

# TOWARDS WHOLENESS



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£2.50

The **Friends Fellowship of Healing** is a Quaker Recognised Body in the Religious Society of Friends. (*Registered Charity number 284459.*)

Since its foundation in 1935, it has sought to uphold the cause of a healing ministry, and seeks to be a channel to help people towards health and harmony of body, mind and spirit, which it believes is God's purpose for everyone. It has prayer groups attached to many Meetings, and also postal groups to enable isolated people, and those who may be unable to join a local group, to co-operate with others in the service of healing prayer. The Fellowship holds conferences, retreats and workshops held either at a residential centre (*Claridge House, Dormans Road, Dormansland, Lingfield, Surrey RH7 6QH*) or elsewhere. All members annually receive three issues of **TOWARDS WHOLENESS**, the journal of the Fellowship, published in March, July and November.

### **ANNUAL FEES**

(which include all necessary insurance/materials/newsletters etc.)

UK FFH Member	£15
Overseas FFH Member	£21
QSH - Full Healer	£35 (inc FFH Membership)
QSH- Probationer	£35 (inc FFH Membership)
QSH - Full Healer/Probationer insured elsewhere	£21 (inc FFH Membership)

Cheques, payable to Friends Fellowship of Healing, should be sent to The FFH Membership Secretary, 52 Ridge Road, Middlestown, Wakefield, W Yorks. WF4 4QP

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Donations for the work of the Fellowship are most welcome.

Cover photo: Fly Agaric, by Pauline Frykman

**FFH/QSH** Web-site: [www.quaker-healing.org.uk](http://www.quaker-healing.org.uk)

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The Postal and Phone Link Groups give prayer support to people seeking reassurance and healing. Some members have joined these groups because they are physically isolated by handicap, age or geography. Others may already belong to a local healing group and are able to give additional commitment by also belonging to one of the postal or phone link groups, or are simply committed to the power of prayer.

All are welcome to join. If you would like to help in this way, please write the Postal Co-ordinator, **Maureen Anderson**, (*contact details on inside cover*) with a few details about yourself. Your letter will be passed on to one of the group secretaries who will then contact you direct and give you the names of two or three people to uphold in prayer regularly.

Talking Friends holds recordings of Towards Wholeness.

Anne Brewer records them and sends to Talking Friends for distribution to Friends with visual impairment. The subscription for one year is £3 for TW publications.

[www.talkingfriends.org.uk](http://www.talkingfriends.org.uk)

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## DISTANT HEALING FROM HOME

Elizabeth Angas suggested that we have one Need we pray for each month by *Holding in the Light*, doing this alone, but joining all together on the first Friday of the month at 12 noon.

- |       |                                                                         |
|-------|-------------------------------------------------------------------------|
| Dec   | The control of populations so there is housing and facilities for all.  |
| Jan   | The development of a fairer, more equal world.                          |
| Feb   | An understanding of justice and compassion by all, so crime is no more. |
| March | The prevention of conflict and unrest in the world.                     |

Please see <http://www.quaker-healing.org.uk> and choose “An Extra Way of Distant Healing” for more information.

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Our courteous Lord wants us to be as homely with him as heart may think or soul may desire. But let us be careful not to take so carelessly this homeliness as to leave courtesy. For our Lord himself is sovereign homeliness, and as homely as he is, so is he courteous. For he is true courtesy. And the blessed creatures that shall be in heaven with him without end, he will have them like himself in all things. And to be like our Lord perfectly, it is our true salvation and our total bliss. And if we do not know how we shall do all this, let us ask our Lord, and he will teach us, for it is his own desire and his worship. Blessed may he be.

Julian of Norwich: A Revelation of Love, chapter 77.

## **QSH Training Course 21-25 September 2020**

### A Facilitators Take on the Quaker Spiritual Healers Course during Covid-19.

What a difference from last year! We were doubtful whether to run the course or not – however there were students willing to attend so we felt we should try.

There was the usual preparation of ensuring that there were sufficient copies of the student handbook, notepads, pens etc. as in other years, but also additional considerations to be Covid secure: a Risk Assessment for the use of the training room with guidelines for the students to keep them safe. Then the procurement of facemasks and visors, hand sanitizer as well as cleaning wipes, disinfectant sprays for masks, surfaces and for fabric chairs.

So we arrived to the same lovely welcome with smiling faces – although covered by a visor, from the Claridge House staff. A few changes to the rooms with fewer chairs available for seating and plenty of fresh air with windows open allowing for good ventilation throughout the building. A bit more paperwork to complete and additional Covid house rules, but we were there in the same incredible atmosphere of peace and calm.

Claridge House had a limit to the number of participants on the training course with a maximum of eight. This was to ensure that sufficient distance could be kept between us in the training room. There were 2 facilitators and 5 students, so plenty of space with us all spread out around the edge of the room.

