi Hendrix playing in full psychedelic flow. At some Psychic Fairs, I'd seen "head" aura photography being offered, but was rather skeptical, suspecting some sort of rainbow, or similar effect filter fitted to the camera.

Kirlian photography was clearly something different to the rainbow around the head pictures. But what is it?



Around the end of the 19th century, early electrical and photographic experimenters, discovered an electrical discharge pattern phenomena, and used what they called "electrography" to create images of leaves and hands. It wasn't however until 1939, that the term "Kirlian photography" came into being.

A Russian electrical engineer Semyon Kirlian and his wife Valentina, developed Kirlian photography after seeing a hospital patient receive medical treatment from a high-frequency electrical generator. They noticed that when the electrodes were brought near the patient's skin, there was a glow similar to that of a neon light tube.

The Kirlians experimented with photographic film, placed on a conductive plate. Another electrical conductor was attached to an object such as a hand, or a plant leaf, and a high frequency high voltage electrical charge was then passed through the conductors, which produced a photographic image. This showed the outline of the object, surrounded by an aura of light.

The Kirlians first reported their experimental results in 1958, but their work remained virtually unknown until 1970, when Americans Lynn Schroeder and Sheila Ostrander published a book "Psychic Discoveries Behind the Iron Curtain".

Little interest was shown among western scientists, although some research, in the USA, was carried out at the parapsychology laboratory of the Centre for Health Sciences at the UCLA. Kirlian photography was far more popular in the former Eastern Bloc, for example: Romania had 14,000 state-sponsored scientists working on the technique during in the 1970's.

When I saw an advert for a demonstration of Kirlian photography, I was curious enough to go along. Arriving at the Polish centre in Hammersmith, West London, where the event was taking place, I firstly found teams of Polish country dancers - had I got the right place I wondered. Eventually I found the right room, and a queue of several dozen people waiting to go behind a screen at the back and have their "Kirlian" photo taken.

When it was my turn, I was asked to place my hands on top of a box, that was about 12" x 10" (300mm x 250mm) and a few inches (about 50mm) high. The top of the box was a metal sheet, with photographic film over. A brief electrical charge was sent through the metal sheet, which I felt as a tingling sensation. Perhaps a little uncomfortable, but certainly nowhere near the jolt if you've ever

touched the wrong part of a power plug. When the photographic film was developed it showed a pattern around my hands that looked rather like a ring of iron filings around a magnet.

After the Kirlian photographs were taken, we were offered Healing by a number of practitioners present. Once this was done, there was a chance to have a second Kirlian photograph taken. This showed a marked difference to the first picture.

The Kirlian images can also be interpreted in a similar way to how a palm reader would look at them. The "reader" at the event gave a surprisingly accurate description of my character.

So does Kirlian photography show the aura? Skeptics claim it just shows the amount of moisture around an object, but give no evidence to prove this.

Rather as with most of life's mysteries, they are hard to prove, but equally they are hard to disprove. With the amount of research done over the years, I would personally come down on the side that believes Kirlian photography does show the aura around an object.



History of Kirlian photography adapted from Wikipedia article.

Chris Edwards



"The Centre of Light for Healing"

The Plater Hall Sea Wall Dymchurch Kent TN29 0TG



It was with great excitement and a little trepidation my friend and colleague, Ann Daws, & I opened the doors of "The Centre of Light", The Plater Hall, Sea Wall, Dymchurch, Kent, for the very first time on 28th July 2012 to offer energy healing and spiritual readings.

Ann is a full member of KIHA and indeed for one year was Secretary of that Association. She has also belonged to Hythe Spiritualist Church in Kent for many years and indeed has been highly influenced by the past President and Co-Founder, Keith Ottewell, who passed away in 2003, a highly regarded Healer for many years in Kent and Secretary of the then Kent Healers for over 40 years.

I have also belonged to Hythe Spiritualist Church for many years and am also a previous member of KIHA with many years of healing experience plus secretarial skills. This training of the mind, body and spirit, together with our combined life experiences, has enabled us to

offer and share our help, support and guidance to all those who attend "The Centre of Light" at The Plater Hall with love, light, compassion and understanding. We are both keen to promote healing, as healing works to bring physical, mental and emotional levels into harmony to aid the stress and strain of modern day life which we intend to carry out with an open heart and mind embracing all who come our way.

