



ANNUAL GENERAL MEETING
20th October 2018 at 11-00am Chat Room to follow
All members and students are invited to attend

THE ANGEL CONFERENCE CENTRE: ANGEL LANE, TONBRIDGE, KENT. TN9 1SF

K.I.H.A. is run by the members for the members. Please attend and voice your thoughts on how to take your association forward, maintaining its place at the forefront of healing. (3 CPPD points)

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 us.

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AU REVOIR SHARON



We have truly lost a wonderful person who lived for KIHA

Dear Members,

It is with regret that we report the sad loss of our beloved friend Sharon Wise aged 55. Sharon became a member in February 2000 and ever since was dedicated to the Association. She took over Membership Secretary in 2004 and proved to be a very strong member of the Board - she embraced Kent Healers wholeheartedly. Devoted to making our Association the best in the country, she took on the role of Magazine and Newsletter Editor and soon after became immersed in reshaping the whole organisation.

She worked, with other Board members, on a new training programme that included the Student Manual, Tutor Manual and Assessors Manual and then continued into developing the CPD programme.

Sharon was fully engaged in the building of our first website and involved herself in all the lectures and demonstrations. She toiled long into the night to meet tight deadlines, knew all of the Members and always had time for them in sickness and in their health. She was like an agony aunt, warm hearted and true to her namesake.

When Sharon joined us in 2000 she was not without health issues, yet she never told anyone how much pain she was experiencing and always put on a cheerful face. In 2007 she was diagnosed with fibromyalgia. She had a major foot operation that stopped her from working in the same year. Sharon was proud and no one knew she suffered financial hardship. Her lifelong physical and emotional pain inspired her to help others.

Just a few weeks ago she was diagnosed with secondary bowel cancer and was then told it was in every organ. Sharon was resolved to remain upbeat. She surrendered to the reality that life is finite but was determined to make good use of the time left. Sadly, the hour-glass poured faster than any of us envisaged.

She passed away on Friday, 24th November, 2017 at 1.15 pm when she was unable to support her own breathing. It was a happy release from a life of misfortune and pain. Sharon leaves 3 daughters and 4 grandchildren behind.

website: www.kiha.co.uk



KENT INTERNATIONAL HEALING ASSOCIATION

FROM THE VICE PRESIDENT

CLAIRE TONKIN

As the festivities edge closer I would like to extend season's greetings to all members. As one year folds another soon begins, marking a time for reflection and the setting of new intentions. We live in a time of frequent change and our association is no exception. The diversification of our members and their interests means our work is ever changing, our intentions however remains steadfast. We are energised by new involvement therefore I would like everyone to consider what role each of us can play in pulling together in 2018. To achieve our goals support is vital and I'm confident that between us we can make wonderful things happen.

FROM THE TREASURER-MEMBERSHIP SECRETARY

TRACEY MUNNINGS



A huge thank you to all our members for your continued support. This year has been another difficult year with the passing of Sharon Wise. She was such a valuable asset to KIHA and she will be missed terribly.

The new website is currently under construction and will soon be receiving enquiries for healing and how to become a healer We have plans to push ahead and let the world know we are here, even more so during 2018 with "meetup" based in Ramsgate and run by Mary Gay and Claire Tonkin.

If you have any ideas or suggestions for the Healing Awareness Week in May then do get in touch as we'd love to hear your ideas!

Please remember, when filling out your subscription forms, we are registered for Gift Aid - and 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!

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!

I hope that 2018 will bring you all mindful, healthy and prosperous lives. Wishing you all best wishes for a very Happy New Year!

Tracey x

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

UK Healers seeks to protect the safety of the public, enhance public wellbeing and supports Spiritual Healers in maintaining high standards of healing practice.

Spiritualists' National Union (SNU) A recognised UK Religion and Union of churches which include in their divine service Spiritualist Healing, which is a dedicated universal remedy provided by the spirit source which if utilised positively promotes wellness of body, mind and spirit.

At the same as helping the public become aware of how they can help themselves to 'Wellness' the Healing Forum will be raising money for a wellness charity

In a world filled with change and a medical fixation with pharmaceuticals we offer a different and much needed holistic approach to keeping our Body, Mind and Spirit fit and healthy whatever our time of life. Wellness is something we can all achieve even with a hectic and busy life or a slow retirement, Wellness has something for everyone, and Healing Awareness Week is there to help everyone find out how to be aware of how easy it is to change one's lifestyle for the better.

