



A VERY MERRY
CHRISTMAS AND A
HAPPY NEW YEAR

from

LINCOLNSHIRE
ASSOCIATION
OF HEALERS

LOVE
AND
LIGHT
TO YOU ALL

www.lincolnshirehealers.org



**LINCOLNSHIRE
ASSOCIATION
OF
HEALERS**



WINTER 2011

YOUR COMMITTEE

| | |
|-------------------------------------|-------------------|
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REMINDER

Any ideas or opinions expressed in this newsletter do not necessarily reflect the teachings of the Lincolnshire Association of Healers.

This is your newsletter, and anyone is welcome to submit articles, letters, poems for publication. Comments welcome, honest! Come on, don't be shy! Copyright remains with the author.

Submissions should be sent to:
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All submissions and articles are accredited wherever possible.

www.lincolnshirehealers.org

Deadline for next issue: 30 March 2012 (ish!)

Front cover: Turkeys at Hillside Animal Sanctuary, Norfolk

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QUIZ ANSWERS FROM PAGE 10

1. To reduce by one tenth
2. Long sight
3. A horse. It is a spirit of water in Scottish folk-lore.
4. Catherine Parr
5. Sir Galahad
6. Fear of pins and needles
7. Boxer
8. A clowder
9. Seven
10. $\frac{1}{4}$

Hello Everyone.

It doesn't seem true that we are heading for Christmas once again. Mind you, the tinsel has been in the shops since July so we shouldn't be surprised!

I am now plagued with a homing pigeon that will not home. His little compass has gone awry, I feel, and now he lodges with me. I would never had believed that one small bird could make such a mess. He was very poorly at first. He roosted on top of my car and his breathing was very bad. I managed to get hold of him once, to his disgust, and he was very thin and wheezy. Our local place, Natureland, which has flights, told me they had so many non-homing pigeons that they couldn't take anymore! Stop feeding him was the advice. How could I refuse that little beak, I ask you! I waited for him to pass to spirit, but Lo! What should arrive but a buxom wild female pigeon who has rejuvenated the invalid. And now you can guess how, and why I know my sat nav challenged feathered friend is male! Now there are two of them on the windowsill every morning. Oh, well.

This edition brings more of the Aged Seer and news of the BAHA saga which I am letting flow over me otherwise I could get deranged. We also have notification of two poetry competitions—one is ours and one external which may be of interest.

Don't forget to let me have your letters, ideas, submissions and moans and groans (yes, even those are welcome!

May I wish you all a very Happy Christmas and brilliant New Year and thank you all for your invaluable support and kindness in 2011.

Love and light to you all

JAY xxxxx

CHRIS'S BIT

Christine's Bit!

Hi everyone. I hope your summer holidays weren't spoiled by the not-too-good weather we had. I suppose we shouldn't grumble too much, we chose to live here and must agree that the UK is a great place to be compared to other parts of the world where there have been an array of different problems this year.

On the healing front we seem to have come to a lull in operations, but I know that will change in the New Year when we send out your renewals. I appear to be at a loose end when I have nothing to do (in the office!).

We did run a Tutors' course at the end of October and 10 people came along- some to become Tutors and others to have a refresher, so to speak. It was a lovely day and good to meet members who are so enthusiastic about healing.

I would like to thank those who came from

STOP PRESS

I have been asked to squeeze into the newsletter the sad news from Lois Cheney that Gainsborough Healing Centre has closed after 26 years.

During this time the Centre has been involved in caring work with cancer sufferers as well as being concerned with animal healing.

This centre will be sadly missed by all those who loved it for its caring work, but it was felt that it could not continue due to illness in the group.

We wish Lois and her group members all love and light for the future.

Throughout this transformational journey, it is important that one recognizes and copes with the various stages. Seek the companionship of like-minded souls, to be part of a healer group can be very supportive.

Take time out for you to relax and play. Be aware of the energies around you and aware of the company you keep. Be also aware that old energies (some people) are no longer compatible and will by the laws of selection, quite naturally move away from you. This very often can create problems where relationships and friendships are concerned, but understand that as you evolve spiritually, you are becoming a tuning fork for others who may well need to move on in their own right, a kind of release mechanism. You must allow this to be without regret or guilt.

Be ever aware of the need to take care of your subtle energy field. Stay EARTHED and CENTRED, and listen to your body's needs.

