**10 INSIGHTS**

1. What you seek for others you find for yourself.
2. A heart full of joy is better than a hand full of coins.
3. Pebbles that bring you joy are better than diamonds that bring you sorrow.
4. When bad things happen to you become wiser, not bitter.
5. The beauty that is in you is greater than the ugliness around you.
6. If you go to bed angry you have robbed yourself of the chance to wake up happy.
7. Letting go of sorrow gives strength to carry happiness. Letting go of anger gives strength to carry kindness. Letting go of fear gives strength to carry hopefulness. Letting go of resentment gives strength to carry gratefulness. Letting go of disappointment gives strength to carry joyfulness. Letting go of avarice gives strength to carry contentedness.
8. Love subtracts sorrow, divides trouble, adds blessings and multiplies joy.
9. Happiness cannot be bought with money, cannot be acquired by degrees, cannot be realised by power, and cannot be earned by honor. It can be won by kindness, gained by charity, attained by goodness, and achieved by love.

10. Pleasure will make you happy for days. Wealth will make you happy for weeks. Honor will make you happy for years. Love will make you happy for a lifetime.

**As I Pondered...**

***I came to the conclusion  
that, as human beings  
composed of mind, body,  
and soul, we must nurture all  
three to achieve our highest  
happiness.***

***Author Unknown***

**WELCOME NEW MEMBERS**

These are the new members that have joined since the last newsletter

Ms Ann Davies 140A (Stamford)

Mrs Rachel O’Brien 141A (Lincoln)

Mr Stephen Webb 142A (Spalding)

Mrs Dawn Brown 143A (Peterborough)

Miss Amber Young 144A (Spalding)

Mrs Tracey Young 145A (Spalding)

Mrs Jill Eve 146A (Peterborough)

Mrs Rosalind Rimes 147A (Peterborough)

Mrs Zena Richards 148A (Peterborough)

Mrs Maria Kocel 149A (Bourne)

Ms Cheryl Nuttall 150A (Deeping St James)

Mrs Claire Hymas 151A (Deeping St Nicholas)

Mrs Gemma Barnett 152A (Spalding)

Mrs Denise Hall 153A (Stamford)

Miss Kirsty Webb 154A (Holbeach)

Miss Sharon Webb 155A (Holbeach)

Mrs Sue Telfer 157A (Louth)

Mrs Annette Blake 158A (Bourne)

Mr Gary Early 159A (Spalding)

Mrs Rosemarie Fordham 160A (Market Deeping)

Mr Matthew Skoyles 161A (Kings Lynn)

**Welcome** Marion Frisby 156A who has joined the LAH from another organization.

May you all enjoy your training over the coming months.

**~~~~~~~~**

Congratulations to those who have upgraded to **Full Healer Status** since the last newsletter

Miss Christine Lake 125A (Kings Lynn)

Mrs Caroline Davies 120A (Spalding)

Miss June Lander 119A (Lincoln)

Mrs Maria Marwaha 118A (Lincolon)

**~~~~~**

CONGRATULATIONS TO

Miss Sarah Rollitt 134A (Lincoln)

Bowny Bown 450 (Lincoln)

**On becoming Tutors**

**~~~~~~~~**

**Vanessa Johnson-**[**CATVAN13@outlook.com**](mailto:CATVAN13@outlook.com)

**Jo Kendall –** [**kendall1970@hotmail.com**](mailto:kendall1970@hotmail.com)

**Rita Lawrie – Rita.Lawrie@hotmail.co.uk**

**LINCOLNSHIRE ASSOCIATION OF HEALERS**



**September 2017**

September already I hope you have all had a marvelous summer as we now head into Autumn.

In June we attended the AGM at the Louise Centre in Grimsby. There were a number of changes, as both Jim and Debbie stepped down from their LAH Positions. The new Chairperson is Deyarna which left the Vice Chairperson position open, this was filled by Shelagh Thomas. The new secretary is Joanne Kendall.

**~~~~~~~~~~~~~~~~**

**Note from our new Chairperson Deyarna**

We have experienced some glorious summer weather, let’s hope it lasts a bit longer.