The start of the first session covered guidelines on how to keep yourself and others safe in the training room. This was followed by a round of introductions talking about how our spiritual journeys had



resulted in us being on the course. These were quite detailed, however I think they provided insights that helped to bring us closer in these distancing times.

What about the contact healing, an important part of the course? This we carried out with facemasks and visors, following the government guidelines on close contact working. Wearing the PPE was hot and uncomfortable to say the least but there was no alternative and it was still important for the students to get the practice they needed to feel confident in carrying this out.

The rest of the course was covered as time allowed and included energy centres and chakras, auras, energy fields, scanning, meditation, visualization, anatomy & physiology, stress management, listening skills, self healing, and distant healing. We also introduced the concept of healing one to one online, a new opportunity for these current times. Although most of the students have signed up to join QSH as Probationary Healers, the Covid restrictions certainly had an impact on the course.

The Claridge House staff were marvellous as always – but there were a few other changes to keep us safe. Our chosen menu items for breakfast were delivered outside our bedroom door on a tray. Lunch was also on a tray with hot soup, salad & hot food in separate containers. Supper we could all have in the dining room – socially distanced of course. Still the same delicious vegetarian food served plated. One evening we had a BBQ in the courtyard, followed by time around the fire pit – it felt very Spiritual.

What next for these uncertain times? We will look at creating an online course in addition to the residential course at Claridge House.

Anne Le Marinel



Ruth Jones   Gervais Frykman   Pauline Frykman   Maureen Morant  
Lee Britten-Jones   Anne Le Marinel   Diana Hurd

In the afternoon of September 21<sup>st</sup> 2020, a small group of Friends and Attenders came together in Claridge House for the Quaker Spiritual Healers training course. We immediately felt the healing spirit of the house despite or perhaps because of the enormous lengths the staff team had gone to to ensure we would all be Covid Secure during our stay. Although the buffets had to be replaced with meal trays, bento boxes and plated meals, the food was as delicious as ever and the staff fell over backwards to make sure we had everything just the way we liked it.

The QSH training course has been developed over time in such a way that it gathered and shone through palpably by the end of the three days. Add to that the ‘special something’ that Quakers bring to enrich even the simplest practices, and there was soon a supercharge of

healing energy filling the training room. The lovely gardens also played their part, offering soft moss to walk on barefoot until the summer weather broke into autumn, and then we had the trees to canopy us against the first rains while we worked together, learning how to conduct healing energy for each other.

It would be great to carefully expand the training to make it accessible to a more general population who do not (yet) have a Quaker grounding as both The Society of Friends and QSH have so much to offer that is needed in this day and age.

*Ruth Jones*

Day 2 of the training was on a memorable date: Tuesday 22nd September - Equinox where night and day meet with that Alignment of Divine Love energy.

The course covered - Quaker discernment, Chakras, Aura Energy field...

It was a beautiful sunny day after lunch. I with the support of the Claridge house staff, course tutors, Friends, and attendees shared the soil and planted an immortal Peach Tree in the auspicious grounds of the garden.

As a Black Woman, I planted for a Better World to recognize the Trauma Healing and Growth needed for Black Lives to be Whole in the Spirit of my ancestor Sojourner Truth (who had strong associations with the Quakers) alongside the effects of Loss on a Global community due to Covid.

Mother Earth nourishes, transforms, connects us, which was demonstrated as we had a delicious barbeque, the friendly conversation leading on to our night campfire sitting silently on wooden logs with the odd comment spurting out, crushing noises of the unseen animals in the woodland bushes, the vibrant colours shining through the smoke-filled atmosphere with the twinkle of the stars and protecting breath of the Trees.



It was an enchanting experience which ended with us walking slowly using our senses and lanterns to get back to the house.

I went to bed surrounded with heart centred vibrations of Quaker Spiritual Healing. Amazing: it works! *Maureen Morant xX*

I enjoyed specially the sitting on the cut tree trunks in the beautiful gardens on the day of Autumn Equinox looking at the blazing flames in the firepit under the dark skies feeling in touch with heaven and earth. *Diana Hurd*

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And I saw no difference between God and our substance, but as it were all God.

Julian of Norwich: A Revelation of Love, chapter 46.

## **QSH TRAINING ON-LINE**

The FFH committee is seeking to explore the provision of QSH training using Zoom.

Initial thoughts are

- Train the Trainers.
- Free taster Zoom session of potential students, explaining the course, the commitment, timing, process and cost. This could be about £50.00, very much less than the residential course.
- Introductory session to allow all the students to meet each other on-line, arranging networking etc.
- Deliver the material in modular form using Powerpoint.
- Maintain an electronic log of candidate's attendance of Zoom lectures.
- A simple on-line assessment at the end of each lecture to ensure the candidate fully understood the material.
- Allocate Mentors to students to help with their development.
- Facilitate physical contact healing practice with an element of practical training with the Tutors.
- Arrange a final assessment, either locally or at Claridge House.