Thanks once again, Bob. Can we now look forward to Part Five?

Swaffham armed with food to feed the 5 thousand, it was very thoughtful. I didn't have to do much at all. I hope they enjoyed it as much as Jim & I did.

Your renewal card is enclosed, keep it in a safe place until you are ready to send it off. Remember to get your "early bird bonus of £4" by getting them back to us by end of March, (February if you can). After the 31/03 it will be £24.00.

That's all folks!

L & L

CHRISTINE



IN MEMORY OF -

FREDA ROLFE who passed to spirit
in August - a well loved and
respected medium,
Healer, philosopher and teacher in the
Norfolk, Kent & Lincs
areas.
Now reunited with Ernie.

AND NOW FOR OUR CHAIRMAN!!!

Hallo! Another year nearly over, a year of success for the LAH. Some five or six members did not rejoin us in the New Year which was very sad, but we have more than made up for these losses. New healers are coming forward to find out about our organisation and to join the various healers groups. The existing groups continue to expand and new groups are starting up, which is not just good for us but great for the healing movement as a whole.

The New Year will bring a fresh crop of problems, and opportunities to succeed. My old boss used to tell me that there was no such thing as a problem, and that hurdles in your way were just the chance to get over them and win the race. I have found through life that his philosophy has generally proved to be correct.

In May/June next year we will be having our Annual General Meetings, so please come along and let us know how we can be of help to you. All suggestions will be listened to and if we can then we will do whatever you ask of us. If you would like to serve on the Committee then please put your name forward we will always welcome new people with new ideas.

One suggestion is that your Committee should organise a weekend retreat for members - a weekend which would include talks on healing, a clairvoyant evening, and a chance for people to meet and talk.

and peers and of course personal experiences which together have made us what we are. We are what we think. Of course to dispense with much of one's apparent personal foundation requires considerable courage for it represents in many ways our safe place, created usually by those we love and/or respect, and that in itself can well present issues of guilt.

However, isn't that what growth and evolvment is all about? The only fact that one can be sure of is that you are life happening now, at this very moment, not yesterday and not tomorrow. but now. The rules have changed in many respects and we need to adapt to the present, for that is where your power is, that is where your light is, that is where divine consciousness is experiencing itself. Adaptation must be perceived from now making changes if necessary, applicable to the moment and not to yesterday's rules. This is the tricky part, but once we realize this we begin to see clearly that many of yesterday's rules are in fact purely baggage that we need to discard for it does not truly support the present. The negativity which in many ways supports yesterday's rules serve only to dim one's Spiritual Light.

The Ramblings of an Ancient Seer. Part four.

Some esoteric schools of thought teach that healing is the highest form of spirituality, others teach that healing is part of the spiritual development process. Most however agree that as we aspire to broaden our spiritual perspective and reach greater heights of spiritual awareness we will also encounter a balancing mechanism. This may take the form of greatly increased sensitivity. We may become so sensitive as to feel we are unable to cope with our day-to-day life, our environment seems chaotic and unstable, we may even feel cut off, vulnerable and confused.

Many healers as part of their journey or training, are faced with challenges and tests of personal strength mentally and emotionally. Circumstances in one's life may dramatically change. The greatest tests often come from within as the healer undergoes an inner transformational process which mirrors their spiritual development. This can bring to the surface old issues and patterns that are no longer relevant to one's life and that need to be cleared. That is easier said than done for many of the patterns come from past programming by parents

The suggested venue is a centre in Scarborough sometime next May or June. I have contacted the venue and it would seem that the cost for the weekend, Friday evening until Sunday afternoon, would cost approximately £150 per person. This charge includes all meals, the use of a hall, and fresh seaside breezes.

We have included a sheet inside this magazine with all the details. If you would be interested in attending this event please fill in the form and send it back to me so that I can gauge what interest there is out there for such an idea.

Do have a great Christmas and a successful New Year.

Love and light

Jim Perkins (Chairman)

I'M JUST TAKING THIS BIT OF SPACE TO THANK CHRISTINE AND JIM FOR ALL THEIR HARD WORK ON BEHALF OF THE MEMBERS OF THIS ASSOCIATION.

BLESS YOU BOTH!

AND NOW....NEWS FROM STARLIGHT AT SKEGGY!