Our hopes, dreams, inspiration and hard work over the past 10-15 years respectively for myself and Ann had finally come to fruition and it was hard to contain our excitement for what was about to finally unfold. We had long planned and dreamt of a centre that would be open to all for unconditional energy healing and spiritual readings that would benefit those who came to us in need.

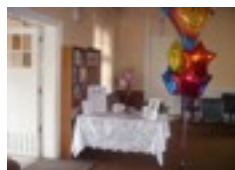
Our first day saw a steady stream of interested people who were keen to experience energy healing and spiritual readings for the first time. We met many interesting people from all walks of life and who were from areas near and far. All were very pleased with their experiences

of energy healing and felt uplifted and re-energised after their session with Ann. Likewise, those who had spiritual readings from myself left with the comfort and knowledge that their loved ones were only but a thought away. The end of our first day saw us both tired but elated knowing our dream had turned into reality and as we tucked into our local fish'n'chip supper we reflected on what is a turning point in our lives. Since then we have opened our doors each month and now have regular bookings for readings and regular clients for energy healing.

We wish all KIHA members a very **Happy New Year 2013** with special thoughts sent out to those who are sick, suffering, bereaved or lonely at this special time of year.

Our **Mission statement** : "To serve everyone in need, regardless of who they are and what they believe" encapsulates our awareness and oneness with all.

Val Knight -



I was in a desperate state

When I went to see Pat Smith, I was in a desperate state. I had been diagnosed with an incurable eye infection, called Blepharitis, 6 months before my wedding. My eyes were constantly bloodshot and swollen and socialising had become difficult because my eyes would completely dry out in the evening. I couldn't read, watch TV or use a computer without discomfort. Specialists were unable to confirm if my condition would improve or get worse and the only advice they could offer, was to use baby shampoo to remove makeup.

Going to see Pat Smith was my last hope. It was on my fourth and final visit when something unusual happened. Pat was going through her usual routine but this time as she placed her hand above my right eye I felt an intense heat shining on the right side of my face. It was a comforting feeling, not that dissimilar to feeling sunlight on your face. The same thing happened as she moved over to my left eye and I thought it strange that the sun was following her around the room. Afterwards, when we discussed the session and I mentioned the sunlight, Pat merely pointed up to the closed blind on the conservatory ceiling. To confirm her point, she pointed out the window, towards the sun as it slipped down behind the houses. The heat and light had not come from the sun, but from Pat's hands. From that point on my eyes radically improved, the redness and swelling subsided and they haven't dried out since. It is comforting to know that there is an alternative option to conventional medicine. by Sarah



MESSAGE FROM THE NEW VICE PRESIDENT

MAURICE BRADLEY



Nearly time to hang another year on the line and what a year of changes and revelations it's turning out to be, with stories and information regarding activities and events coming to the surface and the burgeoning collapse of the monetary system as we know it! While most of the rank and file of the population are distracted watching TV, truth is there to be found on the internet. Avoiding its darker corners perhaps, it's the one true blessing we have for information. If that's starting to sound political it's not meant to be, bear with me, I'll get to the point eventually. In my ignorance I was determined not to have anything to do with computers, a certain CEO's idea of everyone communicating online felt wrong to me. Where would the warmth and closeness of physical contact figure in that? This is a healer's natural viewpoint though isn't it? It wasn't until my beloved son was working in a remote location abroad that I realised the potential of it all. I acquired a computer and we kept in touch using Skype. He no longer disappeared for months on end. Of course that was just the beginning, now "The world was my lobster!" apologies to Arthur Daley. So, what's my point?

In an article I wrote in the summer newsletter I said "These were times of great change and as healers we in the Kent Healers along with our colleagues in other healing organisations would play our part in future events". In my experience as a working healer, the most important effect of healing is the banishment of fear. Of course there can be substantial improvements in health, sometimes startling effects and cures if it's relevant for the individual receiving healing, but the exclusion of fear remains paramount and invariably, health will improve because of this.

