

## ALEX'S STORY

Alex's job is working with motor vehicles so his hands are his tools, and when he slipped and fell into the motorbike wheel he had just spun to clean and almost decapitated his right thumb his world stood still. Alex is a very calm energy; he did not panic. I'll let him take up his story.....



"As it happened my first thought was a plaster isn't going to fix this so I decided I needed to get to hospital as quickly as possible. On arriving at Medway hospital I was seen straight away. The thumb was cleaned and photos taken of the damage done. As Medway is unable to deal with these sorts of injuries they started making arrangements for East Grinstead to take charge. From that point they they gave me gas and air but it made me feel sick so I didn't take it, they also gave me oral morphine whilst they cleaned up my thumb but I didn't feel it worked. I went to see Fraz and from that first session the healing moved things on very quickly, the

swelling went down and I didn't need to take anymore painkillers, although the hospital kept insisted on giving them to me. Three days later they changed the dressing and tried to remove the stitches, 10 days later it was still very soft and looking septic, so I had to change the dressing every day for another week with iodine dressing to help dry it out so that the stitches could be removed. During the sessions I had with Fraz my thumb felt as if it was in a vibrating tube, it was as if the thumb was trying to get rid of the wire around the thumb, that was when I insisted that the tie wire around my thumb should be removed and yes it made all the difference in the movement to my right thumb. I had been told by my consultant that I would be unable to bend my thumb due to the fact that I had severed the nerves I would also have no feeling in the top part of my thumb. The healing process after the operation to remove the wire tie was very fast.

After 5 weeks the k wire (pinning down the bone) was removed, although originally the intention was for it to stay holding the thumb in place permanently and they wanted the thumb to stay in a splint for an additional 2 weeks. During all this time the Doctors and hand therapy nurses were impressed by my progress and I kept telling them about Fraz and her healing but only the therapy nurses listened and insisted that I keep going to the healing sessions as it was obviously working as the thumb was healing well and with good progress. The thumb is working perfectly now it bends but an added bonus is that the feeling in the top of the thumb is better than the undamaged thumb and you have to look really hard to see a scar."

Scientists and the medical profession are now saying that they believe we can regrow parts of ourselves that become damaged and unusable, well many of us know that our cells hold memory and once you clear the damaged cell the new cell remembers its blueprint or template and will rebirth itself in its original form. Alex is proof that this can be done and we have all had clients that have successfully rebirthed themselves, I know I have, the miracle for me is feeling their bodies understanding what it has to do to heal and then starting the process and for those people to understand they have done this themselves, once they understand that their bodies are talking to them all the time and that they need to listen they begin to understand the healing process and how everything is possible. I always tell my clients that I don't heal them, no therapist can heal anyone, therapists are the catalyst for the holistic system to remember what it needs to do to heal the mind, the body and the spirit but the client has to be ready to let go and allow this to happen.



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 Editor - Sharon Wise 01843 570190 [sharonwise@talktalk.net](mailto:sharonwise@talktalk.net)

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## HEALING GIVEN A MAJOR SCIENTIFIC BOOST

### Placebo Effect finally ruled out as reason for Healing's effectiveness

Recipients of Healing, Reiki, hypnotherapy, reflexology and yoga, among most other complementary therapies, have received a boost in confidence about the efficacy of their chosen practices, following latest scientific research ruling out *the placebo effect*.

Peer review published research recently presented to MPs in Westminster by the University of Northampton and the Confederation of Healing Organisations, tested non-contact healing in a series of separate trials on plants, cells, seeds, small animals and humans.

The results uncovered a fascinating phenomenon: When 'healing intent' was given to each of these categories, they produced an independent positive result. The evidence shows that healing intention can improve human wellbeing, and change the behaviour of animals, plants, seeds, and cells in culture, to an extent that was statistically shown to be very unlikely to be due to chance.

Sue Knight, chief executive of the Confederation of Healing Organisations, the charity advancing the practice of Healing, commented: "This groundbreaking scientific evidence has dispelled the notion that Healing's effectiveness is just a 'placebo effect' and is crucial recognition of the fact that healing intent can make a difference to wellbeing. We hope this will broaden the public's view about the role of complementary therapies within healthcare. We see the results of this research as the first step to changing people's perceptions about Healing, and we will support this process by sharing case studies, stories and crucial education about the world's oldest form of treatment."



