

MESSAGE FROM MAURICE BRADLEY

Despite Healing often being dismissed by the medical profession, an increasing number of medical practitioners are becoming aware of their latent Healing potential. How can we ask the many entrenched in science to accept case histories like this?



A man who was a work colleague and acquaintance is now a dear friend. Because of Healing he received, his life has changed. For as long as I remember, Paul (not his real name) was a heavy smoker and an alcoholic. Smoking some forty plus of the strongest cigarettes a day he simply couldn't stop. Having a troublesome and persistent cough it wasn't possible for him to resist his addiction to nicotine. After many years of breathing difficulties and putting off the inevitable, the time finally arrived when he had to seek medical help. The consultant he saw told him 'Unless you stop smoking I can't help you'. The addiction was so strong he could not.

I've always had an open mind about things, Paul knew of my views and had generally 'taken the mickey' although there was no malice intended.

Paul's daughter suggested he contact me and ask if it would help for him to receive Healing. He resisted, it would mean eating a little 'humble pie, it didn't matter to me though. Of course I agreed to see Paul and as healers are bound to do, I didn't make any promises.

I went to Paul's house, gave him Healing and left. Later, he was on the phone to me saying that he couldn't get near a cigarette. To be more precise, much as he tried he couldn't inhale the smoke. Paul never smoked again and hasn't to this day. Moreover, he never experienced any withdrawal symptoms from the outset. Withdrawal is probably the worst obstacle for anyone trying to stop smoking. Paul had some minor problems to cope with. After many years of smoking there were some habits to get over. Smokers are used to playing or fiddling with a cigarette, it's part of the ritual. Paul had a pack of cigarettes handy for a while and occasionally put an unlit one to his lips. He soon got over these issues.

Spirit Helpers stopped Paul smoking with no physical or psychological withdrawals.

The story doesn't end there. After several weeks Paul broached the subject of drinking. He asked if he could be helped to stop drinking alcohol. Once more we began with Healing. Again and immediately he could not drink alcohol. It was a complete ban by Spirit. He tried to 'pretend' there was whisky in a ginger ale he was drinking and was violently sick, even eating sherry trifle had a similar effect. Paul got the message. These were the only ill effects he experienced, other than these there were no withdrawal symptoms. He remained free of alcohol for several years until recently when he found he could enjoy a modest drink again. It is for him to realise his limit now. Something Spirit requires him to do for himself.

For Paul being helped to stop smoking and drinking was almost secondary. That would sound quite odd to most people, but it was the knowing there was a higher power helping him that changed his outlook on life and removed his fear of moving forward. Paul found he had important work to do; his path had been cleared to make a start.

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

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: Helen 0208 995 3813 email helenisalmon@gmail.com

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

Contact

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EDGAR CAYCE

THE AMERICAN PROPHET

Having studied hypnotherapy,

I was fascinated to learn of a remarkable man, Edgar Cayce, who, when in a deep altered state, was able to access all sorts of information from what he called "Source". Born to a humble family in Kentucky in March 1877, he had no education above junior school, and had no medical training or experience. Yet he was able to



access, when in deep trance, information on an individual's medical condition and state of health, gain the substance and method of treatment required, and even where the correct substance for such a

healing might be obtained. In later years the information the "sleeping prophet" gleaned from "Source" included "life readings" for individuals. These included past lives and how they affected their present lives. Also lessons such individuals needed to learn and the best way to achieve that learning. Without doubt Edgar Cayce was one of the most extraordinary and gifted individuals of the twentieth century. It is fortunate that every reading given by Cayce in trance was taken down by a stenographer and carefully recorded. These over 14,000 documented readings make a magnificent library of information which is stored in the A.R.E.

(Association for Research and Enlightenment) in Virginia Beach, U.S.A. Since Cayce's death in January 1945 the A.R.E. has become a global phenomenon with people in many countries gaining understanding of esoteric things as well as information on the Cayce remedies and treatments. John Francis Walsh, inspired by Edgar Cayce, ran the Edgar Cayce Centre in the UK, sharing his knowledge and enthusiasm for Cayce's work. Sadly, he passed away four years ago, and his contribution's are sorely missed. In the coming year things may change with a new Edgar Cayce Centre, UK, so watch out for further developments that will allow us to learn more about the wonderful work of Edgar Cayce.