For more information, contact:

The Confederation of Healing Organisations

www.the-cho.org.uk or call: 0300 392 0021

or email: events@the-cho.org.uk

British Alliance Healing Associations

www.britishalliancehealingassociations.com

or call 01709 560462

or email: secretaryforbaha@gmail.com

The Spiritualists' National Union

www.snu.org.uk

or call: 01279 816363

or email: snu@snu.org.uk

UK Healers

www.ukhealers.info

or email: admin@ukhealers.info

Healing Forum

The future of Wellness with Healing Awareness Week

We have all heard the adage that wellness is all about the balance between our body, mind and spirit, well, our Healing Forum is just that, a group of like-minded organisations dedicated to promoting wellness in our society.

What the Healing Forum means by wellness is using a variety of complimentary therapies, supported by fitness, and dietary strategies to keep the body working at 100% efficiency, alongside lifestyle and educational ideas to establish a mindset where wellness can be practiced and the mind educated to follow beneficial approaches to life, while at the same time recognising the importance of the spiritual aspect of life often neglected in the stressful environment, 21st century modern living, brings.

Through a combination of these; Mind, body and Spiritual concepts the Healing Forum helps everyone to 'Wellness' in their lives.

Healing Awareness Week

Sunday 6th May 2018 to Saturday 12th May 2018

A week dedicated to promoting Healing for everyone, be they young or old there is a way for them, to help themselves to a more positive and healthy lifestyle. Showcased during this week, our member organisations will be offering a variety of ways to change life in a positive and achievable way.

Healing Awareness Week is supported by the four UK's leading Healing organisations all dedicated to the wellness for all and the maintenance of the highest standards of therapies available.

The Confederation of Healing Organisations (CHO) is the leading charity advancing the practice of Healing: promoting its benefits as a recognised complementary therapy by providing education, research and information to a wider audience of Healing and healthcare practitioners and society as a whole

The British Alliance of Healing Associations (BAHA) is one of the oldest and largest body of UK Healing Associations with many Associations representing a significant number of Healers. As a Regulator they work with the Department of Health, Skills for Health, The Doctor Healer Network, NHS Groups, and other Umbrella Healing Groups and International Organisations to develop the Standards within the Healing Sector.

SHARON

It's always a shock when an illness takes hold so quickly and within days, takes that person away from us - Sharon is no exception. She always had time for the members of KIHA over the many years she's been helping to run the organisation and spoke to so many, quite regularly ... she will be greatly missed. I've had some lovely personal messages from you all, as you've asked me to pass on your condolences to her family, and I thought it would be nice to share a few with you:

- She was a lovely person and a wonderful advocate for KIHA and spiritual matters in general. She will be sadly missed.
- I do hope that all the healing sent to her helped her to leave us peacefully.
- It was always like talking to a friend with Sharon she will be sadly missed she worked so hard for Kent healers. Prayers for her family and many friends.
- I'm shocked about the news! May her soul rest in eternal peace.
- Love and light for Sharon's journey..for her family and friends..and for all KIHA members.
- Thank you for sending the sad new she will be sadly missed.
- So sorry to hear about Sharon, there are no words that I can say but no matter what she will be ok now she has gone to a better place. It is so hard for the family and friends that are left behind.
- Our love goes out to her.
- Sharon was always so helpful whenever I spoke to her on the phone.
- Shocked to hear this Sharon is in my prayers, and healing being sent out to her family.
- It's such a shock, love and light to Sharon as she journeys onwards, and strength for those left behind.

For me, I agree with all of the above. She knew KIHA inside and out and it will be so hard to find a replacement for her. Sending love, light and healing to her family at this sad time.

Tracey xx



This is a photo of Sharon taken at the AGM in 2000 at Chilton Lane, Ramsgate, Kent.

I'm sure many of you can remember her then. Sharon expressed a great interest in healing and that she wanted to see healing become part of a mainstream complementary therapy.

That was the beginning of having a wonderful opportunity to work with her. She was always keen to help as much as possible and in many cases made KIHA for what it is today. Involved in all promotions and training and of course putting together our first News Letter and Magazine, which she continued to this day, always finding snippets of interesting advice to help us to improve our lives.

She will be sadly missed as someone very special.

Douglas x

THE HEALER

Olivia Newton John's nephew Charlie Goldsmith, 37, is on a mission to take energy healing mainstream. Goldsmith has volunteered in two scientific studies and an additional double-blind study is planned for 2018.