### About the meta-analysis research:

- Scientific evidence for the effects of non-contact healing (published by the peer review title: **Explore: The Journal of Science & Healing**)
- Conducted by Professor Chris A Roe, Dr Elizabeth Roxburgh and Ms Charmaine Sonnex, University of Northampton

<http://www.the-cho.org.uk/education-and-research/cho-and-research/two-meta-analyses-of-non-contact-healing-studies/>

KENT INTERNATIONAL HEALING ASSOCIATION





HELEN SALMON  
CARETAKER PRESIDENT

It is a great privilege and an honour to step into the role as President of this fantastic healing association. I am very excited I have this opportunity to lead KIHA over the next year and implement some new ideas.

First of all on behalf of us all I would like to thank Pat the for the enormous amount of hard work that she has put into leading KIHA for six years. Pat is truly one of a kind, a fantastic role model and KIHA has been truly blessed to have her at the helm for so long. I am deeply grateful to have been trained by Pat and to have been nominated by her for this role. Pat has been a great mentor to me and I am look forward to continuing to have her expert support over the coming year in her role as vice president.

I am pleased to report that the Tutor Renewal workshops were a huge success. This was thanks primarily to the hard work of Mary Gay, our training co-ordinator who was well supported by Douglas Ballard, Sharon Wise and Mary's daughter Claire. We had 18 tutor members renew at either the Angel Centre or the Star of the East - delicious cakes, a hall mark of KIHA meetings, helped fuel the proceedings. (thanks again to Douglas). This was a wonderful achievement. We all agreed it would be a fantastic boost to our membership if each new tutor aimed to take on just one new student over the coming year. What an achievement that would be.

There was a great energy at the AGM this year. Thank you to all those who turned up and contributed to a lively Chat Room. It was a chance to get some feedback on new ideas like the use of "Meet Up" as a way for members to network, organise healing meetings and advertise (See below for more details). We also discussed the idea of introducing shorter "access" or "taster" courses for a new tier of student members.

A huge thanks to all those who volunteered to take these new ideas forward.

My vision for KIHA is to take advantage of the huge increased interest in healing and spirituality amongst the younger generation by providing a gateway for these young people to explore these areas under the expert care of our organisation. We are leaders in the field with our unequaled training manuals and we are also extremely lucky to be able to deliver affordable training to everyone.

As you know I have revamped the website and helped set up and run our Facebook page as a way of reaching out to the new generation of Internet savvy spiritually aware people out there. It does seem to be working. We are reaching new people, requests for healing or enquiries regarding training come in almost every week. We reached 450 people with one post on Facebook. But we needn't stop there. For all the drawbacks of the online world, it is still a marvellous way to reach like minded people, so we must continue to take advantage of this.

Finally I must thank those behind the scenes, most notably Tracey Munnings, our Treasurer and Membership Secretary. Each of these roles on its own is an enormous commitment and responsibility, but Tracey, bless her, does both single handedly, always with a smile. Thank goodness we have been able to update some of the equipment she works with during this last year. She also is behind the scenes booking rooms and ordering equipment, helping the organisation run smoothly as well as keeping up-to-date with our reports and accounts and filing the necessary spreadsheets with the Charity Commission. Thank you Tracey.

I would also like to welcome Lesley Green in her new role as Association Secretary and Claire Tonkin, who has joined the Executive Council and agreed to take on the the Website and Facebook. Thank you both.



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## Alternative medicine makes its mark

Complementary types of medicine can often be offered alongside more conventional NHS treatments and make a highly rewarding career for those who want to help others, but without working in a traditional role. By Niki Chesworth

**I**F YOU have migraines or chronic pain, your GP may recommend acupuncture. For sports injury or a bad back, you might seek out a osteopath, and if you want to give up smoking or lose weight, then hypnotherapy might be the solution.

Alternative health treatments are big business in the UK - with an estimated spend of as much as £5.4 million a year. Although this is dwarfed by the NHS budget, complementary and alternative medicine (CAM) is often offered as part of conventional medical treatments.

The most common ones that may be offered through the NHS - for example, through a private practitioner such as a physiotherapist or in a clinic at your local GP surgery - are acupuncture, aromatherapy, chiropractic, homeopathy, massage, osteopathy and clinical hypnotherapy.

There are several homeopathy hospitals in Britain including the Royal London Hospital for Integrated Medicine in Great Ormond Street, which accepts funded referrals, with about £5 million of the NHS budget being spent on these treatments each year.