Valerie Greene New York USA

KENT INTERNATIONAL HEALING ASSOCIATION

FROM THE PRESIDENTS DESK



In this year I have attended two events which really impressed me and lifted my heart. The world around us at the moment is seriously disturbing to both our emotions and feelings with climate change; wars; typhoons and earthquakes, so it was really good to be lifted out of that place for a while and to come

back into contact with the heart which is where we all need to be. The first was a talk by Daniel Goleman, the author of Emotional Intelligence and he explained the need to be in contact with ourselves and to bring out our empathy, continually be self aware and be motivated, really seeing things around us and connecting to them – we all know this is how we should be behaving but hearing it all again ensures that we open our hearts to who we are and who we want to be. This event was run by Action for Happiness I think this is a really great organisation, they have all the right goals. Have a look at their website: www.actionforhappiness.org

The next was a day conference on Sustainable Medicine: the rebirth of wisdom and compassion in healthcare. Inspiring speakers, the first was Dr Chris Irons who spoke on The Science of Compassion: Exploring Evolutionary and Neurobiological Perspectives. He is a psychologist and works within the NHS. His talk was on the human brain and how it has developed in our evolutionary progress. Dr Alistair Dobbin spoke on Optimism, Resilience and Compassion in the Health Service, again an excellent talk. He is a retired GP who has done a lot of research in this area. After a great deal of research here, in Canada and Australia he has prepared some CDs to help people with mental health problems. Have a look at his website too: <http://www.positiverewards.co.uk>. The other speakers were Dr Penny Campling, who is a Medical Psychotherapist and she spoke on Intelligent Kindness talking of reforming the culture of healthcare in the wake of the Francis Enquiry and finally Dr Margaret Hannah who is Deputy Director of Public Health for NHS Fife and has co-authored The Future Public Health, an inspiring woman who is teaching others to work with compassion and care. It was a great day and uplifting to find that there are so many doctors who are truly into Compassion; and Intelligent Kindness. In their own way each of the speakers were talking about and using healing, bringing spirituality back into their work – who knows, perhaps in the not too distant future more of our doctors will accept and acknowledge the wonder of healing.

We have some changes coming up in the KIHA, a few of our committee members, after years of working hard, giving their time on a voluntary basis, are now going to stand down.

Elisabeth Lomas Harris, has her own business, helps her husband run his, does training of healers and has a family, has found time to be our Treasurer and all that that entails. She has put the accounts into electronic format, has kept all the records and ensured that there is enough money to pay for our commitments plus keeping in contact with the Charity Commission to enable us to keep our charitable status. She has done a fantastic job and will be seriously missed.

Tracey Munnings has kindly agreed to take on the post of Treasurer. Tracey has run a small business and is therefore an ideal person to do the job as she knows the complexities of book-keeping. She also lives near to Elisabeth so there will be an easy hand-over and Elisabeth is happy to advise if she needs help.

Katie Young our secretary also has a family and a very busy life. Katie has willingly given up her time, working for four years as our secretary, attending and taking the minutes at all meetings. Katie has decided that it is time for her to stand down due to pressure of work. Thank you Katie for your amazing input over those years.

Helen Salmon also has a busy life with a family of two young children. Helen worked as a lawyer before she had her children and she has accepted the posts of both Secretary and Vice President. We are so grateful and very pleased to have her on the committee, I am sure her skills will be of a great help to KIHA.

Maurice Bradley is stepping down from his position as Vice President. I would like to particularly thank Maurice for taking on this role, I know he was reluctant to do so initially but he has been a great support and we are very sorry to lose him on the committee.

Derek Champ, has been an Association Trustee and Distant Healing Co-ordinator for many years, sadly he has been very unwell and has therefore resigned from the position of Distant Healing Co-ordinator. Derek has been in these roles for many years dealing especially with all requests for distant healing that arise. We all send our love, thanks and healing thoughts for a speedy recovery to Derek.

Liz Hancock has also agreed to give us her time and take up the position of Distant Healing Co-ordinator plus taking on the role of Association Trustee. Liz will collaborate with Chris Edwards and Helen Salmon to liven up our website and bring it up to date. They are also putting us onto Facebook.

Sharon Wise, who you all know, has agreed to continue with the role of Membership Secretary for another year to get the new exciting computer program up and running smoothly. Hopefully this year with the new program the job will be easier for her – she has done a marvellous job, against all (computer) odds! Many thanks Sharon for holding in there, yours is the most difficult, demanding and time consuming job of all – KIHA would not still be running if you had not been able to continue, which I know you have done through ill-health, we are really grateful.

Douglas Ballard is so busy working at the College of Psychic Studies in London and many other places yet he continues to support and do so much for KIHA. Douglas is always there for all of us giving support and the benefit of his tremendous knowledge and coming forward to help with anything at any time. I can't list all the things that he does for KIHA plus he is always there on the end of the telephone cheerfully ready to advise. We really could not manage without him – thank you Douglas for always being there regardless of the many other pressures on your life.