On Friday 25 November the group held an 'Evening of Clairvoyance and Carols' with wine and mince pies. There were four mediums at the event and it was enjoyed by all who attended. During the evening Committee member Pat Ellis presented a cheque for £150 to Deputy Commander Mr Neil Bunce of Skegness Fire Station.

The last service of the year will be held on 11th December at 6.30pm when Starlight will close for its Christmas break, re-opening on Sunday 15 January 2012 when John Chapman from Skegness will be the medium. **Any queries, please phone 01754 810680/880594.** Starlight Group meet at the New Pavilion, Wainfleet Road, Skegness. www.starlightgroup.info.

2012

| | |
|-------------|---------------------------------|
| 15 January | John Chapman, Skegness |
| 5 February | Arthur Wright, Wrangle |
| 19 February | Valerie Morrison, Sleaford |
| 4 March | Joe Beckett, Horncastle |
| 18 March | Pauline Richardson, East Kirkby |
| 1 April | Ian Dowty, Sleaford |
| 15 April | Trish Wheeler, Lincoln |

ALL MEETINGS START AT 6.30PM

FRIDAY 30 MARCH 2012 7.30-10.00PM
 DEMONSTRATION OF MEDIUMSHIP
 WITH PAULINE SIMPSON AND PAT ELLIS
 TICKETS: £8

CONTACT ABOVE NUMBERS FOR DETAILS

members to let me know what it is that you want and expect from our parent body. If you have any suggestions - ones which I can repeat please(!) - let me know before the meeting and I will put them forward.

Of course, our voice is only one of some 60 members of BAHA, so although I can put suggestions to the meeting there is no guarantee that my suggestions will be accepted.

Well, I hope that you all have a splendid Christmas. It's hard to think that another year is almost over. It must be true that the older one gets the shorter the years become.

All the very best

Jim Perkins

If you use your mind to try and understand reality
 You will understand neither your mind nor reality
 If you try and understand reality without using your
 mind

You will understand both your mind and reality.

Bodidharma

Actually, this has nothing to do with BAHA, but it could do! I just found it in my Buddhist book. Jay

QUIZ

1. What does 'decimate' mean?
2. If you were hypermetropic what would you have?
3. What form does a kelpie take?
4. Which of Henry VIII's wives survived him?
5. In Arthurian legend who found the Holy Grail?
6. What is belonephobia?
7. Name the principal horse in George Orwell's 'Animal Farm'
8. What is the collective name for a group of cats?
9. How many sides has a twenty pence piece?
10. What is $\frac{1}{2} \times \frac{1}{2}$?

ANSWERS ON PAGE 22, FOLKS!!

We have received this recently. It may be of interest to all you poets in our Association who hide your light under a bushel, as me old mum used to say..

Now is the last chance for a member of Lincolnshire Association of Healers to write a prizewinning poem about their town. Your poem could win you £1,000 in the Local Poem Competition. It's free to enter this annual competition and it's open to all UK residents, young or old. All you have to do is send up to three poems about life in your own home town or area to "Local Poem", United Press Ltd, Admail 3735, London, EC1B 1JB or visit the website www.unitedpress.co.uk and enter online, or call 0844 800 9177.

The best poem will win £1,000 cash and you can send up to three entries, which must be no more than 25 lines and 160 words each.

"The competition is designed to encourage more people to get involved in writing poetry. Your entry can be about something or someone from your home area," explained a United Press spokesman. "We find that poems written from personal observation and experience are the most heartfelt and expressive, so we're expecting some great entries."

Last year's winner was Pamela Griffiths from Sheffield and previous winners came from Bristol, Oxford, Stafford and Rotherham. Previous winning poems have been about village life, a river, a tower, a country walk and local history.

The closing date is December 31st 2011. For further information contact 0844 800 9177 or email info@unitedpress.co.uk.

Don't forget our own poetry competition with a closing date of 31 May 2012. This time it's poetry or prose. (Limited to 40 lines poetry, 500 words for prose. Any spiritual subject. £3 each entry. Send to the editor)

JOURNEY OF DISCOVERY

Have you ever watched rain going back to the sky?

It's a glorious sight to the trained eye

Each droplet dances as it slowly drifts on
the journey as it is drawn by the sun.

I watched with wonder today

We have so much to learn the spiritual way.

There is so much to live for, and so much to learn,

The more we see, the more we yearn.