Goldsmith completed his first study on the effects of energy healing, at NYU Hospital in New York. It was published in The Journal of Alternative and Complementary Medicine in 2015. He treated 50 patients with reports of pain at a 76% success rate and 29 patients with non-pain problems at a 79% success rate. The study used a prospective case format which means that the patients in the study were observed during the study over a long period of time as opposed to a retrospective study, where the researchers would look back on previous cases to document patterns or changes. According to the research, "Most patients experienced marked, immediate improvement of symptoms associated with their chief complaint."



The research caught the attention of a Californian entertainment production company and landed him a TV show called, *The Healer*. On the programme Goldsmith explains the techniques whilst demonstrating them on various famous faces. In the latest episode he rids a toddler of the constant pain in his head, legs and back caused by two different conditions that limit hormone production. Although sceptics have raised suspicions on the credibility of Charlie's gift, researchers from New York University report that 'something real' is happening.

Goldsmith is determined to continue validating energy healing until medicine starts asking questions, such as: "Why is this happening? What is the difference between someone who can do this and someone who can't? And how can we utilise this, whether it be replicating it somehow through technology or finding people who innately have these abilities?"

Maybe in time Goldsmith will be able to turn all of his sceptics into true believers

IMPORTANT NOTICE

Gift Aid

As of this year we are now registered and able to claim Gift Aid on any donations that you make to KIHA. If you are a U.K. tax payer and you pay any kind of tax i.e. tax on wages, corporation tax, or tax on any savings you have; then all you have to do is tick the box on the membership subscription form and we'll do the rest. It won't cost you a penny more and KIHA can claim an extra 25% of your donation from HMRC; that's 25p in every £1 you donate. So don't forget to tick the box please ✓ and make a difference!

Insurance

There's an important announcement to say this year regarding insurance. In order to bring the insurance renewal and the membership renewal in line with the FCA Regulations we have to have a renewal date for both on 1st January 2018. Any membership subscriptions not received by then will mean the member will not be covered by insurance. So please don't forget to renew promptly by 31st December.

What a Great Way to Start a Saturday!



Happy 1st Birthday - Ramsgate Healing Clinic

We've had our difficulties but we wouldn't change any of it. There's been lots of laughter, some tears yet constant love and joy. We have been delighted with the positive responses and wonderful reviews received from our clients.

May our upward trajectory long continue!

Singing is officially good for you!

Established in 1876 The Bach Choir has been described as 'the finest independent choir in the world' (London Evening Standard). Nowadays, the choir is as likely to be recording a soundtrack for a Ridley Scott film or the Christmas TV advertisement for John Lewis as it is to perform a Handel oratorio. Members of the 250-strong choir rehearse every Monday night and audition regularly to maintain professionalism and ensure the right mix of voices. With a third aged under 30, members are drawn from all professions – from high court judges to students – and live in many different areas including Sevenoaks, Hildenborough, Rochester and Gillingham in Kent alone. "It's a good mix," says General Manager Nick Cutts. "It's a coming together of like-minded people who simply wish to sing for pleasure."

Closer to home is the Sevenoaks-based ladies' A Cappella chorus, Green Street Blues, which recently came sixth overall in a national competition, gaining first place in their mid-sized group. Member Jenny Gorniak puts their success down to the hard work and talent of their musical director, 2017 Barbershopper of the Year Ros Kipps.

"The singing is fun and a real stress buster," she says. "It requires hard work and focus but everyone has a part to play."

A number of research projects, including the Republic of Ireland's Sing Yourself Better, Canada's Connecting through Song or West Kent Mind's community singing pilot with Canterbury Christ Church University, have shown that singing helps with a wide range of physical, mental and emotional problems.

During the Mind project, a mixed group of people, including some with mental health difficulties, regularly sang together. The results showed clinically significant improvements in their mental health and wellbeing. Singing together built confidence, reduced distressing symptoms and helped them to feel happier and better connected with others. The D'Vine Singers, as they are known, are now independent, self-funding and perform regularly at concerts and local care homes.

Bach Choir member Dr Julia Palmer is a consultant psychiatrist. "Research shows that singing can improve wellbeing and behavioural problems in dementia patients who struggle with memory loss and incoherent speech. Music can play a part in unlocking memories," she explains. People with depression or schizophrenia are often isolated. Choral singing brings them together in a group without having to talk. "It's diversionary therapy, a communal activity that helps you to concentrate on something other than voices or paranoid fears," adds Julia.