Would those interested in receiving QSH on-line training for Probationer Healers in this manner please notify the Editor.

When we work as a channel for healing energy we immediately engage with a multitude of subtle energies, the longer you work the more you become aware of over the years.

However God is perceived, he has a complex hierarchy of helpers at many levels who are keen to be of service.

For my own part, I generally speak of "Spirit", because of my experience whilst working for many years.

To work with Spirit is indeed a privilege and we should always be grateful for the opportunity.

So, when working with Spirit you will have best results when you view that relationship as reciprocal. In that regard they will sometimes provide you with something that is materially tangible for your practical feedback. One way of doing this is via physical sensations, to show that the energies that are being channelled through you are real. Each occasion is independent, but may be linked to other similar occasions - they are letting you know how you and they work together. So everyone one will have a unique experience. That's why I say that this can't be "taught". As a mentor it is imperative to get to know a student independently to discover the way that individual works. (Having "students" introduced me to a vast variety of working methods).

To return to the sensations: they are letting you know one of several things, which is for the healer to figure out. It may be for you or your patient or both. You will, over time build up a repertoire of sensations that will be meaningful and help you know more of what you are dealing with.

With regard to you treating your patient it may be to guide you to where energy is needed.

For your patient it could be something that is meaningful to them. In your case it could be that [name] needs circulation improved in that area.



For yourself being left handed it could be to confirm that the energies are being transmitted in that direction - left to right - never let a rigid instructor insist that energies can only be transmitted in one direction, that will only restrict your abilities. Your aim is to develop to be the highest calibre of healing channel that you can muster. That is done by going with the flow, learning from what Spirit give you, listening to patient feedback and even keep notes to build your repertoire. The more you do, the more you learn, and learning never stops. One of my students had energy circuit the same as yours. Most have right to left transmission. Another had both directions simultaneously! We need to celebrate individuality!

With regard to tangible patient results, I spoke of haemoglobin being favourably affected. I once worked with a patient diagnosed with Leukaemia, whose tested haemoglobin shot up: proof for both of us, as a 2nd sample was personally tested by the hospital head pathologist!

For more info on this, if you speak nicely to Anne (LeMarinel), she may scan and email some research by American Nursing University professor, Dolores Krieger, who had an article called "Therapeutic Touch" in the "Nursing Times" in 1976.

She conducted blood tests immediately before and after healing and showed that much of the blood chemistry was improved following healing, Haemoglobin being the one most affected.

You are on a fascinating fulfilling journey - embrace it!

12 August 2020

## **DOWSING - A PERSONAL JOURNEY**

*Hazel Barker*

(Dundee Quaker Meeting).

### **WHAT IS DOWSING AND HOW CAN WE LEARN TO DOWSE?**

Dowsing is a form of divination. From ancient times, people have found underground water by using forked twigs which, in the hands of a dowser, will bend when walking over the water. Muscle testing as practiced by a kinesiologist, pendulum dowsing, and simply dowsing with the fingers or the whole body, are also forms of dowsing. Pendulum dowsing is the most widely used. In answer to a question to which the answer is Yes or No; the pendulum swings to the right or to the left. In my opinion the pendulum is an amplifier; it is the body itself which responds. I taught myself to dowse for health over 30 years ago after visiting a therapist who used muscle testing for food and environmental sensitivities. Afterwards I tried the muscle testing on myself, successfully diagnosing the cause of my excessive fatigue, which turned out to be a reaction to natural gas from Bunsen burners and chemicals in the laboratory where I worked. I made some changes to the way I worked and my fatigue got better. It was then a short step to pendulum dowsing. After a while I found it slow compared to simply using my fingers for the same answers. There are three possible answers, Yes, No, and in between in Maybe, which can also mean Try Phrasing the Question in a Different Way. I can 'think' a question, or visualise a situation, or for the greatest accuracy, write it down precisely and dowse over the written sentence as true or false. Examples where dowsing is useful is to ask about food or supplements while asking the question 'Is this food/supplement good/bad for me? It can be made more specific, like asking whether a food is a cause of, say, stomach ache. I often use dowsing for guidance, by asking 'Is it for the good that I should do/say such and such?' When we are ill or in pain and we don't know the cause, and we have come to the end of the help that doctors can give, dowsing can be very useful. Dowsing can guide us to the doctors and the complementary therapists who