RYE & BATTLE Observer

Glenda helps couples unite at Glastonbury

FORMER marriage registrar from Rye has found a new role uniting couples with the ancient ceremony of handfasting.

Glenda Proctor was a registrar for many years with East Sussex, conducting wedding ceremonies at venues such as Rye Town Hall, before becoming an Independent Celebrant.

Recently she found her services in demand at the Glastonbury Festival.

Glenda explained: "I had been invited to attend the festival earlier in the year to work as an energy healer in the Healing Fields with my twin sister Jayne Tovey.

"It then occurred to me that I could offer Handfastings as well.

"Being invited to attending the Glastonbury Festival was an opportunity not to be missed. I was unable to accept in previous years due to my summer working contract with East Sussex County Council during the usually busy wedding season."

Glenda lived on the festival site in a yurt tent and took her own special arbor arch with her for the ceremonies.

Handfasting was originally practiced by the Greeks and Romans.

The Romans created a garland made of magnolia, elder and roses. It was then wrapped around the couple's wrists to signify love and fidelity.

In ancient legends, lovers were united together as they "tied the knot" in the tradition of Celtic handfasting. The ceremony was especially common in Ireland and Scotland. It was commonly the way that couples were "officially" married before the church became involved in Wedding ceremonies.

Handfasting has seen a modern day resurgence owing in part to the movie Braveheart, in which a couple are joined together with a handfasting ceremony.

Glenda says Handfasting is neither pagan or Christian but has its roots in Celtic history.

She said: "It was a truly remarkable experience for me and I can honestly say it was the best week spent conducting so many lovely ceremonies.

"I have had years of experience conducting all types of ceremonies but these in the Healing Fields held their very own magic.

"The Handfastings were a delight. I always feel I have done a 'good' job when tissues are needed!

"I created some warm and sentimental scripts prior to leaving, which I varied allowing all my couples the choice to make their ceremony personal to themselves.

"A Cake and Ale ceremony was chosen by all my couples, drinking from a loving cup to seal their union.

Several couples Jumped the Broom and were cheered on and were counted down by the often huge crowd that gathered to watch.

"The ceremonies offered a wonderful modern twist on an ancient ritual. Three couples were at Glastonbury for their honey moon, and three others celebrated their engagements. Other couples used the 'Tying The Knot' to renew their vows to each other.

"I offered the elemental spaces to all my couples but most opted for the arbour I had provided and taken with me.

"It is a truly huge accomplishment to offer this wonderful ceremony at Glastonbury.

"I look forward to many more years of conducting ceremonies at Glastonbury for couples seeking a more personal and poignant ceremony to declare their love."



KIHA AT GLASTONBURY 2013



Close by they placed a 'tree' and people were invited to put fabric ribbons onto the branches to send a prayer or wish to loved ones. At the end of the festival the ribbons were burnt on the Fire Hearth in the elemental garden and hundreds of hopes, wishes and prayers were made by passing visitors. It was a very poignant moment and signified the end of many fabulous days of healing.

They were required to do healing for a minimum of six hours each day but, due to demand, they often worked longer.

The Healing Fields are special and with so much positive energy, peace and tranquillity around they were able to carry out Energy Healing on many who were seeking comfort and help. (Glenda feels that it was an experience of a lifetime and she felt great pride to be taking part) She and Jayne worked well together, their individual approaches complimenting each another. They both felt they were in the right place to reach people who were truly drawn to the yurt for Energy Healing. Between them they offered healing to many in need.

They look forward to many more festivals at Glastonbury together, undertaking Energy Healing and representing KIHA and SNU. They invite you to visit the Healing Fields if you attend the festival. You will be surprised by the number of activities and treatments available with over 200 healers working in their individual and shared community spaces.

Glenda Procter
KIHA Member

Outside the yurt the twins placed a wooden garden table and four chairs for clients to sit and wait their plus two recliners for them to relax following treatments. On the table was a notice giving information for anyone unfamiliar with Energy Healing.



CONTINUED FROM THE PRESIDENTS DESK

Carol Dale reluctantly accepted the role of Training Co-ordinator, but has now decided to step down. Thank you Carol for taking on the roll of Training Co-Ordinator for the last year, we really did appreciate your support during this time.

Mary Gay has accepted the role of Training Co-ordinator, Mary has been one of our tutors from the beginning. She is a Therapist, she is also a tutor in her own work so well understands some of the requirements of this position. With a very busy schedule in her life she has agreed to take on this very important position. Thank you Mary

Thank you so much Elisabeth, Katie, Maurice, Derek and Carol – I know how hard you have all worked through the years to keep KIHA afloat I really do appreciate your loyalty, dedication and effort.