However, most CAM practitioners are neither NHS-funded nor regulated by statute. That means individuals need to seek out qualified and regulated practitioners themselves, and those wanting to work in these roles need to be suitably trained and registered with the relevant professional body.

**CHIROPRACTOR OR OSTEOPATH**  
These two professions are subject to statutory regulation, with practitioners required to gain recognised qualifications from providers registered by the General Chiropractic Council (gcc-uk.org) or General Osteopathic Council (osteopathy.org.uk).

Osteopaths generally gain a degree in osteopathy or a master's degree, although there are also courses with accelerated pathways for doctors and physiotherapists. Degree courses, which include anatomy, physiology, pathology, pharmacology, nutrition and biomechanics, also include at least 1,000 hours of clinical training.

The Royal College of Chiropractors (rcc-uk.org) has more than 1,500 UK members with a requirement to have a master's level qualification, although a GOC-accredited degree is all that is required to practice.

Is it for you? If you like the idea of helping a variety of patients prevent injuries



Healing touch: complementary therapy practices range from Reiki reflexology and acupuncture to non contact healing

happening again, then these could be the jobs for you. Chiropractors and osteopaths need a highly developed sense of touch and need to be physically fit.

**ACUPUNCTURE**  
This may be offered by healthcare professionals such as physiotherapists, or by private practitioners. The British Acupuncture Council (acupuncture.org.uk) keeps a voluntary register of those who have been accredited by the Professional Standards Authority.

Acupuncture is increasingly part of mainstream treatments, particularly for pain, with courses accredited by the British Acupuncture Accreditation Board (baa.ac.uk) taught to honours degree level and including at least 400 hours in a clinical setting. Graduates can then join the British Acupuncture Council, London South Bank University, for example, offers a BSc in Chinese medicine and acupuncture.

Is it for you? Once again it is important to want to work directly with patients. And, of course, you have to be happy working with needles.

**HOMEOPATHY**  
Homeopathic hospitals do exist; and, despite the debate of the effectiveness of treatments, the NHS does refer and pay for them. The Faculty of Homeopathy (faculty-of-homeopathy.org) offers internationally recognised training pathways and

the Society of Homeopaths (societyofhomeopaths.org) registers homeopaths in the UK (with this register accredited by the Professional Standards Authority). Recognised courses are equivalent to a first degree and are part-time and last three to four years.

Is it for you? A strong belief in the effectiveness of homeopathic remedies is a must, along with interpersonal skills. Page Homeopaths work for themselves and can charge up to £60 for initial consultation and £15 thereafter.

## Acceptance growing for holistic form

"COMPLEMENTARY therapy has become normalised and widely accepted, rather than being considered alternative or fringe, as aspects of it once were," says Sue Knight, chief executive of the charity, the Confederation of Healing Organisations.

"It's the world's oldest form of treatment - complementary therapy complements mainstream healthcare. "Healing within complementary therapy, works holistically on the physical, mental, emotional and spiritual levels. Typical practices range from Reiki, reflexology and acupuncture to energy healing, among many others.

"With the wider recognition of wellbeing in both home life and, more recently, in the workplace. There's been a significant increase in careers in the various disciplines of complementary therapy from people of all ages and walks of life."

Internationally renowned energy healer Douglas Ballard (douglasballard.com) operates out of Canary Wharf and works with business people, royalty and celebrities, among others.

He says: "Being a full-time healer has been the most rewarding experience of my life. I get to help people suffering every aspect of the human condition. I help them through their dilemmas, pass on the healing energy, enabling relief to achieve vitality and wellbeing."

"The most typical issues facing my clients include stress, back pain, migraines, asthma and numerous other problems, with the emotional stress they bring."

"Some of the most fascinating healing milestones I've achieved over the years has been leading children with autism, who left them in a more attentive state."

For details, visit the [chc.org.uk](http://chc.org.uk)

and run a register which is accredited by the Professional Standards Authority and also provides information on training providers.

Training usually results in a diploma or certificate, with the Contemporary College of Therapeutic Studies (contemporarycollege.com) offering integrated courses in hypnotherapy, neuro-linguistic programming, psychotherapy and counselling.

The British Society of Clinical and Academic Hypnosis (bscah.com) also offers information on training.

Is it for you? You need to have a natural aptitude and must be confident and calm.