might help, and after each session we can ask the question ‘Would it be beneficial for me to attend another treatment session with so-and-so?’ We can use dowsing to confirm or extend our doctors’ diagnosis, with a little medical knowledge and help from the Internet. I have suffered for many years with a facial neuralgia. Dowsing has been invaluable to me for confirming to me the likely source of my pain (damaged nerves after a tooth extraction) and for helping me find a therapist who would benefit me (surprisingly, a particular osteopath). I don’t attach too much credence to my answers. I don’t generally act only on the information provided by dowsing. I always remain sceptical of my answers. I know it is possible to get wrong or misleading answers, usually because the question is meaningless or formulated hastily. Sometimes, though, I may act in some way against the dowsing guidance and regret it. An example was having an elective operation for my neuralgia; however much I desired for the operation to have a good outcome and reduce my pain, the dowsing relentlessly told me it would be partially successful but unsuccessful long term. I didn’t believe it. I had the operation anyway because I needed to know for sure one way or the other. I was pain free for five weeks afterwards and then the pain returned in full and I have been numb in my hand ever since. Dowsing is useful for guidance. A trivial but useful example is for writing emails and texts. We can often dash them off without thinking very much, and can inadvertently cause offence or hurt or simply strike a tone by mistake that can be misconstrued. If I’m writing a difficult email or texting about an awkward subject, or to a sensitive person, I ask ‘Can I send this?’ If I get the answer No, and I often do, I take care to re-read it and change it around, delete bits of it, add to it, until I get the answer Yes. Sometimes I never get a Yes and I ask ‘Should I send an email?’ I get the answer No and simply have to delete it altogether and the text or email never gets sent. It is always for the best. I wrote a text just yesterday to someone I was a bit fed up with. I wrote a perfectly polite message and asked if I should send it. To my surprise answer was No. What was wrong with it? Nothing. Then I checked my feelings and instead began the text ‘Good morning,

George,’ ..... the answer was now Yes and the text was sent! My conscious mind has to be in the loop in order to obtain the movement of my fingers. There has to be a question asked, either in my thoughts or written down. Writing down the question, and letting my fingers move over the words on the paper is the most accurate way of dowsing. It makes the question objective rather than subjective. Sometimes I realise that I may have asked two questions in one - we only get an answer to one of them at a time so the questions need to be posed separately. Or the wording might not be accurate or clear. I find that precise and accurate questions give the best information. Nowadays we can learn to dowse in 7 minutes on You Tube! There are books too, with ideas on how to use the skill. Basically it just needs a well balanced pendulum, centre the consciousness, and be aware that the pendulum is an extension of one’s body. Ask a question you know the answer to, like ‘Is my name .....’ set the pendulum swinging forward and back gently, and let the pendulum move to the right or to the left for Yes and No. There are also courses run by the British Society of Dowsters. BSD publishes a magazine and has meetings and conferences and events, an online shop, local groups and lists of therapists who use dowsing in a much more detailed way than I do. Often, I find these therapists and other dowsters I have met or read about are into ‘wacky stuff’ that doesn’t appeal to me. I like to keep my dowsing scientific and testable and I don’t want to go into these areas. There are plenty of questions within our everyday lives for which the additional sense provided by dowsing can be useful.

## HOW DOES DOWSING WORK?

It could be surmised that dowsing for health is simply random, but all my experiences suggest that isn’t the case. Dowsing could be a communication between the conscious and the unconscious. One’s unconscious mind controls most of the workings of our bodies; digestion, breathing, heart and circulation, etc all carry on without our having to think about them consciously. We might conclude that our

unconscious minds know exactly what foods are good for us, or what might give us a stomach ache; that breathing in the small amount of gas fumes made me unusually fatigued; and that our unconscious minds know what ails us at the level of the body and its working parts. The unconscious mind perhaps has a much wider intelligence than that, knowing what is good for us in our lives, as in the example of the text which began 'Good morning'. There is usually no communication between our two minds, except, perhaps, through dreams. Dowsing may be a way to access the knowledge and wisdom of our unconscious minds. When I dowsed and the answer is Yes, I can feel a change inside the right side of my brain, there is a feeling of a one-ness with the outside, as though my thought is not confined to my brain. When the answer is No, it is as though there is a barrier to my thought. Perhaps far fetched, but it feels as though there is a Truth Field with which my consciousness merges; when my thought is true, it is in harmony with that field; when it is false, the barrier comes down.

## DOWSING AND VISUALISING

For me, putting together dowsing and visualising has been a powerful way to reduce pain and lately, a way to finally find out that a virus was causing my year long flare-up and to use visualisations to eliminate it. I began to experiment with combining dowsing and visualising to reduce the pain of a facial neuralgia from which I have suffered for many years. Visualising was more effective and lasted longer to centre my consciousness and be aware of my seven chakras while visualising. It was essential to ask for the remedy, - be it anaesthetic, colour, light, or something else - to come from outside of oneself. It was more effective to incorporate dowsing with my visualising. I would dowsed for pain in the nerve pathways and found that one source of the pain at that time was above the extraction site of an upper molar tooth. Visualising an anaesthetic injected into that site greatly reduced the pain. I would write down 'Pain blocker needed in the site of my extracted tooth' and dowsed over this statement for truth. Writing it