A great big welcome to our newcomers, I know that each one has a very busy life, we are really grateful that you are willing to voluntarily give up so much of your time to KIHA – without the help of all committee members KIHA would not be able to continue it's role as being the oldest Association since 1947

I would like to take this opportunity to wish everyone a very happy new year, the following Dream I have taken from the Action for Happiness website which seems to be what we are all aiming for:



www.the-cho.org.uk

Essential Information for the Responsible Healer

infohub

Contact us
admin@the-cho.org.uk
07970 885157

CHO The Confederation of Healing Organisations

Advancing the Practice of Healing...

Report 29/11/13

The Confederation of Healing Organisations (CHO) recently held their AGM when Susie Collings and Diane O'Connell (joint Chairs) summarised the activities of the organisation over the past year:

- Following the AGM in 2012, the appointment of Sue Knight as full-time chief executive has been a huge step forward for the organisation and a great success. The role has allowed the CHO to become more business-like by improving processes and procedures, allowing time to focus on developing a more professional image.
- The CHO and UK Healers have been working together as Joint Lead Body for Healing, to develop the draft Core Curriculum for Healing, which was issued for comment during 2013.
- Member Organisations: the addition of International Network for Energy Healing (UK) plus two Associates: Asquith Hall Nursing Home and Dr Swami Hardas Glorious Globe and Brotherhood Organisation.
- The CHO continues to represent their members at the All Party Parliamentary Group for Integrated Health and have developed good working relationships with UK Healers and the General Regulatory Council for Complementary Therapies.

The meeting was enthusiastic about plans for the coming year, including a pilot research study in which it was hoped members would become involved; tutor days and other educational events; and development of the website. The CHO have invested money in hiring a professional PR team to handle their promotion of the practice of Healing.

The Board felt confident that the CHO would continue to go from strength to strength over the coming year.

Changes to the Executive Council



FROM THE OUTGOING TREASURER ...

ELISABETH LOMAS HARRIS

I have now been involved with KIHA for about 7 years, and for the last 4 years I have been honoured to keep the accounts up to date. In the past few years I have been trying to update the books so it makes it much easier to run and keep a track of what is going on electronically. For me, the important part is to keep it simple and transparent for anyone to see. I now feel it is time for me to step down and allow some fresh input into the committee. I proposed a student of myself and Katie Young's called Tracey Munnigan. We know her well and trust that she will do a very good job. I will be there if she needs help and until she gets into her routine.

This year the committee decided to invest in a new computer program for the Membership Secretary, Sharon Wise. Sharon is currently indispensable in the role and we felt that it was essential that we updated the system, making it easier to run and handover to anyone who steps into Sharon's capable shoes when she feels ready to step down.

Again our members have been generous with donations, which we are extremely thankful for. With a few new members our income has been boosted slightly from last year. The increase in postage costs has affected our out goings this year, which is a bit disappointing. However, hopefully with this behind us and with the new computer program in place, KIHA should be able to look forward and be proud of what it has achieved.

So I take my bow and wish KIHA well for the future.



FROM THE TREASURER DESIGNATE...

TRACEY MUNNINGS

I'm delighted to be a part of the KIHA committee and I'm really looking forward to taking over, from Elisabeth Lomas-Harris, as the Treasurer on the Board. I'm sure everyone will agree that she has done a fantastic job at bringing the accounts into the 21st century by putting them on to a computer system rather than having to do them on paper! Her hard work has made the transition from her to me a very easy one; so a big thanks for that.

I qualified and became a full member of KIHA a year ago in November 2012. My journey into the world of healing began after being recommended to Elisabeth for an old knee injury I was suffering with. Being at the end of my tether and what can only now be describe as "in Survival mode" I couldn't believe the physical difference and how my body responded to her treatment in such a short time. My tutors were both Elisabeth and Katie Young they are a formidable team together. The course was excellent, informative, lots of practical sessions and diverse subject matter covering everything and more that one would need to know, to become a competent Energy Healer.

My life has changed, on so many levels, since that first day and subsequently since I have been practising. I now can make that same difference to other people, enhancing their lives. I am forever learning. I have the love and support of my family to enable me to continue on this life changing path for which I am truly grateful but then, they have no choice, as I could never now go back!! I love healing and thank Elisabeth and Katie for introducing me to this special gift.

I look forward to meeting you all in January at the AGM. I wish you all a Happy New Year!

With love from Tracey



FROM THE SECRETARY DESIGNATE...