I'm not envisaging an apocalypse as suggested in some quarters; however, I think we as healers will be sought out more in coming days and our part will be in helping people to lose their fear. I believe there is an increasing spiritual awareness now and that is the great change coming. It is our responsibility to keep learning and developing as healers being aware of these major events.

May I take this opportunity to wish everyone a happy New Year with Love Maurice



REPORT FROM THE TREASURER ...

ELISABETH LOMAS HARRIS

2012 has been a quiet year for KIHA, a conscious decision made by the committee last year as we needed to gather our thoughts. At the A.G.M. I mentioned that we have been trying to build up our reserves which we have now achieved. The next step we will now focus on is to get The Membership Secretary's computer up to date with a system that can be used and understood by anyone.

For some this year has been a very trying and hard year but here's hoping that 2013 will bring us all a healthy and prosperous life. I would to wish everybody A Very Happy New Year!

FROM THE OUT GOING TRAINING CO-ORDINATOR ..

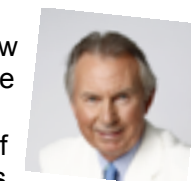
DOUGLAS BALLARD

It has been a privilege to be your Training Co-Ordinator for so many years. I cannot remember how many workshops and assessments I have had the pleasure of presenting and facilitating over the years.

I am proud to have been able to have had the opportunity to be part of what I would say, is one of the forward thinking organisations in this country. With so many other counties being part of this well respected association. With K.I.H.A. over 65 years old to have been able to keep abreast with Government changes as well as new laws and regulations, one can only be proud to have served with such an auspicious organisation

If I have to write my memoirs I would have to donate a fair part of it to this organisation. The support I have had over the years has made it all worthwhile and as I see it in life, everything has to move on and that includes me. New faces and new ideas are important to all organisations to survive, as they say from the ugly duckling a swan will prevail, K.I.H.A. is just that. I hope the association will continue to grow in what seems to be a world that continues to be a challenge. We have a good Executive Council that are determined to continue to show the world we are here to stay.

May I thank all of you for your support over the years and wish you all success in the future with your finest gifts of healing wherever it takes you. You will never need to look for those that need help, your voice will be heard and those in need will come to you.



Topical Application of Homeopathic Hypericum perforatum and/or Arnica montana Effective Wound Healer – Especially When Electrically Stimulated

Researchers from Herminio Ometto University Center, Araras, in Brazil have researched the differences between Hypericum perforatum and/or Arnica Montana when it comes to wound healing.

The research, published in 'Homeopathy' showed that both, when applied topically, exerted significant effects on wound healing compared with the control group, but that these effects were much greater when electrical stimulation was also used (microcurrents)



Chocolate Lowers Risk of Stroke by 17 - 19%

After reviewing the eating habits and health outcomes of around 37,000 men, Swedish researchers have found that those who eat chocolate end up with a 19% lower risk of stroke than men who don't eat it.

Whereas most research in this area tends to show the health benefits of dark chocolate (over 60% cocoa content, usually), this study includes all kinds of chocolate on the self-reporting questionnaires used. The research appeared in the journal 'Neurology' and covered a 10 year period.

The study showed that those who ate most chocolate, were 17% less likely to have a stroke compared to those who ate the least. In looking at other research in the area (4 other studies) the researchers went on to say that overall men who ate the most chocolate were 19% less likely to have a stroke .

Apple Peel Six Times Better For You Than the Apple Itself?

Researchers from the University of Iowa have recently found that a natural substance – ursolic acid - found in the peel of apples may be able to offer protection against obesity and some of its harmful effects, by increasing muscle and 'brown fat' – which are known to be 'calorie burners' (*PLoS ONE*).

And another study from researchers at Nova Scotia Agricultural College have also found that apple peel contains a high level of antioxidants, in fact, six times more of this kind of phytochemical is in the peel than is present in the apple flesh and this can help protect against high blood pressure.

These flavonoids are far more concentrated in the peel and was found to be far more effective in inhibiting the ACE enzymes that are potentially damaging.



Dehydration blues?

Mild dehydration results in lower mood in normal healthy women

A study in the Journal of Nutrition found that women with just 1.36% dehydration showed markedly lower mood scores as well as other symptoms including headaches and impaired concentration. The study looked at twenty-five females investigating the impact of exercise-induced dehydration both with and without the use of diuretics.