down highlighted ambiguities and enabled me to view myself from the outside. Then I would visualise the remedy - and anaesthetic - being injected into the site. Then I would dowse over the statement again and the answer would be No. As measured by dowsing, the anaesthetic would remain in place for the day, but needed to be done again the next morning. Another effective method was dowsing for nerve pathways transmitting pain was to see them coloured red. I would then visualise the red nerves soaking up a green light, turning the red to green which was my colour for a resting nerve. Recently I have enjoyed the best pain relief of all - not by trying to control pain directly. After a sudden bad relapse, I was eventually able to identify the cause as an outbreak of active shingles virus in the nerves of my face. The effective visualisation for the shingles virus was to open to a silver light from above, like a flow of molten silver, saturating the nerves and de-activating the virus infection. I have learned a lot more about how to dowse and visualise with the silver light and my pain control has continued to improve. Amongst other things I can now allow the silver light to absorb the virus, and take it out of my nerves and dispose of it into the environment. This means I only need to visualise for each area once, so I can build on the progressive elimination of the shingles. The silver light also seems to deactivate and eliminate bacteria and to cut out a neuroma that I identified by dowsing. I think it possible that dowsing detects and defines patterns of vibration. A nerve that is transmitting pain signals has a particular pattern, as does a nerve which is infected with a virus. Perhaps by asking for the silver light, the colours and the pain blockers, which come from outside of myself, I receive reflected back to me an equal and opposite pattern. This might serve to cancel out the disharmonious pattern, and restore harmony. If anyone would like to know more or thinks they might be able to help me progress with healing myself from the shingles outbreak, and particularly if you are a fellow amateur dowser and would like to make contact, I would welcome an email to [hazelmargaret63@gmail.com](mailto:hazelmargaret63@gmail.com).



Just like so many meetings throughout the country, we, at Wokingham now meet using the Zoom platform every week. I am the host for the Meeting and have this unsettling feeling of Power as I mute everybody at the beginning of Meeting. I can also remove people from the Meeting as well if necessary – not yet utilised thank goodness!

We have held a variety of meetings, Meeting for Worship on a Sunday, MfW for Business, Spiritual Development Group and two Healing Circle Meetings a week. We have felt, with all the meetings that there is a strong feeling of being connected, even though we can only see or hear each other. There is always a feeling of a lot of energy being generated, especially in the Healing Circle Meetings, and a feeling of togetherness or oneness – we are all in this together.

The Healing Circle Meeting was the first one I set up using Zoom. When we met in person we had a scripted format. This I took with little change into the Zoom Meeting – the holding hands however had to be imaginary! Any contact healing was also replaced by an Intention to recover and Visualisation of the person or people being well, but apart from that the scripts were much the same.

However one of the benefits of being on-line is that Friends from all over the country can join in, our Healing Meetings are a case in point with FFH members from various locations including Berkshire, Bristol, Harwich, Norfolk, London, Sheffield, Sunderland and Wakefield often joining into the on-line sessions. In addition several other Friends join in through the ether, although not in person.

I'm well aware that we are not the only Healing Group utilising the internet at this current time. My search to update the Healing and Upholding Group List gave me the following insight across the country. Some groups utilise Zoom for their meetings and have been very

successful with an increase in numbers attending. However many other groups continue to meet virtually at the same time in Spirit. With a list of names requiring Distant Healing, technology can be an unnecessary distraction! The frequency of the meetings varies, often weekly, with one group meeting virtually every day for a Midday Healing Minute!

One thing that is regretted is that we are unable to give one-to-one contact healing at present. However as the Meeting Houses are opened up again for Worship, maybe there will be the opportunity to give some proximity healing whilst observing the social distancing requirements! It must be remembered that Meetings for Worship are always opportunities for healing for individuals, those in attendance and at a distance, relationships and wider concerns.

What does the future hold for our Healing and Upholding Groups? I believe that even after we return to meeting again in person, the use of Zoom will continue for some of the groups in addition to this, with other groups continuing to meet virtually. If anything the impact of Covid-19 maybe to increase the number of meetings however they are held and not result in a decrease as I had initially expected!

## **SUBSCRIPTIONS FOR 2021**

These are due as from 1 January 2021.

The rates are shown on the inside front cover of this issue.

Standing Orders (preferred), please see the note from the Treasurer.

Cheques can be sent to the membership secretary.

You can also make payment via the FFH Website

[www.quaker-healing.org.uk](http://www.quaker-healing.org.uk), and choose "Payment" from the menu at the top of the home page.

## **Annual Subscriptions paid by Standing Order – A Plea from your Treasurer and Membership Secretary**

We like to encourage members to pay their subscriptions by Standing Order. However, there are a lot of anomalies with existing standing orders, particularly those of some years standing, which are causing some administrative problems.