HELEN SALMON

I trained as a barrister and worked as a lawyer at the BBC but I only finally found fulfilment looking after my two young boys, Max and Charlie. I became a KIHA student in October last year and you can read my story in the newsletter.

This year I have helped to set up our new Facebook page with Liz Hancock. Please "like" the page. I feel very privileged to be part of KIHA team in the role of Secretary and looking forward to making a contribution to KIHA's future.

It has also been a privilege to be offered the position of Vice President of KIHA. This will give me the opportunity to support our hardworking, President Pat.

Wishing you all a very happy and healthy New Year

I've shared an item with you. In Light and Peace Helen Salmon

I fell into healing a year ago. I found a book about Reiki on my mother's bookshelf and I felt sorry for it. It didn't have a hope of ever being read there. So I rescued it and took it to France with me. As I finished the book my youngest son, Charlie got an ear infection. I tried giving him healing and found that my hands heated up. As I had always had very cold hands this really surprised me. I tried it on my oldest son, Max, and the same thing happened. The boys were the first to remark on how hot I was making them feel without even touching them. Needless to say Charlie's ear infection cleared up by itself after that, as did the next one and he hasn't needed antibiotics since.

I usually have an art class on Monday mornings, but when I returned from France in September the term hadn't started, so I took the rare opportunity of a visit to the Vihara for healing. I was mulling over in my mind about where and whether I could do a healing course and mentioned it to Liz Hancock, who was my healer that day. Liz mentioned it to Pat, and Pat said something to the effect of "Oh no, not another one, you are the third person this week. I wasn't planning on taking on any more students. It was obviously meant to be". So in October I found myself sitting in Pat's house, holding a ball of energy in my hands and being told "unusual things will happen to you now that you are doing this course". I didn't really think much of these words at the time, but they turned out to be quite prophetic.

As part of our preparation Pat suggested we read Anita Moorjani's story. She is a woman who has had end stage cancer. When she was given 36 hours to live she had a Near Death Experience. She came back with enlightened messages from the "otherside". I had actually read Anita's story 6 years before, when it went viral on the internet. When I re-read her story, at Pat's prompting, it occurred to me that it was her words that I had found truly uplifting during my own health challenges three years earlier. Throughout my treatment her words "the universe is a benevolent place" stuck in mind. Whenever I surveyed my situation I held on to this idea and knew that somehow everything would be fine. It was a pretty powerful feeling. So when I came to read Anita's story the second time I was ready to listen and take in more. One of the messages she received from the other-side was "go back and live your life without fear". In 2010 I did a mindfulness course. This had helped me realise I could reduce the stress in my life by choosing my response in any given situation but I hadn't realised how to extend this practice in my everyday life. Re-reading Anita Moorjani helped me realise that there was no place for fear or anxiety in my life. Anxiety could actually be a cue for mindfulness. Now whenever I find myself feeling fearful or negative about anything I use this as a prompt to be mindful. I realise I have the option of letting those fearful thoughts go, and this has improved quality of my life enormously.

Was it also a coincidence that this year Anita's book came out and I had the opportunity of meeting her at a talk she gave? It was great to be able to tell her in person what a difference her story had made to my life. She is truly a radiant being and I highly recommend that you read her story, "Dying to be Me".

I have always enjoyed reading but after I started the healing course I seem to be guided towards very specific and inspiring works, all very helpful and relevant to my spiritual development. Other times there have been unusual coincidences that seem to confirm I was on the right track. For example, out of the blue my children's bus driver asked if I wanted to borrow a DVD of "Conversations with God". What was remarkable was the fact that I was reading that very book at the time.

Another time I went to pick up my son from a playdate and was given a book called "the Hidden Messages of Water" by a mum who knew nothing about my interests or involvement in the healing course. This book was perfectly timed in helping me understand and have faith in energy healing.

Soon after I went for lunch with mothers from my sons' school whom I did not know very well. I remember arriving and seeing that there was only one place left to sit, near two women I had never spoken to before. As I took my seat they asked me "are you a healer?" They both happened to be healers themselves and talking about healing at that very moment.

I have also been guided to helpful information and conversations with people on my journey into healing over this past year. I also occasionally help a ninety year old lady in our street, with shopping and high street visits but more importantly I always try to make time for a chat. Betty chose this year to start telling me about experiences she had had with feeling different energies in different places, and seeing things she had never discussed with anyone else because she thought they wouldn't believe her.

There are so many more interesting and unusual experiences that have flown out of me doing this course. I have had messages given to me in songs, through mediums and healers only a taste of which I can record here.