West Kent Mind's Friday lunchtime 'Skiffle' group offers music and singing to the community at their Sevenoaks base, with the support of volunteer musicians. "We sing George Michael, The Beatles, Carpenters and everything else in between. It helps people feel good at the end of the week," says the charity's Marie McEwan.

On song

- The Bach Choir, visit www.thebachchoir.org.uk
- D'Vine singers, call 01732 744950 or email nicolawydenbach@yahoo.co.uk
- Green Street Blues, email gsbsingers@gmail.com or visit www.greenstreetblues.org
- St Thomas of Canterbury Catholic Church, call 01732 741693 or visit www.sevrcparish.org.uk
- Hospice in the Weald Choir, contact Hannah Bruce/Jenny Saggars on 01892 820558/01732 360243, email hannah.bruce@hospiceintheweald.org.uk or jennifgaye@virginmedia.com
- Rock Choir, call 01252 714276 or visit www.rockchoir.com
- West Kent Mind, call 01732 744950 or visit www.westkentmind.org.uk
- Tuneless Choir, call Sheena Wickenden on 07595 639145, email tunbridgewells@tunelesschoir.com, or www.facebook.com/tunelesschoirtunbridgewells

Quality of patient-therapist interaction can heighten placebo

Clinical research tries its best to find the true effects of a treatment above and beyond the placebo effect. It is widely acknowledged that benefits can arise purely from a person's expectations that a therapy will be helpful irrespective of its inherent benefits.

A study recently published in November in Health Psychology takes a noteworthy approach to the issue: instead of always seeing the placebo effect as "a nuisance variable with mysterious impact", Lauren Howe and her colleagues at Stanford University argue that we should try to find out more about how to enhance it. To this end, the researchers examined the possible influence of a therapist's manner, finding that the placebo effect is heightened by the impression of warmth and competence.

Howe wrote: "Among the many demands of a career in medicine, physicians have been increasingly directed to build rapport with their patients (e.g. by exhibiting empathy). This research suggests a sound reason for why therapists should pay attention to these psychological and social forces: They can impact physiological health outcomes."

The research involved 164 healthy participants who believed they were taking part in a study into food preferences. As part of this, participants were told that they would need to have an allergy test. A female doctor gave them a histamine injection to induce an allergic reaction that included swelling and redness. Post injection, the doctor applied inert cream to the injection site. The doctor told some participants that the cream would reduce the allergic reaction, while telling the others it would increase their allergic reaction.

Participants were divided into four further groups, for which the doctor adapted her behaviour to be either: highly warm and competent; low on warmth and competence; high competence but low warmth; or low competence but high warmth.

To appear warm for example, the doctor might ask the participant's name and give her own. In the low warmth condition she would not bother with these introductions. To appear competent, the doctor made eye contact and spoke eloquently (but did the opposite to appear less competent). Environmental cues added to the effect – for instance, in the high competence condition, the doctor's office was clean and tidy whereas it was messy and disorganised in the low competence condition.

After the histamine injection, the physiological effects appeared on the skin within minutes. The doctor traced the size of the unfolding allergic reaction. The results showed that the placebo effect was enhanced when the doctor appeared both warm and competent: that is, the allergic reaction was smaller when the doctor said the cream would have this effect, and when she was more likeable and credible.

This study suggests that placebo effects as a psychological phenomenon should be understood and harnessed to improve treatment outcomes. Such fascinating findings are ripe for further investigation.

SHARON

I have known Sharon for many years. We met, trained as healers together at Broadstairs Healing Centre and became friends.

Sharon was born and brought up in Ramsgate, where she cycled to school.

I remember her saying that on those journeys to school she enjoyed the wind in her hair in summer and even the fresh air on her face in winter.

In fact, Sharon never lost that love of the outdoors. She often slept outside in her garden at night, weather permitting, so that she could enjoy looking at the stars. She dreamed of becoming a full time nomad, free to roam, wild among nature. I hope she is now better placed to do so.

Sharon was a proud, generous and loving person - so much so that she was adopted by a stray, beautiful, tabby cat. Sharon called this cat Tiggy. It was clear these two free spirits loved each other.

Sharon also loved healing and gave many years of service to KIHA. She will be sadly missed.

Mary Gay

My enduring memory of Sharon is upon her return from Greece.

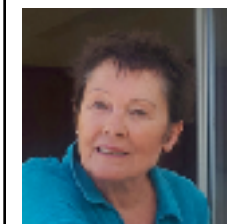
In the front room of my home in Ramsgate we debated the virtues of dolmades their many variations and elusive origins. Let's just say we didn't shed further light on the matter at that time but we became good friends. This is how I will remember her, sun kissed, a face full of life and an irresistible mischievousness of spirit.