There really is no time to get low

The deeper you look the more you know

A television aerial emits a different pattern when in
use

So does a telephone cable which hangs quite loose.

When you have a moment to spare

See what you can notice that you didn't know was
there.

Just slow your vibrations and trust there is more

And you will be rewarded for patience, I'm sure.

So, friends, enjoy your journey through life

You'll see that beauty outweighs the strife.

This is from Gill Spendelow of Spalding who gave me this poem at the AGM. I had to hold it over until this edition. Thanks, Gill. More please. I was typing this out and felt at a really low point. Such wise words. Helped me a lot and made me think, so thanks again.

Jay

WELCOME!

Welcome to all new students who have joined us since the Spring edition of this newsletter.

NORTH

Mrs M Dean 30A

Mr P Spiers 31A

Mr G Jorgensen 32A

SOUTH

Ms Carmo Ferro 33A

Mrs L Bruce 35A

Mr John Asbury 354

(former member)

CONGRATULATIONS to all who have passed their assessments and become Full Healer members.

Also many congratulations to new tutors:

Mrs G Jukes

Mr R Gomes

Mrs K Hughston

Mrs J Gibbon

Mrs K Pullen

RAMBLINGS OF AN AGED SEER (part 3)

(This is from our Bob Eldred, of course, who gets younger!)

There is an ancient philosophy which says: *If I put my head on that rock and you hit it with that lump of wood I can tell you what it feels like.* It's got something to do with the need to know, I think. Anyway that is me. There is nothing like personal experience for helping one to straighten out any learning curve.

I am not happy with accepting anything ad lib-I have to get to the very foundations for the answer. Such was the case when I underwent a regression session some years ago:-

Having been guided by my tutor into a very deep altered state of consciousness, almost trance-like, I found myself astride a horse giving instructions to a group of foot soldiers from the time of the Roman Empire. I was dressed as a centurion, Presumably-red cloak over a shiny breastplate and an equally shiny helmet with a red plume, all very resplendent. *Well, I remembered thinking, I can go with that. I've seen "The Robe" and "Quo Vadis" - it's all a clever bit of imagination.* I felt I had some idea what the dress would have looked like according to the cinema, and to be a centurion suited my ego admirably. There was, however, one soldier who was not a legionnaire. The dress was totally out of place, somewhat lavish with polished helmet with spike on top. His features were finely shaped Arabic in nature with a long trailing moustache and short beard. *He doesn't fit in,* I thought.

Arranged in neat squares on a large plain in front of me were hundreds of Roman troops, bristling with weapons, shields and banners, and, to my right, a walled city under siege. Local trees had been felled and used to construct a number of towers from which archers were wreaking havoc upon the populace below - something like modern-day snipers, I suppose. Many fires had been started, which were evident by the palls of black smoke

were being used to beat the city into submission. I remember feeling very much for the plight of the victims, and thinking to myself: *Fools, why do they resist, do they not realise how better they will fare under the banner of Rome?* I would never know the outcome, for then I saw myself later, lying fatally wounded. At this point, thankfully, my tutor decided I'd had enough, and brought me back.

I found the experience quite profound, notwithstanding the presence of my somewhat overactive imagination. However, what was to follow was far from imagination. Later that week I went to the Grimsby Library, intent on a little research. There was something about that vision that required answers-something that I, as an ex-service man, should have been more aware of. I found nothing - that is, until I was about to leave the library. In passing through the library's Gardening section I noticed a book which was protruding considerably from the shelf, ready to fall, I thought, so I pushed it back. It was entitled, as far as I remember "The Fall of the Roman Empire"! In the Gardening Section?! I opened the book to find a double page depicting the battle in my vision, and, in a large format detailed picture, my answer. The whole approach of attack was questionable, as was the logistics. From my experience the outcome of the battle could have been achieved more successfully with modern style tactics. Oh, and the odd soldier? I found him eventually in the film "Gladiator". He was a member of the elite palace guard of the times - a Syrian.

While for me the experience was very real, does it prove, I wonder the reality of Past Life Regression? I don't think so, that is, of course, unless one can prove the relevant facts. I can't in this case. However the case for past life regression as a therapy for trauma and phobias in a healing situation is valid and successful cases are well documented. So it remains my personal unproven experience which at this time I have filed under "Odd". **Weird, more like. Cheers, Bob**