Some of the more transforming experiences have been my encounters with Tuaca, a healer and spiritual master. A message that came through her was in the form of a song "Let your love flow" by the Bellamy brothers. You may be familiar with this country and western number from the seventies but when you listen to the lyrics you realise that it has an inspired message and a wonderful levity about it. I found it uplifting to listen to and it made me realise that I was blocking the flow of love in my life in all sorts of ways I hadn't been aware of before by holding on to grievances and fears. This realisation transformed my close personal relationships and even my interactions with

complete strangers. The quality of your life improves immeasurably when you give up complaining. This must have been an essential step too on my journey into healing.

After another encounter with Tuaca for what she terms "The Alignment" (where she aligns you with your life's purpose by the transmission of energy), I started reading "A Course in Miracles". Now this work is not for the faint hearted. In fact some people find it completely impenetrable. However it spoke to me and had a very clear message. I still find it a never ending source of inspiration. Some of its beautiful teachings are "Love created me like itself"; "Love holds no grievances" and "There is nothing to fear". One of its central themes is Forgiveness. Forgiveness is the means by which the light finds expression through each of us. In fact I have come to realise that viewing the world in the light of forgiveness is the same as being mindful. In both you are leaving behind your judgements, your thoughts about the past and seeing things as they are now. Peace is achieved within. Out of a calm centre enlightened action can be taken if required. When you are transformed inwardly everything outside you seems to be transformed too.

Last summer I went to a party and found myself talking to a friend of a friend whom does some healing. I asked her how she had been drawn to healing and she said that when she was ill as a child Jesus stood in her bedroom and placed his hands over her and healed her. As we spoke it became clear that we seem to have the same understanding on every topic. I asked how she had come to know these things. She said it was through her spirit guides and the teachings of White Eagle. Now when I read the Course in Miracles and then switch to reading White Eagle I find myself reading the same "lesson" just in a different form..

From childhood I was always quite an anxious person and my life seemed to get more stressful with each passing year. I now see this was a gift in that it has propelled me into seeking stress relief which has led me here; to a place where I understand a little more about attaining and maintaining inner peace in everyday life. So this year I have learned that peace is letting go of fear; letting go of guilt; letting go of grievances. Peace is transcending the need to judge or complain about others or yourself and even transcending the need to forgive. Peace allows you to be happy with what you have and to trust that everything is just as it should be. Peace is knowing you are good enough as you are. As the Course says "your forgiveness (or mindfulness) is the means by which the world is healed. But best of all I have learned to practise peace: "To have peace, teach peace" as the Course says.. Peace be with you.

Helen (meaning light)
Salmon (derived from Solomon which means peace)

Asparagus -- Who knew?

My Mum had been taking the full-stalk canned style asparagus, pureeing it and taking 4 tablespoons in the morning and 4 tablespoons later in the day. She did this for over a month. She is on chemo pills for Stage 3 lung cancer in the pleural area and her cancer cell count went from 386 down to 125 as of this past week.



Her oncologist said she will not need to see him for 3 months.

THE ARTICLE:

Several years ago I met a man seeking asparagus for a friend who had cancer. He gave me a copy of an article, entitled "Asparagus For Cancer" printed in the Cancer News Journal, December 1979. I will share it here, just as it was shared with me: I am a biochemist, and have specialized in the relation of diet to health for over 50 years. Several years ago, I learned of the discovery of Richard R. Vensal, D.D.S. that asparagus might cure cancer. Since then, I have worked with him on his project. We have accumulated a number of favorable case histories. Here are a few examples:

Case No. 1, A man with an almost hopeless case of Hodgkin's disease (cancer of the lymph glands) who was completely incapacitated. Within 1 year of starting the asparagus therapy, his doctors were unable to detect any signs of cancer, and he was back on a schedule of strenuous exercise.

Case No. 2, A successful businessman, 68 years old, suffered from cancer of the bladder for 16 years. After years of medical treatments, including radiation without improvement, he began taking asparagus. Within 3 months, examinations revealed that his bladder tumour had disappeared and that his kidneys were normal.

Case No. 3, On March 5th 1971, a man who had lung cancer was put on the operating table where they found lung cancer so widely spread that it was inoperable. The surgeon sewed him up and declared his case hopeless. On April 5th he heard about the Asparagus therapy and immediately started taking it. By August, x-ray pictures revealed that all signs of the cancer had disappeared. He is now back at his regular business routine.