Many of us have enjoyed watching Wimbledon but even if you are not a tennis fan, one cannot help but admire the tenacity and determination, the fitness levels and mental and emotional stress involved along the path of the players.

Whatever we do at work or play, be grateful for and treasure the moment. We are co-authors of this play we write for ourselves so that we may grow through our challenges. Be sure to allot time and space each day just to BE and acknowledge the importance of YOU.

Have you visited a special place? Have you relished beautiful food? Could you recommend an enlightening or funny book or a walk? Please share a few words with us – a poem, a sentence or two, a picture. Your communication is eagerly awaited.

Our gardens are wonderful to behold at the moment I am enjoying harvesting potatoes, beans, courgettes and lettuce from my vegetable plot. The cabbage whites have had their fill too!! What say you?

My many thanks to those wonderful beings of light who voted me in as Chairperson. God bless all.

On behalf of all members, past and present of the LAH, I would like to express a huge thank you to our retiring

chairperson Jim for steering the Association onwards and upwards as they say.

His unceasing commitment to all members, his bountiful knowledge and compassion has been a steadfast influence over the years, long may he continue to guide us.

Please accept this gift of a personalised pen Jim as we know you enjoy writing as a token of our appreciation.

Wishing you a happy retirement from the chair. I only hope I can be as valuable as you.

Many, many thanks for being a guiding star.

Love and light always,

Your new Chairperson Deyarna



Jim, receiving a Pen for his many years Service as Chairperson. Happy writing Jim!

**NOTE FROM GEORGIE BAHA REP**

Hello everyone,

Thank you to all members who have expressed an interest to attend the BAHA AGM’s as visitors. Good to know so many of you are wishing to offer your time.  
  
Anyone wishing to find out further information regarding future meetings please contact myself with name and contact details:

[Angelwonder@btinternet.com](mailto:Angelwonder@btinternet.com)  
  
Places are limited according to BAHA constitution and LAH visitors names are submitted a minimum of one month prior.

Members attending with the LAH’s BAHA representatives are not permitted to vote however are welcome to come along.  
Visitor costs incurred for travel and lunch are the responsibility of the individual member themselves or at the discretion of LAH executive committee.

Infinite gratitude Peace prevail  
Georgie Hunter (BAHA rep)

**A BRILLIANT POEM**

A brilliant light from up above,

Like a beacon of God’s love,

Dispels the darkness with its rays,

Lights up the path, to right our ways.

The warming rays, like from his Son,

To save our soul, when this life is done.

To thaw cold hearts, and let love grow,

To enrich the spirit reaping what we sow.

Open up your heart, and open your mind,

With God’s bright light, inner peace you will find.

Step out of the shadows and into the light,

Let God enter your soul, and make things right.

By Bill Hoenveld

**NEWS FROM LAH A.G.M**

There was plenty enthusiasm from Members at the AGM, along with questions that were duly answered.

Although there were no amendments made to the Code of Conduct at the time of this meeting, a couple of choices were put forward for Tutors and their Trainee Students.

Two topics arose regarding Tutoring-

Firstly the use of the Student progress assessment sheet -

Secondly: a need for references when a Student is going forward for their Full Healer Assessment.

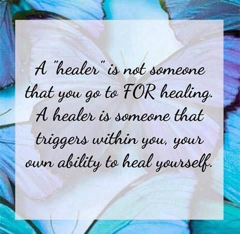
The outcome to both topics is that it should be optional, that it be left to the personal choice of the Tutor and Student- whichever they would like to do.

**What is Healing?**

Healing is not about curing it is about  leading a compassionate and  caring way of life.  By being there and listening  we can help the world to heal too. Healers are not special people  with gifts  they are  just like anyone else;  but have made a choice to share their  love of life and  learn how to  concentrate and direct the Natural  Energies that  flow through the Cosmos all the time.   ‘

**From Honorary member Maureen Traves**

Maureen was one of the founders along with Len.



**Opinions**

As Deyarna has already mentioned we would like you to contribute, this Newsletter is your Newsletter, so please let us have your contributions, opinions, poems, recipes or anything else you would like included in future editions.

We wish you all an enjoyable Autumn and Christmas period.

The next Newsletter will be in **January 2018.**

We look forward to receiving your contributions being included in 2018.