Page This can be higher than for other complementary therapies but clients only come for one or two visits, so there is often little ongoing treatment to provide a regular income. Hypnotherapists can charge £100 an hour.

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## The Secret Remedies of Different Cultures

Each country has its own wisdom, collected through centuries. It can be wisdom regarding literature, the ways of human interaction, or about how to make the best pasta. It can also be about medicine. Each nation, each people, have their own remedies in which they put stock, and today, we bring you that wisdom, backed by some cold, hard scientific facts.

### Sri Lanka

#### *Coconut to battle the fat*

A resident of Sri Lanka eats, on average, about 116 coconuts a year, and the people living in this tropical paradise have the lowest risk of obesity in the world.

The reason? Coconut oil is rich in fatty acids of medium length that absorb swiftly in the body, accelerate the rate of metabolism and calorie burn in the body, and give a lasting sense of being full. A study conducted on the topic found that consuming about 2 spoons of coconut oil a day, 170 gram or 300ml, can help the person lose about 1.3 kg a month.

### Austria

#### *Yoga to beat insomnia*

The use of yoga to decrease stress is known, but in Austria it is also used to battle insomnia.

According to a study by Pennsylvania University, a yoga exercise of about 20 minutes a day is just as useful as taking a sleeping pill. In addition, the yoga reduces stress, chronic tension and depressed moods within two weeks. The reason is that the gentle stretching and controlled breathing make the body secrete the GABA neurotransmitter, which has a calming effect on the nervous system.

### Indonesia

#### *Ginger to boost cardio health*

Indonesia has the highest consumption rate of ginger in the world. Locals don't just throw this tasty root into their foods, the use it to make tea, candy, bread and other foodstuffs.

They see it as a plant with great benefits for the heart - and are now backed up by science. Researchers from Stanford claim that half a tablespoon of ginger a day will reduce risk of clogged arteries by 27%, and it is also twice as efficient as aspirin at preventing dangerous blood clots.

### India

#### *Turmeric to stabilize blood sugar levels*

In India, turmeric is not only a tasty spice, but a medicinal material used to treat high blood sugar levels. Studies have shown that the active ingredient in turmeric - curcumin - reduces and stabilises the levels of sugar in the blood, as well as helps the pancreas secrete insulin when the blood sugar levels rise. One must take at least half a teaspoon a day for results.

### Japan

#### *Mushrooms to control cholesterol levels*

Edible mushrooms are considered food in Japan, but even more so as medicine. The average Japanese woman consumes about 8 kilograms (17 pounds) of mushrooms a year. Adding mushrooms to your daily diet can help reduce the levels of cholesterol by up to 30%, according to a study by Pennsylvania University.

### England

#### *Mustard to battle muscle pain*

Soaking in a hot bath with mustard seeds is a traditional English remedy for muscle pain. The unique build of the mustard causes the body to secrete toxins through the skin pores, improve blood flow, relax tense muscles and help heal damaged tissue.

### Germany

#### *Chamomile tea to battle gas*

This is an old German remedy that now has science backing it up. Stanford University researchers found that sipping 2 glasses of chamomile tea a day can reduce that bloated feeling as well as actual gasses in the digestive system.

The chamomile reduces the secretion of cortisol, a hormone secreted during times of stress which causes stomach cramps.

### Russia

#### *Garlic vs. Viral infections*

Russians use garlic when they need to battle colds, the flu and most other infectious diseases.

A study conducted by the University of Florida recommends consuming one clove of garlic a day. According to the study, garlic contains organic composites that help fight viral infections, and consuming one clove of garlic a day can decrease the risk of infection by 43%.

### Finland

#### *Coffee to battle depression*

The Finnish are among the biggest coffee consumers in the world - each of them sips, on average, 1,640 cups of coffee a year (that's more than 4 cups a day). When coffee first arrived in Finland in the 18th century, it was sold as anti-depression medicine.

Drinking 2 cups of coffee a day can reduce depressed moods by 34%, drinking 3 - by 42%. According to the study, the combination of caffeine with the antioxidants found in coffee, energises the brain and causes it to secrete anti-depression hormones such as serotonin and dopamine.

### New Zealand

#### *Honey to battle sinus and throat infections.*

Unpasteurized honey is a very common remedy in New Zealand for taking care of inflammation in the sinuses and throat. According to researchers from the Universities of Illinois and Amsterdam, the natural antibiotics and the enzymes in the unpasteurized honey destroy almost 100% of germs and viruses - including those that cause throat and sinus inflammations.