Our comment: While the cause of low mood is likely to be multi-factorial, poor hydration is something that can be simply and easily remedied. Drink 1 ½ litres of water daily, more if you're exercising or in hot weather to take account of water lost through sweat.

Armstrong, LE, Ganio, MS, Casa, DJ, Lee, EC, McDermott, BP, Klau, JK, Le Bellego, LL, Chevillotte, E, Lieberman, HR (2012). Mild Dehydration Affects Mood in Healthy Young Women. J Nutr 142(2):382-388.

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IN PRAISE OF DOUGLAS BALLARD

I encountered a healer when my son Reuben was 3 years old & we were living in Moscow. I believe she mitigated the severity of his autism so I have reason to be drawn to them. Over the years I have used alternative practitioners to heal his poor immune and digestive system. He has made good gains in his general health and has made steady progress academically. He was non-verbal at 5 but now has functional language and can access the national curriculum, albeit at a cognitive level of a 7-8 year old.

Our sessions with Douglas started 8 months ago. Initially we shared sessions, after 3 half-hour sessions my chronic lower back pain has greatly improved and I can spritely jump out of bed when I previously had to ease myself off it. A more tangible sign of his healing energy is the disappearance of a hard pea-sized lump on the inside of my mouth. I had one 10 years ago and it had to be cut out by my dentist.

With Reuben, who is now 12, the healing has been more subtle and gradual. His daily bad moods, angry tantrums and self-hitting have gone and he is much calmer and happier. He now sleeps through the night when he previously unfailingly woke at 2-3 am, interrupting my sleep. At school his teacher reports that he learns concepts so much quicker and he amazes them with new phrases & spontaneous requests. He is less rigid about routines and is more accepting of changes. His autism has not gone, I did not expect a miracle cure but he is now a more loving & happy boy, a great change indeed!

In addition to the healing, Douglas and his energy has provided guidance to help me understand Reuben's autism and answered questions about my own personal development. He has been a great source of support and advice in times of trouble and strife and I cannot thank him enough for being

truly reliable and trustworthy in his professionalism.

It was my pleasure to write this as it put the changes in Reuben in perspective, thinking back to how he was. Its so easy sometimes to be negative and despondent about something so intangible

as a universal healing energy and a belief in it does help but in Reuben's case, he had none so that certainly did not influence his progress!

I suppose as the author of the piece, I have subjective opinion about it all but I am happier because Reuben is happier and that is the objective of the healing!

June Goh 11.12.2012



Chocolate, food of the Gods

Yes that's right Chocolate has been highly regarded since ancient times.

Recently studies have been shared in the media regarding the possibility that Chocolate may actually be good for you. Well, I have some good news for Chocolate lovers...it really does have some amazing nutritional ingredients.

But we are NOT referring to your mass produced, cocoa based chocolate, with added dairy and sugar, oh no that is not good. When I talk about Chocolate that is good for you I am referring to the Raw Cacao Bean & Raw Cacao Powder. Raw Cacao contains over 300 nutritional compounds. It is high in anti-oxidants and rich in essential minerals (one of the reasons woman crave chocolate around the time of their period is because the body is asking for the mineral magnesium, found in cacao).

Cacao contains various phytochemicals including the highest natural source of theobromine. Theobromine widens blood vessels and stimulates the heart. It even contains the natural 'love' molecule PEA, believed by scientists to be responsible for the feelings associated with being in love. These phyto-chemicals, which raw chocolate is packed with, trigger the brains happy feel good neuro-transmitters such as serotonin, dopamine and anandamide.

The reason that most shop bought chocolate is not the best choice nutritionally is because many of the beneficial nutrients are broken down and lost by the heating processes used in conventional chocolate making. Also the beneficial effects are inhibited by dairy and sugar.

Making Pure Raw Chocolate from Raw Cacao is the best and easiest way to experience this amazing food. Do some research for yourself on the benefits of Raw Cacao, you may be amazed?

Look out for the next issue of K.I.H.A. magazine where I will include some recipe ideas and good places to source your chocolate ingredients.

In Yumminess, Katie

This article is for information purposes only and is my personal opinion; it is not intended to offer personal health advice in anyway. Please consult your GP for any related or non-related health problems/queries.