Case No. 4, A woman had been troubled for a number of years with skin cancer. She developed different skin cancers which were diagnosed by the acting specialist as advanced. Within 3 months after beginning asparagus therapy, the skin specialist said her skin looked fine with no more skin lesions. This woman reported that the asparagus therapy also cured her kidney disease, which had started in 1949. She had over 10 operations for kidney stones, and was receiving government disability payments for an inoperable, terminal, kidney condition. She attributes the cure of this kidney trouble entirely to the asparagus treatment.

I was not surprised at this result as 'The elements of materia medica', edited in 1854 by a Professor at the University of Pennsylvania, stated that asparagus was used as a popular remedy for kidney stones. He even referred to experiments, in 1739, on the power of asparagus in dissolving stones. Note the dates! We would have other case histories but the medical establishment has interfered with our obtaining some of the records. I am therefore appealing to readers to spread this good news and help us to gather a large

number of case histories that will overwhelm the medical skeptics about this unbelievably simple and natural remedy.

For the treatment, asparagus should be cooked before using. Fresh or canned asparagus can be used. I have corresponded with the two leading caners of asparagus, Giant and Stokely, and I am satisfied that these brands contain no pesticides or preservatives. Place the cooked asparagus in a blender and liquefy to make a puree. Store in the refrigerator. Give the patient 4 full tablespoons twice daily, morning and evening. Patients usually show some improvement in 2-4 weeks. It can be diluted with water and used as a cold or hot drink. This suggested dosage is based on present experience, but certainly larger amounts can do no harm and may be needed in some cases.

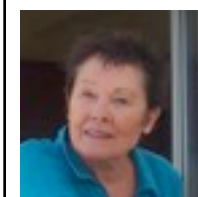
As a biochemist I am convinced of the old saying that 'what cures can prevent.'

Based on this theory, my wife and I have been using asparagus puree as a beverage with our meals. We take 2 tablespoons diluted in water to suit our taste with breakfast and with dinner. I take mine hot and my wife prefers hers cold. For years we have made it a practice to have blood surveys taken as part of our regular checkups. The last blood survey, taken by a medical doctor who specializes in the nutritional approach to health, showed substantial improvements in all categories over the last one, and we can attribute these improvements to nothing but the asparagus drink. As a biochemist, I have made an extensive study of all aspects of cancer, and all of the proposed cures. As a result, I am convinced that asparagus fits in better with the latest theories about cancer.

Asparagus contains a good supply of protein called histones, which are believed to be active in controlling cell growth. For that reason, I believe asparagus can be said to contain a substance that I call cell growth normalizer. That accounts for its action on cancer and in acting as a general body tonic. In any event, regardless of theory, asparagus used as we suggest, is a harmless substance. The FDA cannot prevent you from using it and it may do you much good. It has been reported by the US National Cancer Institute, that asparagus is the highest tested food containing glutathione, which is considered one of the body's most potent anticarcinogens and antioxidants.

Just a side note... In case you are wondering why this has not been made public,

there is no profit in curing cancer.!



THE TRAINING CO-ORDINATOR DESIGNATE .. MARY GAY

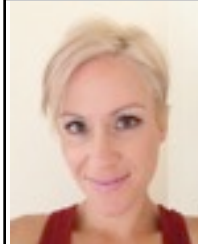
I am a part time tutor with KCC. Often my pupils have complex difficulties and this can be demanding. However, I also have a practice in Broadstairs where I do Therapeutic Massage and Energy Healing and just walking into my practice room is enough to de-stress me. In fact I am told that other members of staff who feel unwell often go to my practice room when I am not there and absorb the healing atmosphere of the room.

I have had a practice at Broadstairs since January 2000 and feel privileged to be able to help the people who come to me for energy healing and massage. What a wonderful gift we are given to be able to impart a feeling of relaxation and peace with the touch of a hand with energy healing. The pressures put upon daily living are great whether through a job or being without one and for a myriad of other reasons. That is why the work carried out by trained Kent International Healers is vital to this world.

It is imperative that the high standards of healing within KIHA is maintained and this is where Tutors can pass on their knowledge to newcomers and ensure that more qualified healers are sent out into the world.

Douglas has worked so hard and achieved so much in changing KIHA and its regulations. In accepting the position as Training Co-ordinator, passed on by Douglas, I will endeavour to fulfil the role and join you all in maintaining the excellence of the Healing Association.

I would like to wish you all a very happy and healthy New Year and hope to see many of you at the AGM in January.



FROM THE NEW ASSOCIATION TRUSTEE ... & DISTANT HEALING ADMINISTRATOR ... LIZ HANCOCK

"I am originally from Chicago and have been living in Surrey with my husband for the past 4 years. I fill my time with my web-business, yoga/running, reading, traveling, and enjoying time with family and friends. I am currently a KIHA student and under the tutelage of Pat Smith in London. I can be reached at liz.hancock@ymail.com

It was a privilege to be asked by the President to take the prestigious position of Association Trustee joining Stephen Clack and Christopher Edwards in this very important roll.