I will miss Sharon. I will miss the joy of her presence and all she stood for. I will miss the good-natured banter, the sideways smile when she was about to make a remark that would make me laugh out loud. I will miss Sharon and everything we didn't get to do. No doubt she now knows the answer to the question of whether there is more to the spirit than just atoms and molecules.

I hope she is delighted by the answer. I hope to hear her tell me about it someday.

Claire x

FROM THE TRAINING CO-ORDINATOR... MARY GAY



Just a reminder that the Short Course, which enables students to give healing to friends and family, is up and running.

As you know, the hours on the Short Course can be deducted from the full Course if students wish to proceed to professional level.

If anyone is interested in finding out more about becoming a Tutor, please contact me. It is a sad time when any of our members die, and this year, a sad ending to 2017 with the death of Sharon our President. May 2018 be one full of health and prosperity to you all.

marygtonkin@hotmail.com

CONGRATULATIONS 70 YEARS

In 1974 two important events happened. Healers in Kent came together to form an Association and our Princess Elizabeth joined in union with Prince Phillip.

During the next 70 years names changed. Kent Spiritual Healers' Association became Kent Healers' Association, then grew to become Kent International Healing Association and Princess Elizabeth of course became Queen Elizabeth.

Another common fact is love - that between our Monarch and her "strength and stay" Phillip and Kent Healers to the sick and suffering.

Harry Edwards, whose public demonstrations promoted healing, wrote, "Neither ordination nor any form of theological training or academic courses can promote or induce the healing gift. It must come from the heart."

The 70th Anniversary of KIHA was celebrated with champagne and cake after the AGM.



A few words from Deepak Chopra

Magnetic fields are an important indicator of what's going on in communities. "You can correlate states of consciousness with states of biology using mathematical algorithms and correlate that with crime, with hospital admissions, with traffic accidents, with social unrest, with quality of leadership," he said. "I can tell you intuitively at this moment, the biofield of Syria is not a coherent biofield – or of Washington, D.C., for that matter. What does that mean for the state of the world?"

When asked what people should do to alleviate this discord, here was Chopra's response: "Create coherent biofields collectively – be the change you want to see in the world. You're not separate from that which exists – every shift in you creates a shift around you."

History made with Middle Eastern Peace Intention Experiment

10th November 2017



Lynne McTaggart reports:
Dear Readers,

The Middle Eastern Peace Intention Experiment ran yesterday, and what a historic event it was. We started late, largely because we had to wait 10-15 minute for Smart Ways Studios to reload their server; but once we did, there on nine screens were people from all over the Middle East – Arabs and Israelis – for the first time.

By some amazing fortuitous synchronicity, we held the experiment during the time that Dr. Salah Al-Rashed was running a Middle Eastern summit from his studios in southern England. There he has created a studio with the extraordinary capacity to beam out a teacher or facilitator to eight different screens. He had an audience in hotel rooms in eight countries – including several cities in Saudi Arabia, Kuwait City, Abu Dhabi, Oman, Bahrain Tunisia – plus an audience of Jews in Israel. All this was beamed to all our other participants from all over the world, watching on my YouTube channel.

All of us came together to send intention to the Old City of Jerusalem, which has four sections – Christian, Jewish, Muslim and Armenia. It's a symbolic gesture of peace because it is a place that truly belongs to the entire world. We chose Damascus Gate because it has suffered increased violence after new security measures were put in place.

Many of our participants cried during the event, but the most amazing part of all was what happened afterward. Through the ingenuity of Dr. Al-Rashed's technical team, each group from the different countries were able to speak to me and to the people in the other eight windows.

This was more than a historic first as many Arabs and Israelis have never seen images of each other before, let alone had an opportunity to communicate. Their only knowledge of 'the other' was what the politicians and the press have fed them.

Arabs from Saudi Arabia sent love to the Jews in the audience in Jerusalem. An Israeli woman there sent love back and said it was high time the women from all countries got together. 'Your God is my God,' said an Arab from Abu Dhabi. People on both sides were crying and laughing as they recognized the common humanity in each other.

Salah and I looked at each other in near disbelief. This was truly history unfolding before our eyes.

Last night we proved one simple truism. To solve a seemingly intractable political situation, you don't need politicians. You don't need violence or guns. All you need is people coming together as a group and praying as one.