Many Standing Orders fall short of the current subscription rates of £15 for FFH members and £35 for QSH members.

Some members, however, are paying through more than one Standing Order over the year which means they are paying the required subscription or more overall, although any one Standing Order payment may be less than the required amount.

The reference on the bank statement for some Standing Orders makes it hard to identify the payee. The clearest ones are those which include full names and/or membership numbers as there may be more than one member with the same surname.

Would members currently paying by Standing Order, therefore, please check that they are only paying by one Standing Order a year (ideally going out in January each year), that the amount covers the current subscription rate for your category of membership (see above) and that the reference includes your full name and/or a your four figure membership number.

If you require a new Standing Order form, please contact the Treasurer, who will send you one with a designated reference.

**‘THEY MIGHT COME IN’**      *Monika Ditmas, from ‘One Bird Flying’*

In memory of my mother

The hoard is growing. Endless cardboard boxes,  
all shapes and sizes, with a knitted scarf  
unused in years, plus battered picture frames,  
some still containing sepia photos  
of long-dead friends who used to make her laugh.

Her cupboards ache and groan. The bulging loft  
is spared renewed invasion, since she can  
no longer climb to it. It's now the floor  
that bears the brunt, hosting a growing pile  
of newspapers, worn slippers, cotton rags.  
'They might come in, you never know, dear, do you?'  
deflecting censure with a gentle smile.

I miss her as I go to throw away  
useless possessions, her remembered voice  
still playing in my head. At the same time  
I know that I congratulate myself  
on having settled for the better choice.

And yet I also have a precious hoard,  
the words of poets, prophets. Some will say  
they are outmoded, useless, that I am  
sadly deluded in my estimate,  
it's proven facts, not words, we need today.

Would it be sensible to disavow  
the value of these sayings? 'When I tread  
the valley of death's shadow, I will have  
no fear, for you are with me.' Should I now  
consign this, useless, to my memory's bin?  
Again I hear that voice from long ago,  
and speaking now with certainty, not hope.  
No, hold it fast! You'll find it will come in.'

Reprinted by permission.

Effortlessly floating feather,  
spiralling on rising thermals,  
drifts so softly through the aether,  
high above our little circle,  
as we meet in distanced grouping,  
silently, in grassy garden;  
gathered worship forced by Covid,  
on-line meeting now no longer.

Feather, fragile yet resilient,  
stays aloft, in lightest motion;  
yields in time to ground's absorbance,  
lands, now part of Earth's devotion.  
On the lawn, in all directions,  
scattered evidence is proven;  
many tiny downy feathers  
from the birds that love this haven.

When you feel at end of tether  
after lockdown's lengthy passage,  
focus on the small white feather,  
let it spread its peaceful message:  
symbol of our inner oneness,  
all of nature joined together.  
Future holds uncertain promise –  
  
trust the path of floating feather.

## **JIM PYM**

I am sure you, and all FFH committee will be deeply saddened to learn that Jim Pym has died. I am not sure whether it was yesterday or this morning. He was in Liberton Hospital. My information has come through a friend of his wife.

Can you circulate the information around the Committee?

Hope all is well with you.

Love Maureen

I am sorry to hear about Jim. He was an inspiration for me. I loved his meditations and his healing, and his assertion that miracles can happen. He will be missed. Sending peace and loving thoughts.

Love

Kay

Very sad to hear of Jim's passing.

While at Glenthorne last week I heard someone call the name Jim in my sleep. I wonder if that was a connection.

I mentioned Jim this morning at the Glenthorne online meeting.

With love

Rhonda

So sorry to hear the news about Jim. He was my spiritual guru and the man who got me into quaker spiritual healing many years ago, at a time when I was desperate to help one of my daughters and had felt so helpless. Jim was my friend and my teacher. I will miss him, but he lives on in his writings. God bless you Jim for all your kindness, compassion and healing,

Love and Blessings to all,

Peter



I first met Jim many years ago when he was running the bookshop at Friends house and I feel privileged to have known him for so long. He was a wonderful person. I'll be thinking of Annie in the coming days.

Love Anthea.

I am grateful to Jim for all he taught me about healing especially about being a humble conduit of the Holy Spirit. I am also grateful for his willingness to have a long correspondence with me answering all my questions and accepting me as a spiritual person whilst making me feel loved and valued. I treasure all his writings especially for the simplicity and humour of their messages.

Elizabeth.

I was speaking with him only a week or so ago, and although he was ill, I hadn't realised it was so close. But even so I think he was ready. He will be sadly missed. I will write to Annie in a day or so. A lovely lovely man!

Love to all, Ros

Sorry to hear of Jim's passing. He was such a wise and caring soul. I used to enjoy talking to him about his healing journey as we shared a lot in common and knew the same people. He'll be sadly missed. End of an era. Holding him and Annie in the Light.