I hope I can keep up the good work of Distant Healing Administrator that has been done for so many years by Derek Champ, a position I am proud to be offered.

I will also collaborate with Chris Edwards and Helen Salmon to liven our website and bring it up to date. They are also putting us onto Facebook.

I look forward to meeting you all at the AGM in January, I wish you all a Happy New Year!

Historical Use of Silver

Silver is nothing new. It was first used thousands of years ago by the Egyptians, Romans and Greeks, for various illnesses and to stop foods and liquids from spoiling (it prevents the growth of algae, bacteria and unwanted organisms). Doctors then used Silver, anecdotal evidence shows it was used as a natural antibiotic, anti-viral and anti-fungal agent. It was used during World War 1 to treat and prevent infections. And then antibiotics came along and pretty much took over! There have been continuous rulings by the FDA in which they dismissed all evidence and studies on Silver- sound like another Big Pharma cover up!? One of the more prominent findings was from Robert Becker in the 1970's who claimed Silver had an ability to destroy all deadly pathogens like methicillin resistant staphylococcus aureus (MRSA). Of course this was discredited by the FDA!

Silver Spray

HydroSol Silver is the best type of Silver. The spray can be taken instead of or before taking antibiotics. I take it day to day just as general protection against infections. There are a multitude of reasons to take silver (anti-bacterial, anti-viral, anti-fungal) and it can also be used as a topical spray - on ulcers, cuts and wounds. It is safe for all the family, this includes children and pets!

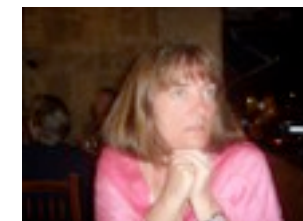
Article taken from: NaturallyHealthyPublications@sut5.co.uk

ZAVA BUGGY TO THE RESCUE

I recently received the following email from a friend after sending her distant healing. She was in so much pain that she was crying all the time – now, after three healings - she has stopped taking the pain killers! She has had two discs move in her back and this has caused nerve damage, which is causing pain in her leg.

Copy of email below.

Valerie Boylan



"I really appreciate your healing (you are aware that I did not believe in this kind of thing – I do now after I experienced your amazing healing). After I went for my X-ray I was in really severe pain, as you know, since the healing I noticed that it was not so painful and since then it is definitely so much better. I am so grateful to you for helping me through this really difficult time. I will certainly recommend healing to everyone I know – I am no longer a sceptical person!!!"

AFTER YEARS OF TELLING PEOPLE
CHEMOTHERAPY IS THE ONLY WAY TO TRY
(‘TRY’, BEING THE KEY WORD) TO
ELIMINATE CANCER, JOHNS HOPKINS IS
FINALLY STARTING TO TELL YOU THERE IS
AN ALTERNATIVE WAY ..

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has nutritional deficiencies. These could be due to genetic, but also to environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet to eat more adequately and healthy, 4-5 times/day and by including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc., and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

*CANCER CELLS FEED ON:

a. Sugar substitutes like NutraSweet, Equal, Spoonful, etc. are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little other meat, like chicken. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C)..

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-sence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells.. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit.

A proactive and positive spirit will help the cancer warrior be a survivor. Anger, un-forgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

1. No plastic containers in micro.
2. No water bottles in freezer.
3. No plastic wrap in microwave..

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

Recently, Dr Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially

applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin.

So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

This is an article that should be sent to anyone important in your life...

Heart Attacks and Water

How many people do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!!



Heart Attack & Water

Something else I didn't know ... I asked my Doctor why do people need to urinate so much at night time. Answer from my Cardiac Doctor -



Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack Please pass this to the people you care about...

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps.

Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Subject: Mayo Clinic on Aspirin - PASS IT ON

Mayo Clinic Aspirin Dr. Virend Somers, is a Cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.

The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. FYI, Aspirin lasts a really long time in your medicine chest for years, (when it gets old, it smells like vinegar).

Something that we can do to help ourselves - nice to know.

Bayer is making crystal aspirin to dissolve instantly on the tongue.

They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks -

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up.

However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 911. - Phone a neighbour or a family member who lives very close by.

- Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival and ...DO NOT LIE DOWN!

A Cardiologist has stated that if each person after receiving this e-mail, sends it to 10 people, probably one life could be saved!

I have already shared this information. What about you?

Do forward this message. It may save lives!