### Egypt

#### *Coriander vs. food poisoning*

Coriander is one of the oldest spices in the world, and a traditional Egyptian medicine for stomach problems. Now, a study published in the farming and food chemistry journal shows that the seeds of the coriander hastens the healing process after suffering from inflammation of the bowels and other stomach problems. Coriander kills the bacteria responsible for stomach pain, including E-Coli and Salmonella, by creating holes in the outer shell. So next time you have a really upset stomach,

mix one spoon of coriander powder in hot water and soak for 5 minutes. Drink 3 glasses of this a day until you feel better.

## Paula Carla Bellero

I am Paula, and I am a citizen of the world.

I am Brazilian as I was born in Brazil, raised in Portugal, my mother was Italian and I studied all my life in French. I travelled around the world since I was one and I was a happy little girl until my 4th birthday when I suddenly got a huge asthma attack. I mention this fact as it was a turning point in my spiritual life.

It disappeared as I became, 30 years old, 2 husbands and 3 kids later. I have always been an empathic and from the very beginning of my life, although studying Economics, I have been the counsellor / psychologist of everyone around me.

My mother used to say: You heal all your friends.

I am a good listener and good at advice not even knowing why. As I mentioned above, my 26 years of heavy asthma were essential for my spiritual path. Suffering by not breathing, consequently not being able to do things I wished to do and checking in hospitals very often, turned out to be the key to understanding better human beings. Eventually, this situation led me to heal people.



My father was spiritual. He was a chemical/pharmaceutical and studied a lot about numerology, God (or Source) and was connected to a Brazilian spiritual organisation based in Light and Love. I was introduced to it when I was 14 years old. Funnily enough science and spirituality seemed to clash, but in fact it didn't. at all.

As I was growing up I would feel uncomfortable in cemeteries, hospitals and crowded places.

I would eventually pick all the energies around me and, not yet prepared to protect myself, I would let others drain my clear energy.

I visited shamans and healers literally visiting them in the rain forest of São Sebastião, in the State of São Paulo. I had connections with mediums but I was a teenager at that time and all this unseen world would wrongly scare me.

A psychiatrist tried to do regression therapy with me, with no success at all. It was 1977.

I was impenetrable, nobody was able to hypnotise me. I am still very good friends with this old man.

I was then asked to work on my abilities at a Spiritual Centre in São Paulo.

Then, through a friend of mine who is clairvoyant and her mother who is a healer herself, my path became clearer. In fact, I had started that path years earlier but I wasn't aware of that.



I understood that you don't heal only by listening and feeling people's vibrations but also by putting your hands on them.

To be continued:





## Executive Council



### FROM THE VICE PRESIDENT ...

PAT SMITH CARETAKER VICE PRESIDENT

I am very grateful for being made an Honorary member of this wonderful Association.

I would like to thank the many members of the board that I have had the pleasure of

working with over the past six years for your dedication to the K.I.H.A. I am not leaving you just yet, as I have taken on this role for one year. It is an exciting time to be a healer as I think the time is coming when we will be in great demand and with the training our members receive we will be more than ready for this.



### FROM THE ASSOCIATION SECRETARY...

LESLEY GREEN CARETAKER SECRETARY

I am taking over this role from Helen Salmon and will endeavour to continue the excellent work of my predecessor.

I am looking forward to communicating with our members and hearing your news and stories. I hope that you will use me to pass on your information to our Executive Council.

The media are taking a greater interest in healing, and with our Facebook page and website, I hope that we will reach a wider audience and bring in new members. This is the way forward and we must keep up with technology.

I wish you all a happy New Year, and hope to meet / talk to our members through the year.



### FROM THE TREASURER-MEMBERSHIP SECRETARY

TRACEY MUNNINGS

A HUGE thank you to all our members. This year has been a positive year of transition and development for KIHA. Our membership has increased with new active full members and a further 9 students. Keep spreading the word, tell friends, family and strangers who we are and what we are doing - tell them about the website and Facebook; they can even like our page!

We are very grateful to all our members for their continued support and for all the donations made to KIHA. Taking this forward in 2016, we have registered KIHA for Gift Aid - we are now able to receive an extra 25% income from HMRC on top of the generous donations you make. So please remember to tick the Gift Aid box on your Annual Subscription Form if you make a donation; as this will enable us to claim the extra funds and it won't cost you a penny more!