Cherry x

## ROCKING CHAIR MEDITATION

*Jim Pym*

*adapted from the chapter, 'Rocking Chair Meditation' in his book, You Don't Have to Sit on the Floor*

*Old Rocking Chair  
My slowest boat  
To China*

Ling Chao

Many years ago I came across a book called *You are the Adventure* by J Allen Boone (author of *Kinship With All Life*) which suggested using a rocking chair for meditation. This idea stuck with me, and I use it on many occasions. It is something that is eminently suitable for a warm summer's day on a veranda or with the windows open

There are a number of ways in which the chair can be used. Often I just sit in it and rock gently, and this in itself can bring on a meditative state of mind. There is something about such chairs that helps the mind to become still without exertion. Even the slight effort of rocking soon becomes effortless and perfectly natural, and the mind soon drifts with the rhythm.

One of my favourite stories expands on this.

*An old man used to sit for hours on the veranda of his house.  
His young nephew became curious, and asked him what he did while  
rocking gently.  
'Sometimes, he said, 'I sits and thinks.  
And sometimes I just sits.'*

Sometimes my chair is placed in front of some sort of image – perhaps some Buddhist calligraphy, or an icon of Christ the Healer which a friend of mind had painted for me in Syria. Such images give

something for the eyes to focus on, and this can also help our meditation. With the healing icon, I can sometimes feel as if I am drawn into the scene, where Jesus is tenderly laying his hand on an old woman who is bent almost double.

You can also use the rocking chair for reciting a mantra or a short prayer or phrase from Holy Scriptures. After a while the rocking, the prayer and the breathing all come into harmony, again without any effort on my part. With such praying, rhythm is an important aspect, and this is often overlooked. The rocking chair helps this, as the gentle activity involves the whole body. It also adds a new and pleasant aspect to the meditation, making it so pleasurable that it asks for further practice.

On our spiritual journey there are few more reliable vehicles than an old trusted rocking chair. Sometimes it feels like a chariot sent to take me to the outskirts of the Kingdom of Heaven, though I will probably have to walk the last stage of the journey. Sometimes it is a gift from the Divine Compassion to give me a rest on the Way. And sometimes, it is just a rocking chair and none the worse for that.

If you want to try it, who knows what you might discover. After all, "You ARE the adventure".

Love alone is capable  
Of uniting living beings  
In such a way as to complete  
And fulfil them  
For it alone takes them  
And joins them  
By what is deepest in themselves.  
Pierre Teilhard De Chardin:

## LETTERS

In response to Gervais Frykman (TW157)

*These Times – A Personal View: Ed*

Dear Editor,

I think it was forty or more years ago that I first heard the propositions that Gervais Frykman speaks of in his essay—spin-offs from the Shambhala Prophecy. I pondered long on the ‘plans for humanity’ supposed to originate with the Masters of Wisdom, given telepathically from their Himalayan fastnesses.

I decided that it was all unverifiable and a distraction from ordinary life and its immediate necessities. And why would such ‘wise men’ not include all life in their plan? It’s easy to make up comforting stuff where someone else takes charge, when you are in a tight spot. There isn’t a plan; there never has been a plan and that’s the problem. We are in this position through our own casual, undirected, unplanned acts over many generations, and we owe a duty of care to the wildlife and vegetation we wilfully displace. We cannot escape our responsibilities to this earth. We must accept that. To consider only the fate of humanity is vain, egocentric, and doomed.

Whatever unknowable problem brought Life into being to live the answer, cannot be reduced to Mr Frykman’s speculations. Faced with the complexity of a vastness we cannot even glimpse whole, an appropriate response would be one of quiet humility, accepting what we cannot know and attending to the work that comes under one’s hand.

Giving time to imaginary Great Eternal Plans is as useless to present needs as voyages to Mars. We all know what is required of us—to live simply, eat frugally and put our backs into the Great Turning.  
Liz Silk, Bedford Meeting

Liz Silk

*Thank you for this. I shall be delighted to print it in the November TW.  
I totally agree that nothing external is verifiable. I took great risk,  
because if true, I did not feel I should withhold it.  
If it is true, it's my plan too, not just that of an unknown master.  
I wonder what you mean by "The Great Turning." Daily life is possibly a  
little turning.  
In Friendship  
Gervais Frykman*

Thank you, Gervais,

We live in a time of planetary degradation and wilful destruction for material gain. Our religious institutions are unable to address the moral needs of our time, our youth—those who think at all—lose hope and lack direction. Species die, habitat disappears, deserts grow. And so on, but you know all this.

We must learn quickly how to act through non-action—Lau Tzu's DO NOT DO. Learn how to stop doing the things that cause this devastation, to take a deep communal breath while nature heals.