There's an increasing spiritual awareness now - it's our responsibility to keep learning and developing as healers, so that we'll be here, ready to help and support the people that are feeling the pressures of today's world.

I hope that 2016 will bring you all mindful, healthy and prosperous lives. Wishing you all best wishes for a very Happy New Year!

## 10 Easy Things You Can Do Today to Cure Insomnia

The whole world is sleeping, but you're not – this is the case with insomnia. No matter what you do, you can't fall asleep and it's quite a hassle, especially if you have work during the next day. Insomnia is a condition that many people have. If you're tired of feeling tired all the time because you just can't get some shut-eye at night, here are 10 natural cures for insomnia.



1. Make your room more relaxing – Get rid of the TV, use dim lighting or keep your bedroom completely dark at night, and scent your room with lavender. Creating a relaxing sanctuary can effectively work against insomnia.

2. Do away with caffeine – Green tea, coffee, and chocolates may be rich in antioxidants but they will also certainly keep you awake. It's a substance that blocks that action of the natural brain chemical associated with sleep.

3. Be more active during the day – Expending your energy during the day will automatically make you sleepier at night.

4. Change your diet – Eat more of those foods known to help with insomnia such as fatty fish, sunflower seeds, sesame seeds, and nuts which are rich in Omega-3 fatty acids (or you can just take [Omega-3 vitamins](#) or [Omega-3 fish oil vitamins](#) if you don't like eating fatty fish and other rich sources of the nutrient). Also, incorporate foods rich in magnesium, B vitamins, vitamin C, calcium and iron. Remember, good health is key to overall wellness.

5. Regulate your eating habits – This will create a rhythm for your day and prepare your body for slumber at night.

6. Keep dinner light – Avoid meats, fatty and oily dishes that require complex digestion and will keep you awake longer.

7. Try [Sleep Aid Mist](#) – This is a unique proprietary blend of sleep enhancing nutrients, including Melatonin, Arginine, 5-HTP, and Ornithine, combined together with an easy-to-use mist system.

8. Meditate – This is an effective way to unload your mind of the stresses of the day which may be keeping you awake. Meditation can calm and alleviate insomnia and other sleep disorders, and it is able to balance the physical, emotional and mental components of your person, allowing your body to function properly.

9. Don't drink much at night – As much as possible, create as little disturbance to sleep. Drinking too much water before bed will create the urge to urinate in the middle of the night, and that obviously will ruin your sleep.

10. Treat yourself to a small cup of chamomile tea before bed – Chamomile has relaxing properties that can help induce sleep.

Few things in life have a bigger impact on your health and well-being than your sleep quality. Give these natural remedies a try when looking for a bit more shut eye.



## SCIENCE SHOULD BE ABOUT BEING OPEN

I am delighted to have been invited onto the Executive Council at KIHA and believe we have an exciting journey ahead, particularly in gaining the respect and recognition we deserve within the scientific community.

There are many scientists who do great things, but sadly there are people in the scientific community who don't really care about the ultimate goal of science anymore, which is expanding knowledge to improve life for the planet and its inhabitants. Science should be about being open to new ideas and testing them, not about summing up cold facts and data and blocking out everything that seems to contradict established beliefs. The reality, as we all know, is that energy healing can be traced back cross culturally at least 5,000 years. Contemporary science cannot yet deal with consciousness yet energy healing is at last receiving some attention in terms of its validity. KIHA can and should play an important role in the establishment of such knowledge and Douglas has already made inroads with an aim to this. I look forward to working with you all.

Claire Tonkin

## Healing through the inner child

We were once all children and still have that child-like part of us dwelling deep within. It's become lost in the forgotten deep unconscious part of us. Carl Jung called it the "Divine Child" and Emmet Fox called it the "Wonder Child." Some psychotherapists call it the "True Self" and Eric Byrne referred to it as 'the child within'. This is the part of us that knows all our secrets. It knows our fears, our insecurities, where we hold our pain and wounds, our deep rooted scars. Yet it's also the part of us that is 'the enchanted child', 'the innocent', the pure part of us that loves us unconditionally, the part of us that is creative and connected to the Divine within.

Rediscovering and working with my inner child has been my awakening. It has helped me to heal and release the past, to let go of feelings and thoughts to enable me to forgive and let go, or to seek forgiveness and release fear, blame, guilt, shame. These are all the emotions that keep us stuck in the past, preventing us from living in the Now. These are the feelings and thoughts we project or carry into our future. Working with freeing our inner child is the greatest gift we can give ourselves, and as healers it's important that we work on healing our own issues, clearing our energy and freeing ourselves of the past.

So get to know your inner child, teach him/her to trust, to accept, to tolerate and most importantly to forgive. Give them permission to let go and to be free.

Find out what they like, what makes them laugh, what makes them feel safe, what makes them trust you and make sure you let them know you love them, accept them and respect them.

Look in the mirror, look into the eyes of your inner child and tell them you love them. I like to look into the eyes of my inner child and say 'I honour the light in you'. It opens my heart centre, connects with my Divine spark of light within and helps me feel connected, whole and complete.

If your inner child is scared, hurt and withdrawn, then I suggest you send it lots of healing light, heal the energy connection with your inner child and then you can open the channel of communication and heal the bonds of love between you. I like to wrap my inner child in a blanket of healing Light and nurture and love that part of me.

The famous French philosopher Jean de la Bruyere once wrote 'The children have neither past nor future; they enjoy the present, which very few of us do'.

So, to stay in the Now reconnect with the child-like part of you and simply enjoy the present, it is after all the gift of life. Warmest blessings Marian Ryan



FROM THE MAGAZINE EDITOR  
SHARON WISE

Magazine Editor 01843 570190 [sharonwise@talktalk.net](mailto:sharonwise@talktalk.net)



### Letter sent in by Laraine Wicks

I would like you to know that a while ago I was suffering with a very sore head (internally, not outside on scalp) and I tried the pineapple core crushed, from an article in the 2015 magazine, just to see what would happen. Well after three day I was jumping for joy as it all cleared up and after three months has not returned. So I wanted to thank whoever sent that in and spirit of course. You don't know how happy and pain free I feel, that is due to kindness and love. Bless you all.

Thank you Laraine for taking the time to send that in to us, hearing that the research and effort needed to put together the newsletters is both useful and appreciated makes it all worth while.

If anyone would like to send in a note of your experience of healing or results from an article for publication they would be gratefully received, also if you have any suggestions to improve our association please feel free to contact me. All relevant contact details can be found in the K.I.H.A Directory enclosed with the Winter Newsletter.

On a personal note, some of you know that I have been dealing with fibromyalgia and chronic fatigue syndrome for the past couple of years and on top of that my thyroid and adrenals have decided to play up as well. I think the saying 'you are what you eat' is very true and this year I intend to test this out on myself, so in January I will be saying goodbye to wheat, dairy and sugar for starters and trying to improve my health through diet. I will keep a diary and let you know how I get on in a future newsletter.

I wish you all a very healthy, happy 2016  
Sharon Wise

website: [www.kiha.co.uk](http://www.kiha.co.uk)



## NEW EXECUTIVE COUNCIL MEMBERS ...

The board would like to welcome, Terry Tasker from Folkestone who has been a member for over twenty years, we are sure his experience as a tutor will benefit us all.

This year we also welcomed Marian Ryan from Woking another experienced healer and as previously mentioned Claire Tonkin from Ramsgate, we look forward to working with you all.



DISTANT HEALING ADMINISTRATOR ...  
ELAINE BURCH

The distance healing is going well, there seems to be a steady flow of requests. I would like to talk about distance healing in the future to you because it is an amazing gift that we can all send out, if you know of anyone who would like distance healing sent to them, please contact me.

For distant healing Elaine can be contacted at [elaine.burch@virgin.net](mailto:elaine.burch@virgin.net)



## GET OFF THE INTERNET ..... MEETUP



Chris Edwards

### Have you ever thought of using the internet to get off the internet?



Meetup is an online social networking portal, that allows users to have face to face real world gatherings.

Facebook connects you with close friends. LinkedIn connects you with your professional contacts. Twitter connects you with movie stars. Meetup connects you with people near you who are doing the things you want to do.

Meetup membership is free, and allows users to find and join groups unified by a common interest, such as books, games, health, pets, politics, movies, careers or hobbies. Users enter their town or postcode and tag the topic they want to meet about, and Meetup helps them locate a group to arrange a time and place to meet. Visit [www.meetup.com](http://www.meetup.com)

Meetup was founded in 2002 by American Scott Heiferman, with the mission of bringing people together locally. It now has members and local groups worldwide, making it easy for anyone to find one of the thousands already meeting up face-to-face.