The Great Turning has three interlocking and necessary elements—holding actions for defence of life; transforming the foundations of our common life; shifting perceptions and values.

They are quickly summed up here:

<https://www.youtube.com/watch?v=LwlXTAT8rLk>

But for a deeper examination I recommend *Coming Back to Life* by Joanna Macy and Molly Brown which contains a philosophy and practice for achieving such change. The exercises are supportive and pleasurable.

(I had hoped to do some of these in Bedford Meeting, but the virus intervened. Let's hope this period of enforced reflection helps to alter our perceptions.)

Liz Silk, Bedford Meeting

*I suspect that we are in this situation because of very definite planned acts over very many generations, not by us but by a cabal that expects to inherit the earth without being meek. There is also an unconscious blindness about the need for economies to expand without regard to the finitude of resources or the integrity of the earth or the well being or existence of future generations. I clearly remember when I realized that the problems of the earth are not inscrutable or imponderable, or my fault, but as simple as a greedy child screaming "I want it all." The Great Turning is good, and all the energy generated aligns with that of those looking to implement ascension, but I doubt that it is enough on its own to put down the mighty from their seat. Asking for justice is as old as history. I for one am heartily sick of the way that humans treat each other, and animals and habitats. It is time and well over time, that injustice becomes impossible to do, so we shall plead for justice no more.*

Gervais

Dear Gervais

Thank you for the Summer 2020 'Towards Wholeness'. As ever, I enjoyed the variety and breadth of articles, in particular your reflections on Covid-19 and 5D Ascension, and with which I am in agreement.

Thank you.

In Peace.

Anita (Lander)

I appreciated your article also.  
Stephen. (Feltham) Received 22/7/20

I thought the photo on the front of TW was good – very dramatic!  
Keep well, Love Ros (Smith) 22/7/20

## **BOOK REVIEWS**



### **NEW FFH PUBLICATION:**

#### **MEDITATIONS, VISUALIZATIONS AND EXERCISES**

**for personal or FFH group use. Rosalind Smith. FFH Publications 2020.  
73pp. ISBN: 978-1-906654-04-7 £8.00**

The meditations of Rosalind Smith have appeared individually in several issues of Towards Wholeness. They are clearly the fruit of immense experience and knowledge and are of the greatest practical use. The writing is beautiful and this directly enhances the usefulness. We have used three of them in the Wooldale healing group for bringing us into meditation, and out again. The grandest, the Meditation on the Chakras, was used to powerful effect in the recent QSH course at Claridge House. Here they are presented complete, along with meditations by others, including the Rocking Chair Meditation by Jim Pym. The book is in A5 format and is lavishly illustrated with photographs by Pauline Frykman. Many of these were chosen to complement the themes of the meditations, and are printed in vibrant colour.

***Gervais Frykman***

**WHAT KIND OF GOD, WHAT KIND OF HEALING? Jim Pym.**  
**FFH Publications 1990, Fourth Edition 2010, 18pp.**  
**ISBN: 978-1-873048-10-8**

This small booklet contains two powerful insights that make it one of the most important contributions to the literature on healing. One is that healing resides in the Divine Fullness, which is obvious when you think of it. It means that you don't pray for healing from a position of lack, but give it out from your participation in the Divine Fullness. "Spiritual Healing is actually [the] revelation of the fullness of the Divine, acknowledged and gratefully accepted. In this lies the truth of Spiritual Healing, the truth of our Self as a manifestation of the Divine." (Page 14).

The other insight concerns the baffling, I would say frustrating, unknowing concerning how healing works or what will be the outcome in a particular case. He says your unknowing is good. It gives the Holy Spirit an arena in which to operate. "...God is love, not loving in a human sense, but Perfect, Unconditional Love. My heartfelt 'don't know' is my acknowledgement of this Divine Reality, and my denial of the appearance. In this space the Grace of God manifests as Healing, Wholeness, Peace or whatever else is needed at the time. In fact this 'Don't know' IS the presence of God." (page 6).

In addition there is some material on how the author came to be involved in healing, and other material on his wide ranging spiritual journey, and his experience of healing. There is also a meditation.

***Gervais Frykman***

**Special Offer:** This publication can be obtained for £2.00 including postage.

FFH publications are available from Anne Mason (see back cover)



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**IF YOU ARE THINKING OF MAKING A WILL...**

have you considered leaving something to the FFH? A specimen form of words could be: "I give and bequeath (state what...) to the Friends Fellowship of Healing (being a Charity registered under the Charities Act, No. 284459), to the registered address of the Charity as recorded with the Charity Commission at the time that this bequest comes into effect, AND I DECLARE that the receipt of this legacy by the then proper officer for the Fellowship, shall be a complete discharge to my Trustee(s) for that legacy."



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## FFH PUBLICATIONS

Valerie Cherry	<b>Grief Experienced</b>	£1.80
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