Kent International Healing Association are planning to set up some Meetup groups, to help promote our Healing centres, and to attract new members.

We'd like to hear from those interested in this new and exciting way of promoting ourselves and raising awareness of Kent International Healing Association. Perhaps you're already running a healing group, or would like to help or start one, please just get in touch.

Watch the KIHA website [www.kiha.co.uk](http://www.kiha.co.uk) for more news on this great new development. And visit Meetup [www.meetup.com](http://www.meetup.com) to perhaps find something of interest locally.

## The Science of Happiness Workshop

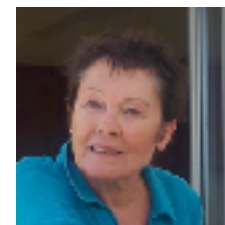
In the Summer Newsletter we enclosed a flyer with details of The Science of Happiness Workshop we were offering to members. At the time we did not give a set date because we did not want to book a venue before knowing how many would like to attend. Unfortunately we had a very poor response and had to postpone the event, so thank you to the six people who did respond, we will keep your details on file and try again to put this event on this Summer. The details will be announced in the next newsletter. Please do try to attend. As well as being very informative these workshops will give those of you who need to gain C.P.P.D's valuable points, it is also a chance to meet like minded people and socialise as well.

## MINDFULNESS WORKSHOP 2016

We are delighted to offer a Mindfulness for Self Healing Workshop on Saturday, 6<sup>th</sup> February, 1.00-4.00pm. The workshop will be presented by Aneta of More Than Yoga, at 82 High Street, Ramsgate. There are a limited number of places available, so book your place early.

Aneta says that this workshop is proving very popular with teachers at the local schools. It is likely to be very popular, especially at the special price for KIHA of £10 a head. As Mindfulness Self Healing is so important for Healers who, giving out so much to others, often put themselves last, Aneta has agreed that unsuccessful applicants will be shortlisted for a place at a future date.

Aneta's Workshop will explore how this kind of Meditation can be used to find an effective way of dealing with everyday challenges and stress.



## THE TRAINING CO-ORDINATOR ... MARY GAY

### TUTOR RENEWAL 2015

What a stimulating day it was at Tutor Renewal in the Angel Centre – we also had six new people joining our ranks of tutors



It was heartening to see their enthusiasm at Tonbridge and I am sure [Helen Salmon](#), London, [Tracey Munnings](#) Kent, [Wendy Wills](#), London, [Liz Hancock](#), America, [Marian Ryan](#), Surrey will bring in many more students. Also, joining is [Caroline Woodward](#), Aberdeen who comes as an experienced tutor from another organisation. It was quite lively with questions and answers.

Renewals were: [Elisabeth Lomas-Harris](#), Aylesford, [Jean Dixon](#), Aylesford, [Frances Smith](#), Chatham, [Sylvia Woodhouse](#), Littlehampton, [Katie Young](#), Maidstone, [Sharon Wise](#), Ramsgate and [Glenda Procter](#). Rye.

The Tutor Renewal at The Star of the East, Broadstairs was a lovely occasion, meeting new and old friends. Unfortunately, no new Tutors on this occasion.

Renewals were: [Lesley Green](#), Birchington, [Averil Parsons](#), Folkestone, [Terry Tasker](#), Folkestone, [Lidia Flisek](#), London, [Royston Jones](#), Margate, [Jean Humphrys](#), Ramsgate, [Eric Williams](#), Sheerness and [Valerie Sorrell](#), Westgate-on-sea.

The venue was ideal - many thanks to Karin Page.



We are also pleased to confirm that [Paula Carla Bellerio](#), London

and

[Claire Tonkin](#), Ramsgate

are now also fully fledged Tutors and [Mumtaz Vassanji](#) from Mozambique renewed.

Claire is now looking after our website and Facebook



### ASSESSORS

In 2015 we had three new Assessors join our Team. Many thanks to [Sharon Wise](#), [Jean Humphrys](#) and [Valerie Sorrell](#).

### AGM 2015

During the AGM we discussed going forward with a modular short course, aimed primarily at those unable to commit to the full two year training.

The short course will give a grounding in the basic principles and practices of Energy Healing and students will be able to use any credit accrued during the short course against the two year full course should they wish to continue their study.